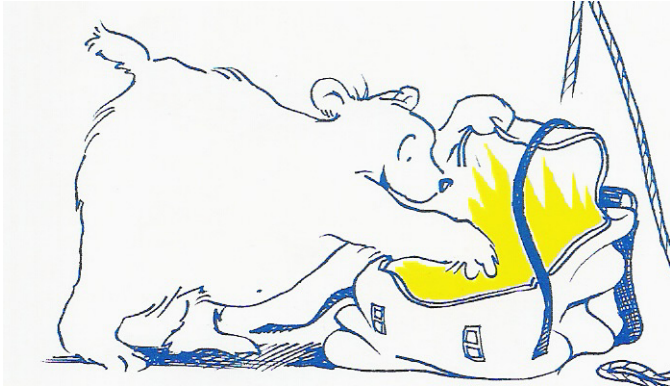


GLEN BERNARD CAMP

CLOTHING AND EQUIPMENT



Packing Tips

Use this packing list to prepare for camp. This list includes the suggested amount for each length of session; individual needs may vary. Dark-coloured, durable clothing is best. Laundry service is available twice during the three-week sessions, and once in the two-week sessions. Please do not send anything that cannot go into a washing machine and dryer.

Some campers prefer hockey bags; others, trunks; others bring suitcases. The cabins have some shelves, but most items are stored in the bags/trunks.

It is essential that every item brought to camp is labelled. Name labels may be ordered from Mabel's Labels (see information provided). Iron-on labels are for clothing items; alternatively, you may use a permanent laundry marker to label clothing. Camper name labels for cameras, flashlights, shoes etc are available from Mabel's Labels. We endeavour to see that campers return home with all their belongings... name labels are essential!

GBC does not have a camp uniform, however your camper may wish to own some of the GBC clothing items that can be pre-ordered before camp or purchased in the tuck shop at camp.

Broken-in clothing is best for camp! Don't bring expensive things – for example, jewellery, fancy clothes. Simple is best! We do have a special program at supper on the last night of each session and do not encourage campers and staff to dress up for this program, it's camp!

We recommend campers bring a sleeping bag rather than sheets and blankets. Campers should bring a pillow.

Each camper must bring a government-approved personal flotation device (PFD). We recommend a vest-type PFD with whistle attached. Ensure the size is correct for the camper's weight. Overseas campers may borrow a PFD from the camp as Canadian Government Approved PFD's are not sold outside North America.

All campers in a two or three week regular camp session will have the opportunity to go on an overnight trip. Each camper should bring a 30L waterproof dry sac for this purpose.

Sleeping bags, PFD's, flashlights and dry sacs are sold at outdoor stores and Canadian Tire.

Toothpaste, shampoo, soap, flashlights, batteries, etc., are stocked in the Camp Tuck Shop as a convenience; however, we prefer campers to bring adequate supplies. A plastic cup or mug is useful when brushing teeth. Shampoo and soap should be environmentally friendly products.

You can purchase eco-friendly products at:

CAMP CONNECTION: 516 Lawrence Ave. W. in Toronto or online at www.campstore.com. Camp Connection sells shampoo, conditioner and body wash that are biodegradable.

Many stores are now selling environmentally friendly products. Check your local drugstore or superstore and look for products that are biodegradable.

For younger campers, please address and stamp envelopes to ensure those valuable letters are received.

We strongly suggest leaving electronics at home. While campers may elect to bring a small personal iPod or MP3 player, the opportunity exists for such items to be lost or broken. Most camper cabins do not have electricity so the ability to charge these items is extremely limited. Hair dryers etc. should be left at home. **Please ensure that cell phones stay at home.** Any camper cell phones brought to camp will be put in the office for the session. Camp is a place to disconnect and enjoy outside activities!

All campers should pack a knapsack with the following items for the trip up to camp: cards, book or game, raincoat, bathing suit and towel (for a first swim while waiting for the luggage to be distributed to cabins).

Campers taking the camp bus should **bring a lunch** and anything else that will make the bus trip fun.

CAMPER'S FULL NAME: _____

Place this list inside trunk or suitcase.

(Please print)

Length of session

1 wk QTY	2 wk QTY	3 wk QTY	EQUIPMENT	TO CAMP	FROM CAMP
1	1	1	Pillow		
1	2	2	Pillow cases		
2	3	3	Bath towels		
1	2	2	Face cloths		
1	1	1	Laundry bag		
1	1	1	Knapsack		
1	1	1	Flashlight with extra batteries		
1	1	1	Sleeping bag		
1	1	1	Vest-type personal flotation device, must be Government Approved. Whistle should be attached		
			Toiletries bag or case with: Soap & case, toothbrush, toothpaste, brush, comb, shampoo, plastic cup etc. SEE PACKING TIPS ON REVERSE FOR INFO ABOUT PURCHASING ECO-FRIENDLY PRODUCTS		
			Writing paper, pen and stamped envelopes		
			Sunscreen lotion (SPF 30)		
			Insect repellent		
1	1	1	Water bottle (also available in Tuck shop)		
0	1	1	30-litre waterproof dry sac (used for tripping, all campers in two or three week sessions may trip)		
			Riders need - shoes or boots with a heel - helmet if already owned		

QTY	OPTIONAL	TO CAMP	FROM CAMP
	Musical instrument		
	Books and games		
	Camera		

Length of session

1 wk QTY	2 wk QTY	3 wk QTY	SUGGESTED CLOTHING	TO CAMP	FROM CAMP
3	4	5	Long pants		
1	1	1	Nylon shell jacket or windbreaker		
1	3	3	Sweatshirts or sweaters		
1	2	2	Heavy sweater or fleece		
6	8	10	Summer tops, any colour		
4	6	8	Shorts		
2	2	3	Pyjamas		
2	3	3	Long-sleeved shirts		
8	10	12	Underwear		
4	6	6	Pairs of socks (2 wool)		
1	1	1	Pair of beach shoes – Crocs, old running shoes, flip flops		
2	2	2	Pairs sneakers or shoes (for tripping, shoes should be sturdy with rubber soles)		
1	1	1	Sun hat		
2	3	4	Bathing suits		
1	1	1	Rainsuit and rain shoes or boots (waterproof)		

QTY	OTHER (list items packed so campers remember to bring home)	TO CAMP	FROM CAMP