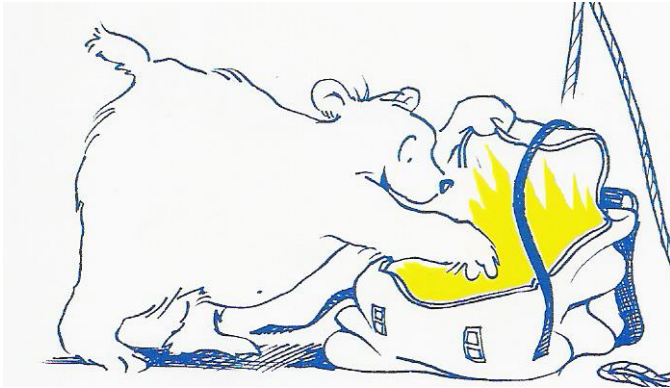


GLEN BERNARD CAMP CLOTHING AND EQUIPMENT



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. You may wish to help your camper organize her belongings with Cubby Cubes (see info provided).

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, stick on labels are available for cameras, flashlights, shoes etc; alternatively, you may use a permanent laundry marker to label clothing & other items. We endeavour to see that campers return home with all their belongings... name labels are essential!

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

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, jewelry, fancy clothes. We do have a special program at supper on the last night of each session and we do not encourage campers and staff to dress up for this program, it's camp!

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 of 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.

We recommend campers bring a sleeping bag rather than sheets and blankets. Campers should bring a pillow. 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. Shampoo and soap should be environmentally friendly.

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.

Campers taking the bus should **bring a lunch** and anything fun for the bus!

Policy on Electronics

We strongly suggest leaving all electronics at home, These items are not part of the culture at GBC. Camp is a place to disconnect and enjoy outside activities. While campers may elect to bring a small electronic item for personal use, the opportunity exists for such items to be lost or broken. GBC will not be responsible for damage or loss of any electronic items brought to camp. Most camper cabins do not have electricity therefore the ability to charge these items is extremely limited. **Communication using cell phones or any transmitting device is not permitted at GBC. Do not bring iPads or tablets.** We ask that you respect this policy.

We recognize that some campers use their cell phones as a camera or as a personal listening device. Campers should consider whether these are really important at camp, and if an alternative could be used, such as a small digital camera with which you can learn to take good pictures. If you must bring a cell phone for use as a camera or personal listening device, please remove the SIM card and ensure that it is left at home. Phones that arrive with SIM cards will be put in the office safe for the duration of the session. Only international campers who arrive unaccompanied and require their devices for travel will have their SIM cards removed at camp and stored in the office safe with their passport.

CAMPER'S FULL NAME: _____

(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 or body wash, 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)		
			OPTIONAL		
			Musical instrument		
			Books and games		
			Camera		

Place this list inside trunk or suitcase.

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 closed toe 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)		

1 wk QTY	2 wk QTY	3 wk QTY	IMPORTANT FOR 2023		
7	7	7	Washable Face Masks: Please make sure camper name is on each mask.		