

Camp Outlook Trip Packing Checklist

The following is a list of things you should bring and includes what you will be wearing when you arrive. **DO NOT BRING ANYTHING EXTRA!!**

	2 Pair long pants (NOT jeans or sweat pants)		Prescription medications in original, labelled container
	Bathing suit		Summer sleeping bag* (see note)
	1 Pair shorts		Rain jacket and rain pants* (see note)
	4X pairs underwear		Bottle SPF 30 sunscreen
	4X pairs socks (wool is best)		Toothbrush + toothpaste
	WARM sweater (NO cotton please; wool or fleece are best)		1L water bottle (strong plastic or metal)
	1 Long-sleeve thin shirt		Sun hat/cap
	2X t-shirts		Warm hat and long underwear
	Footwear for hiking (running or hiking shoes), these shoes will also get wet regularly when loading/unloading canoes. Must be closed-toed and sturdy.		Shoes for site: sandals or crocs from dollarama works very well

* Camp Outlook will provide a sleeping bag and/or rain gear if necessary.

* Feminine hygiene products for those who need it, even if you're not expecting to need them

Optional but very useful Items:

_____ Bug repellent (NO aerosol cans)

_____ Flashlight + batteries (very useful!)

PROHIBITED ITEMS:

- Drugs and alcohol

- Knives

- Candy and food items

- Lighters, matches and fire-starters

NOTES:

- Please leave valuables at home (wallets, jewellery, expensive clothing, etc.)
- Scented products attract BUGS and BEARS!! Please do NOT bring any soap and/or shampoos, deodorant, perfumes, makeup, or any other products.
- Please label all personal items. You are responsible for any lost or stolen goods.
- Cigarettes will be permitted ONLY if the camper has PARENT/GUARDIAN CONSENT. Smokers MUST bring a butt bottle (a plastic bottle works well).
- Do not bring lighters or matches, even if you are allowed to smoke. Staff will provide lighters to use on trip.
- If you have any questions or want clarification about anything on this sheet, please call us at 613-544-6444.