

Senior Skills **PACKING LIST**

GENERAL INFORMATION

- Ideally all clothing should be synthetic and non-cotton (better to have fleece, wool or synthetic material, as cotton takes a long time to dry), even cotton blend is better than straight cotton.
- These items do not have to be brand new. We encourage that you borrow items or purchase from a thrift store.
- Bring enough clothes for 6 days at camp for various weather conditions.
- Please label all clothing & gear brought to camp to ensure their return!
- Please leave all electronic devices and valuables at home. ☺

SPECIFIC INFORMATION: What Everyone Should Bring to Senior Skills

GENERAL ITEMS:

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| <ul style="list-style-type: none"> <input type="checkbox"/> Bible (Optional. Available for purchase at camp.) <input type="checkbox"/> Clothing you are willing to get dirty/torn, including shorts, jeans, t-shirts, long-sleeved shirts, socks, underwear, etc., including warm under layers; non-cotton layers provide warmth even when wet) <input type="checkbox"/> Durable and Waterproof rain gear (pants and jacket/no ponchos please) - essential as days are spent outside rain or shine. Rainy days can be cold, so keeping dry makes rain part of the adventure rather than an endurance challenge!! <input type="checkbox"/> Flashlight or Headlamp (with new batteries) <input type="checkbox"/> Heavy sweater or fleece jacket <input type="checkbox"/> Jeans for riding (2 pair minimum). Riders beware of jeans with a thick seam inside the knees as they can rub your skin raw over a long ride! <input type="checkbox"/> Journal and Pen <input type="checkbox"/> Indoor slippers or shoes <input type="checkbox"/> Laundry bag (plastic garbage bag is OK, but make sure it is labelled) <input type="checkbox"/> Light sleeping pad <input type="checkbox"/> Mittens or gloves <input type="checkbox"/> Mosquito repellent (with deet) | <ul style="list-style-type: none"> <input type="checkbox"/> Outside (athletic) shoes plus a second old pair of shoes for wading or getting dirty (or a pair of water shoes with a heavy enough sole to provide protection from rocks – they dry quicker than shoes!) <input type="checkbox"/> Personal toiletries (soap, shampoo, 2 towels, toothbrush and toothpaste, deodorant etc.) <input type="checkbox"/> Pillow (and pillowcase) <input type="checkbox"/> Rubber boots for rainy, muddy days (and/or riding if you choose) <input type="checkbox"/> Sun hat, cowboy hat or baseball cap (caps available for sale at camp) <input type="checkbox"/> Sunglasses <input type="checkbox"/> Sunscreen <input type="checkbox"/> Swimwear, including beach towel (Please wear swimwear that is well suited to activity, running, jumping and playing games in and out of the water. <i>A non-white pool shirt can also be worn overtop if necessary, and this may be asked of your camper by Dock Staff.</i>) <input type="checkbox"/> Toque <input type="checkbox"/> Warm jacket (for windy days and/or chilly evenings) <input type="checkbox"/> Warm sleeping bag (-10 C) with stuff sac (the bag the sleeping bag comes in) <input type="checkbox"/> Water Bottle (min.1 L) (available for purchase at camp) <input type="checkbox"/> Waterproof bags ((i.e. large garbage bags work to keep gear dry) |
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See Page 2 for Track Specific Gear

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TRACK SPECIFIC GEAR for SENIOR SKILLS' CAMPERS

PADDLE Track specific gear

- Old shoes for wearing in the river** (must have good sole to protect from rocks)

RIDE Track specific gear

- Jeans for riding.** Riders, beware of jeans with a thick seam inside the knees as they can rub your skin raw over a long ride!
- Riding boots** (can be rubber boots with a heel)

ZOOM Track specific gear

- Camera with extra batteries/charger and extra memory** (SD cards, flash drive etc.)
- Sketch book and pens/pencils**
- Painting shirt** (one that can be stained)