



## YMCA Camp Elphinstone

### Getting ready for camp

The following list is to help prepare for your upcoming experience at YMCA Camp Elphinstone. Please keep baggage to a minimum. It is important to note the use of hockey bags or large duffel bag and suitcases are not necessary for trips up to a week in length. As well, bags need not weigh more than 18Kg (40Lb) for a trip of this length if only the required items are brought.

#### What to Pack:

- Sleeping Bag
- Pillow (optional)
- Toiletries (toothbrush, toothpaste, soap, deodorant, shampoo)
- Bath towel
- Flashlight
- Laundry or garbage bag for dirty laundry
- Reusable water bottle
- Disposable camera & insect repellent (optional items)
- School supplies if required by teachers (e.g. exercise books, pencils, etc.)
- Complete change of clothes suited to the length and weather of your stay (see below)

**What to Wear:** Be sure to check the weather before packing and pack clothes that allow you to be active. Ex: Jeans can really slow down the ability to participate in many activities once they are wet.

- Pants
- Shorts
- T-shirts
- Sweater or Warm Jacket
- Rain Gear (an inexpensive poncho works great!)
- Bathing suit and towel (if participating in waterfront activities)
- Sturdy shoes: sneakers or light hikers are best (new footwear just for camp is not necessary)
- Extra shoes or rubber boots (if rain is forecasted)
- Sandals (for waterfront activities)
- Pajamas
- Socks & underwear
- Sun hat and sunscreen (weather pending)

**Please Do Not Bring the Following Items:** Camp Elphinstone will not be held responsible for lost or damaged items. Items listed will be removed for animal/human safety and security reasons.

- Knives other weapons/pocket tools
- Money or other valuables
- Any electronics: iPods, cell phones, gaming devices, radios, etc.
- Food or drinks (except for water)

Please be sure to properly label your belongings with both your name and group name. Items left behind will be kept for 30 days, after which they will be donated to those in need.