

WHAT TO BRING TO FAMILY CAMP!

NEW: **Gym Shoes** are required to play in our gym. Please bring a pair for each family member.

Suggested List Per Person:

- Clothes for all types of weather – pants, shorts, t-shirts, sweat shirts, etc.
- 1 set of grubby clothes for Evening Specials
- Socks and underwear for each day of camp (plus 1 extra)
- Warm sweater / fleece top
- At least 2 pairs of pants
- Jacket - light to medium warmth
- Rain gear - jacket w /hood (rain pants are great but optional)
- Hat
- Toque
- Outdoor footwear: 1 pair thick-soled running shoes, 1 extra pair shoes (to wear if others get wet), 1 pair rubber boots, 1 pair sandals (optional)
- Indoor footwear: Gym shoes with non-marking soles (required)
- Indoor footwear: Optional slippers, sandals, etc. to be kept for indoor use only. (Bare feet are not allowed in the dining hall.)
- One-piece swimsuit
- Warm sleeping bag
- Pillow
- Towel and personal toiletries
- Bible, notebook, pencil or pen
- Crazy hat and/or crazy shirt (for a theme meal)
- Bug repellent
- Sunscreen
- Water bottle
- Flashlight
- Bag for dirty clothes (optional)
- Camera (optional)

If Doing Canoe and/or Whitewater Rafting:

- Please try to stay away from 100% cotton clothing. Cotton holds water next to the skin lowering body core temperature
- Bathing suit
- Synthetic (polypropylene or 50/50 blend) long sleeve shirt
- Fleece or wool jacket or sweater
- Wind proof shell jacket
- Warm jacket - medium to heavy warmth
- Wool socks - 1 or 2 pair
- Warm gloves
- Warm clothes to put on after canoeing and/or rafting

If Doing Horsemanship:

- Footwear: Boots with heels i.e. cowboy boots, rubber boots. *This is an important safety point.*
- Pants must be worn for riding - denim is the best. Do not wear nylon pants or shells.

If Doing Hiking:

- Hiking boots/shoes or strong running shoes (preferably high tops) for ankle support.
- Warm jacket - medium to heavy warmth
- Wool socks - 1 or 2 pair
- Warm gloves

Optional or As Needed:

- Video camera
- High chair (the camp has a limited number)
- Baby toys (the camp has a limited number)
- Baby playpen
- Stroller and/or child carrier

****Please Dress Modestly**. If certain clothes are too revealing or have inappropriate content, you will be asked not to wear them during your time at camp. Here are our guidelines for appropriate dress that we ask all campers and staff to follow:

- All underwear must be covered by outer clothing. Please avoid tank tops that show bra straps, pants that are too low to completely cover underwear, light clothes with coloured underwear, or tight clothes that reveal underwear lines.
- No halter tops, tube tops, or other shirts that reveal cleavage.
- All shirts must be long enough to reach pants. (No bare midriff.)
- Please avoid very short skirts and shorts.
- One-piece swimsuits. (Guys, no speedos for you, either!)
- Inappropriate content includes profanity, sexual references, and derogatory comments.