

Getting ready for camp!

WHAT TO BRING (NO uniforms are needed):

- Small backpack for bus containing:
 1. Water bottle (optional) – lots of drinking water is available at camp
 2. Digital Camera (if possible)
 3. No digital devices need to be packed for either the busride or during the camp.
 4. Cameras may remain with you; however, cellphones are not be permitted.
 5. Label ALL medications and put in a labelled Ziploc bag. This baggie will be collected en mass before we leave GCA. Please keep this bag OUT of main luggage when arriving on the Wednesday.
 6. *****You will BRING this backpack with you INTO the school on the Wednesday. You WON'T leave it with your 'checked luggage'.**

- ONE main bag (which you won't see again until you arrive at camp) containing the following:
 7. Duffel bag for clothes and toiletries that **YOUR CHILD MUST BE ABLE TO LIFT AND CARRY**. We have witnessed huge bags coming along which are both too big and too heavy for a grade 7 student. It is better to pack two smaller bags than one large one that is too heavy.
 8. Garbage bags – some prefer to pack sleeping bags and your gear in bags, and if you want to do this, excellent. Please **CLEARLY LABEL THE OUTSIDE** of the bag with your child's first & last name. Black garbage bags all look identical.
 9. Extra, unused garbage bags – extra bags always needed!
 10. Bible
 11. Warm Sleeping bag and pillow (or bedding for a single bed). It's camp, not a hotel. You get a mattress, and that's it. **Extra blankets can also be packed.**
 12. Toiletries
 13. A few towels – again, it's not a hotel. Bring towels for showers
 14. Warm, and appropriate, pajamas
 15. Indoor footwear (runners or slippers)
 16. Flashlight (optional)
 17. **NO GUM.**

THINGS TO LEAVE AT HOME

- Cellphones - No phones are permitted during the retreat (this includes bussing to & from)
- Money. There is nothing to buy. There is no tuck shop.
- Please no snacks with nuts as SABC is a nut free facility.

Packing list:

Camp gets very cool at night – more than you imagine – so please make sure your student has a warm jacket, toque and mitts packed with them along with rain/snow resistant pants.

CLOTHING

1. It's camp so pack accordingly:
 - extra sweatshirts
 - extra socks
 - jeans
 - shorts
 - t-shirts
 - socks
 - extra changes of clothing
 - **PLEASE EXERCISE MODESTY**

TO DO CAMP ACTIVITIES (SUCH AS WALL CLIMBING), THE CAMP SUGGESTS THE FOLLOWING:

2. **Comfortable clothes that stretch** easily to allow free movement during activities.
 - Athletic wear /sweats to protect knees
 - Long sleeves will help protect your arm during archery.
 - Very tight or very loose clothes do not work well with safety equipment. Athletic wear works very well for ropes and climbing wall.
 - **Closed toe shoes with laces are important;** running shoes work the best. Needed for the challenge course and during active games.
3. **A warm coat** that will keep you warm during campfires and repel water if it rains.
It gets very cold at night!! (Snow Gear if the weather turns wintery leading up to the trip)
4. Indoor shoes for inside the main lodge
5. ****** TAKE NOTE OF the 'themed' dinner to bring appropriate clothing/dress-up**

Dress like a Senior Citizen