

Unicamp Kit List

clothing for one week - (*optional items)

Please put your name on and in all items brought to camp, especially hats and towels. Packing in a large suitcase that will slide under our beds will help with storage.

- sleeping bag and sheet
- *extra blanket(s)
- pillow and case
- flashlight and extra batteries
- *something waterproof to sit on
- bathing suit
- running shoes & or sturdy boots and rain boots (sturdy shoes for walking/hiking) please do not send platform sandals or platform shoes.
- rain coat/poncho with hood or with a rain hat
- warm jacket
- hat/baseball cap
- 2 sweatshirts or sweaters, 2-3 long sleeved shirts (turtle necks)
- 2 pairs of long pants
- 3 pairs of shorts or skirts
- 6 t-shirts or more
- 6 pairs of socks and 6 underwear
- pajamas or night clothes
- plastic bag for clothes labeled with name on it (as a laundry bag)
- insect repellent - (one with DEET - Health Canada recommends 10% or less for children under 12) - Mosquitoes are attracted to darker, more intense colours so make sure you send light colours, especially for wearing between dusk and dawn. Long sleeved shirts or jackets, long pants.
- sunscreen (recommended pf25 and up)
- prescriptions and instructions in a labeled recloseable zip lock bag (to be left with the camp nurse)
- toiletries - brush/comb, shampoo, soap, toothbrush, toothpaste, face cloth, hand towel (please send environmentally friendly products), Flip-flops for the shower
- 2 beach towels (it may take more than a day to dry one)

- \$5.00 in cash (please don't send more than this). Weather permitting, campers will walk to the General Store in Honeywood for ice-cream.
- a blank notebook /journal
- white 100% cotton t-shirts for tie dye (or something else to tie dye)
- *whistle
- *fanny pack
- *swimming goggles
- writing papers and stamped envelopes
- *books for quiet time, *a game to share, *musical instrument, even percussion or noise makers

Please note:

This year's themes for Children's Camp are: Week I - Culture Week; Week II - Medieval Times, Week III - Pioneer Week. If your child has something relating to any of these themes, posters, pictures, etc., please bring them to share.

Nutritious snacks will be served to all campers 3 times a day, so please do not send any snacks or pop. Please no gameboys, hand held video games, ghetto blasters, etc. These items tend to cause conflict and jealousy. They also interfere with some children's willingness to participate in the programmed activities.

Remember that you need to bring signed medical directives and the camper's health card/proof of insurance. **Please make sure to check for head lice.** The nurse will be doing this when you arrive at camp and if an infestation is found, your child will not be allowed to remain at camp. If your child has had lice in the recent past, please treat head with oil (any kind will do) and wrap in a plastic bag for several hours. This removes all evidence and keeps us from being frightened when we do our inspection.