



Packing List for Camp MagniPHEque



The following list is a guideline of items to bring to camp so that everyone is prepared to fully participate in activities and will be comfortable during your stay. Substitutions may be made, but please ensure that you have something suitable for all articles listed. It is important that you pack warm clothes at all times of the year. Rain gear is essential for Spring and Fall.

In your cabin:

- sleeping bag or sheets & blankets (twin bed size) pillow & pillowcase
- teddy bear or favorite sleep item

For Your Feet:

- running shoes for outdoor use rubber boots
- indoor shoes for use in Dining Hall/Rotary Hall slippers for use in cabins

For weather:

- rain jacket rainpants (Optional)
- sunglasses (Optional) sun hat & sun screen (SPF 20 or higher)

Clothing:

- pajamas socks & underwear for 3-4 days 2 long sleeved shirts
- 2 pairs of long pants 2 T-shirts 2 sweaters
- 2 pairs of shorts bathing suit Diapers/Pull Ups (if applicable)

*Please note, we expect that you are wearing some of this upon arrival. Please bring opposite to what you arrive in.

Personal Hygiene Items:

- towel, face cloth and soap deodorant, chapstick shampoo & conditioner
- hairbrush and comb toothbrush and toothpaste
- beach towel (if planning water activities) deodorant, chapstick



Other:

- insect repellent (no aerosol please) warm jacket
- flashlight and extra batteries water bottle, a strap or hip belt is useful
- pencils and pens (Optional) camera (Optional)
- journal/notebook or writing pad (Optional) daypack (knapsack)(Optional)
- books (Optional) Alarm Clock (Optional)

Consumables:

- Formula (+Preferred Shaker)
- LP Snacks (Optional) Please turn in upon arrival to camp
- Prescribed Medication (If Applicable - Prescription labels intact)



- Over the counter medication (Optional - Only permitted by those 18+)

Adult ONLY permitted items

- Cigarettes, Vapes - Please respect smoking designated areas. Please do not use matches or lighters in treed areas.



Prohibited Items:

- No Drugs
- No IPods, MP3 players, or radios
- No electronic games, tablets, gameboys
- No youth (under 18) campers to have cell-phones
- Do not bring jewellery, valuables or anything that will be missed terribly if lost!
- No knives, hatchets or weapons
- No food or snacks in cabins **
- No Alcohol

**** NUT PRODUCTS PROHIBITED. IT IS IMPERATIVE THAT EVERYONE ADHERES TO THIS. PLEASE DO NOT BRING ANY FOOD OR SNACKS THAT MAY CONTAIN NUTS OR TRACES OF NUTS.** NO food or snacks are allowed in the cabins because of allergies & it will attract bugs & animals.



Cold-Weather Gear ❄️ (It's Canada - so check the weather and pack according to the expected weather - leave the winter gear at home if it is still mild)

- winter hat/wool toque
- scarf or knit mask to cover face and mouth
- several pairs of mittens (wool is best)
- several layers of clothing, extra socks
- long underwear

PROVIDED:

- Food storage bin for all those with Metabolic Disorder and anyone else who requires.

Suggestions: All personal articles (especially for children) should be labeled with name.

