



CLOTHING LIST

The following is a **suggested** list of clothing and miscellaneous items, intended as a guide for a four-week stay at **WILVAKEN** all to be packed in **hockey or duffel bags - NO suitcases, footlockers, or boxes please.**

We suggest that you and your child mark down the number of each item brought to camp. This form can be used as a reference at the end of the session when your child packs.

Remember pack old things. No need to buy everything new.

PLEASE LABEL EVERYTHING!

CLOTHING:

- ◇ 10 T-shirts _____
- ◇ 1 or 2 sweatshirts _____
- ◇ 2 or 3 long sleeved shirts _____
- ◇ 1 or 2 sweaters _____
- ◇ 1 jacket or wind breaker _____
- ◇ 1 raincoat/jacket with hood and pants (no ponchos) _____
- ◇ 4 pairs of shorts _____
- ◇ 4 pairs – slacks(quick dry), jeans or sweatpants _____
- ◇ 1 sun hat (for those sunny days!) _____
- ◇ 3 swimsuits _____
- ◇ 2 pyjamas _____
- ◇ 1 bathrobe (optional) _____
- ◇ **Lots** of underwear _____
- ◇ **Lots** of socks (1pr wool or smart wool socks optional) _____
- ◇ Dressy clothes for dances and banquet _____

FOOT-GEAR: 2 or 3 pairs of shoes -

- ◇ 1 pair of good walking shoes _____
- ◇ 2 or 3 pairs of running shoes (tennis) _____
- ◇ 1 pair of beach shoes for sailing/windsurfing _____
- ◇ 1 pair rubber boots or duckies _____
- ◇ 1 pair boots or shoes **with heels** if taking riding (optional) _____

GENERAL:

- ◇ 1 sleeping bag (lightweight, synthetic fill, quick drying) _____
- ◇ 1 blanket (optional) _____
- ◇ 2 pillow cases _____
- ◇ 1 pillow (obtain at camp for those coming by plane) _____
- ◇ 2 sheets _____
- ◇ 2 laundry bags _____
- ◇ 3 - 5 towels including beach towel _____
- ◇ 1 small vinyl groundsheet (optional) _____
- ◇ 1 flash light with batteries _____
- ◇ **MEDICAL CARD (Quebec/Ontario Residents)** _____
- ◇ **PFD/Life jacket (obtain at camp for those coming by plane)** _____

- ◇ **FLIP FLOPS OR SANDALS ARE NOT RECOMMENDED DUE TO THE TERRAIN BUT MAY BE WORN TO THE BEACH**
- ◇ **Toilet articles** - facecloths, deodorant, toothbrush, toothpaste, shampoo, soap, brush or comb – **Please use environmentally friendly soaps and shampoos i.e. Biodegradable (glycerine based and phosphate free) and unscented.** Perfumed products attract mosquitoes. Using the biodegradable products will help to preserve the Lake Lovering waters and the environment. This awareness is part of the Wilvaken experience.
- ◇ Kleenex , sunscreen (SPF 30), mosquito repellent (**no aerosol please**), sanitary needs and any other things your child might normally use
- ◇ **Miscellaneous optional items:-** * tennis racquet & balls * fishing tackle * camera * musical instruments * skin diving equipment * *backpack * hangers * (**hangers are not provided**) * **water bottle** for use in and out of camp * stationary (pre-addressed envelopes) * costumes leftover from Halloween or school plays * books * games (not electronic) *
- ◇ **May be purchased at the Wilvaken camp store** *notepaper- pen/pencil * envelopes * stamps * disposable camera * tennis balls * Wilvaken Nalgene style water bottle * Wilvaken clothing * Please note no cash required.
- ◇ **Canoe or hiking gear list**, please refer to **Tripping Gear List** on the web site.

PLEASE NOTE:

- **PFD OR LIFE-JACKET IS REQUIRED FOR BOATING, CANOEING, SAILING AND BOARD-SAILING. IT SHOULD BE WELL IDENTIFIED WITH AN INDELIBLE PEN OR NAME TAPE (some available for those coming by plane though not enough for all campers)**
 - **ALL CLOTHING SHOULD BE WELL MARKED WITH NAME TAPES OR INDELIBLE PEN (Name order forms are sent in our mailing)**
 - **ALL PERSONAL ITEMS SHOULD BE MARKED (camera, tennis racquet, iPods/MP3 players, musical instruments etc.)**
 - **PLEASE DO NOT BRING VALUABLE JEWELLERY, MONEY, ELECTRONIC GAMES, CELLULAR PHONES, HAIR BLOWERS, HAIR STRAIGHTENERS OR FANS TO CAMP. Personal iPods/MP3 players may be used in the cabins only. Wilvaken is not responsible for lost or damaged personal articles, nor for any money which is not left in safekeeping at our office.**
 - **WEEKLY LAUNDRY SERVICE IS AVAILABLE FOR THOSE WHO WISH TO USE IT AT EXTRA CHARGE.**
- N.B. - It takes 3-4 days for laundry to be returned.**