



Camp YMCA Kanawana Trip Packing Guide

Suggested Packing List for Trip

Item:	8-Day Trip	19-Day Trip	16-Day Trip
Clothing			
<input type="checkbox"/> Underwear (non-cotton suggested)	3	6	4-5
<input type="checkbox"/> Wool (or synthetic) socks	3	6	4-5
<input type="checkbox"/> Bathing Suit	1-2	2	2
<input type="checkbox"/> Long Sleeve Shirt (non-cotton)	1	1	1
<input type="checkbox"/> T-shirt (non-cotton)	1-2	2	2
<input type="checkbox"/> Quick dry pants	1-2	1-2	1-2
<input type="checkbox"/> Long sleeve polar fleece	1	1	1
<input type="checkbox"/> Long underwear (non-cotton)	1	1-2	1
<input type="checkbox"/> Water shoes with toe protection (or old running shoes)	1	1	1
<input type="checkbox"/> Dry shoes (running/hiking shoes)	1	1	1
<input type="checkbox"/> Raincoat (not poncho)	1	1	1
<input type="checkbox"/> Rain pants	1	1	1
<input type="checkbox"/> Gloves	1	1	1
<input type="checkbox"/> Tuque	1	1	1
<input type="checkbox"/> Sun hat (with a brim)	1	1	1

Item:	All Voyageur/Forester Trips
Equipment	
<input type="checkbox"/> Sunglasses (with strap)	1
<input type="checkbox"/> Sunscreen (SPF 30+)	1
<input type="checkbox"/> Insect repellent	1
<input type="checkbox"/> Toothbrush	1
<input type="checkbox"/> Toothpaste	1
<input type="checkbox"/> Sanitary supplies	As needed
<input type="checkbox"/> Flashlight	1
<input type="checkbox"/> Extra batteries	As needed
<input type="checkbox"/> Sleeping bag	1
<input type="checkbox"/> Pillow case	1
Optional	
<input type="checkbox"/> 30L dry bag*	1
<input type="checkbox"/> PFD (Personal Floatation Device)*	1
*Otherwise will be provided by Camp Kanawana	
<input type="checkbox"/> Multi-tool	1
<input type="checkbox"/> Book(s)	1-2
<input type="checkbox"/> Quick-dry travel towel	1
<input type="checkbox"/> Comb/hairbrush	1
<input type="checkbox"/> Headlamp	1



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Suggested Packing List for Camp (~5 days)

Item:	8- & 21-Day Trips
Clothing	
<input type="checkbox"/> Underwear	At least 5
<input type="checkbox"/> Pairs of socks	At least 5
<input type="checkbox"/> Bras	As needed
<input type="checkbox"/> Pants	2
<input type="checkbox"/> Shorts	2
<input type="checkbox"/> Shirts (long sleeve and/or T-shirt)	5
<input type="checkbox"/> Sweatshirt	1
<input type="checkbox"/> Pyjamas	1
<input type="checkbox"/> Extra bathing suit	2
<input type="checkbox"/> Sandals	1
<input type="checkbox"/> "Nice outfit" for the banquet	1 (optional)
Bedding/Linens	
<input type="checkbox"/> Beach towel	1-2
<input type="checkbox"/> Bedding for on camp	Optional
<input type="checkbox"/> Pillow	1 (optional)
Toiletries	
<input type="checkbox"/> Shampoo/conditioner	1
<input type="checkbox"/> Soap	1
<input type="checkbox"/> Deodorant	1
<input type="checkbox"/> Plastic garbage bags (for wet clothes on last day)	As needed

For shorter trips:

- Use the regular camp packing guide
- With your camp clothes, make sure you include:
 - A comfortable bathing suit or quick drying bottom
 - 1 or 2 non-cotton synthetic T-shirts
 - Water shoes with rigid toe protection
 - 4 or more synthetic, neoprene or wool socks
- Sleeping bags should be compressible and fit into a small bag
- Insect repellent gear (DEET repellent, nets, etc.) is strongly recommended for the 1st and 2nd sessions
- Trip-specific gear such as paddles, dry bags, PFDs and so on, are provided by the camp. You are free to bring your own if you desire.

Note for trip campers:

The general packing method for trips is to have one set of clothes for when you are on the water, and one for the campsite. If you have an alternative way of packing, feel free to do so. If you have any questions, please email the Kanawana office.

GENERAL NOTES

- PLEASE LABEL ALL ITEMS
- All campers will be provided with a water bottle on their first day, and will leave with a camp T-shirt from this season
- Don't forget your child's Medicare card and any medication
- Please do NOT bring electronics, snacks, or cigarettes/alcohol
- Laundry service is provided on an emergency basis
- If your camper wears prescription glasses, please send them with a sport strap for the trip; contacts are also optional, but we recommend sending a spare pair of glasses as well.

CAMPERS ARRIVING BY PLANE

We understand you may not be able to fit larger items into your bags. Please let us know if you need us to provide your camper with a sleeping bag, pillow, towels, etc.

BATHING SUITS ON TRIP

We recommend a two-piece suit for female-identified campers, and a close-fitting swimsuit for male-identified campers (worn under quick-dry pants or water shorts), rather than board shorts. Whatever is worn while on the water, we suggest that it be quick drying.