

Packing List—Daily Items

CLOTHING	OUTERWEAR	OTHER
(please bring items in a backpack/bag) T-shirt sweatshirt/sweater shorts Warm pant lots of socks! Bathing suit Towel	Jacket Hat Rain jacket and pants FOOTWEAR (weather dependant!) Running shoes or hiking boots Sandals Rubber Boots	sunscreen bugspray Personal waterbottle Sunglasses Lipchap goggles

Packing List—Optional Overnight

CLOTHING	OUTERWEAR	LINENS
sweatshirt/sweaters Warm pants Extra socks! Pajamas Underwear Bathing suit TOILETRIES soap, shampoo, hair products Brush or comb toothbrush, toothpaste sunscreen bugspray	Jacket Hat Tuque (for cold August nights) Rain jacket and pants FOOTWEAR Running shoes or hiking boots Sandals Rubber Boots	Hand towel, bath towel and facecloth Bottom sheet (for the mattress) Pillow and pillowcase Sleeping Bag OTHER (optional) Personal waterbottle Flashlight and extra batteries Sunglasses Lipchap Goggles