



Coastal Current Adventures

5-DAY SUMMER DAY CAMP (including one overnight)

Pack List - please label all gear with name!

Remember camp starts at 9:00 and finishes at 4:00 at the Lakefront, 118 Natalie Lane. Please call Island Escapades at 537-2571 if for some reason your child is sick and not able to attend camp on a given day.

Please do NOT bring electronic devices (iPods or iPhones, handheld gaming devices, etc.) to camp. We do not recommend personal cameras either as they are easily lost, damaged or dunked - we do have a camp camera and will be snapping photos of the campers throughout the week!

EVERY day pack list

- Sunhat, sunglasses, and sunscreen
- Full water bottle (1 litre size or larger)
- Swimsuit and towel
- Sweater
- Raingear
- Daypack (little backpack)
- Running shoes AND water shoes (please no flip flops)
- A healthy, lunch

Thursday's overnight pack list

- Sunglasses, sunhat, and sunscreen

- Swimsuit and towel
- Running shoes and water shoes (please no flip flops)
- 2 pairs of underwear and 2 pairs of wool or synthetic socks
- One pair of pants (light weight/synthetic is best)
- One pair of shorts (non cotton if possible)
- One warm wool sweater or fleece jacket
- One toque
- A long-sleeved shirt AND t-shirt
- Raingear
- Tooth brush, toothpaste, hairbrush, face cloth
- Flashlight & fresh batteries (important for going to the bathroom at night)
- Full water bottle
- "Mess kit": knife, spoon, fork, bowl, cup (preferably in a mesh bag)
- Sleeping bag and sleeping pad *Rental available - for \$20 for sleeping bag with free foam pad or \$15 for Thermarest
- Stuff sac for the sleeping bag and for clothing
- A drying cloth for drying your own dishes
- DON'T FORGET a healthy, substantial lunch for Thursday (dinner on Thursday and breakfast & lunch on Friday will be provided)

Pick up on Friday will be at the usual time: 4:00 at the lake.

If you have any questions please call us at (250) 537-2571 or 537-2553.