

# Packing List

## *Crowsnest Lake Bible Camp: Lake Site Summer Camps*

### Required Items:

We have found that camp works best when everyone comes adequately prepared for their time at camp. Therefore, it is essential that campers come with **all** items on the “Required Items” list. Especially note the need for proper footwear, warm outerwear and an adequate sleeping bag. We are concerned that many campers come unprepared for our outdoor oriented programs. All campers spend at least one full day and night away from camp on an outtrip (the outtrip is NOT optional) and our mountain weather is very unpredictable. **Snow and rain are possibilities campers must be prepared for!**

- 1 complete change of clothes for at least every 2 days spent at camp
- Bring at least 1 pair of pants that are NOT jeans (i.e. sweats, nylon, or fleece pants) for outtrips (Denim, once it gets wet, is cold and takes long to dry)
- 1 complete change of clothes that can get wet & dirty during water games
- 1 pair of shoes or sandals that can be worn in water.
- 2 extra pairs of socks (heavy woolen preferred).
- 1 pair of sturdy footwear for hiking
  - For Junior or Intermediate Camps good quality running shoes are acceptable
  - For Senior camps hiking boots are needed
- Flip flops or other slip on shoes
- Waterproof Raingear
- 1 or 2 pairs of running shoes
- Swimsuit
- 1 summer jacket
- 1 warm jacket
- 1 heavy sweater (wool or fleece is best)
- Sun hat
- 1 pair of gloves or mitts
- Toque or winter hat
- Chow kit or spoon and cup for outtrips
- Water bottle or canteen with watertight lid (1-2Litres worth) - pop bottles work well
- Bible, pen or pencil (Bibles are available at camp for those who don't have one)
- Toothbrush, toothpaste, soap, comb/hair brush, etc
- Towel & wash cloth
- Pillow, bedding, and extra blanket (for a single bunk bed)
- Any medication needed on a regular basis.
- 4 garbage bags, at least 2 of which are big and heavy duty, for outtrips (to keep things dry).

### Required Items Camp Can Possibly Lend Out:

- Backpack, internal or external frame (camp has some but your own will be more comfortable)
  - For 1 night Junior Camp Outtrips we recommend a 30-50 liter backpack
  - For 2 night Intermediate Camp Outtrips we recommend a 40-70 liter backpack
  - For 3 night Senior Camp Outtrips we recommend a 50-80 liter backpack
- Sleeping mat (Inflatable thermarest style or closed cell foamy - be sure it is compact, you'll be sleeping on the ground on outtrips)
- Sleeping bag liner to keep you warmer and your sleeping bag clean
- Sleeping bag (warm enough to keep you warm down to 0°Celsius) as well as also light & compact enough to carry

### Optional items:

- Flashlight or Headlamp with spare batteries.
- Rain pants
- A pair of gloves or mitts
- Down Jacket (Warmer than wool layers)
- Gaiters
- Daypack
- Trekking Poles or Hiking Stick
- Sunglasses
- Sunscreen, chapstick, insect repellent.
- Camera (you will NOT be allowed to have your phone to use as a camera)
- Musical instrument(s)
- Dressier/Nice clothes for the dinner on the last night of camp

### Do Not Bring:

Just as we have found that camp works best when everyone comes adequately prepared, there are some other things that make camp worse if you bring them! Therefore, we ask that campers be mindful and thoughtful in their packing. We have especially found that the below items are harmful or distracting from the type of community that we want to be.

Some of these items include: Personal electronic devices (iPods, mp3 players, cell phones, etc.), pets, tobacco products, alcohol, drugs, junk food or extra snacks (unless on a restricted diet), money or other valuables, anything else that you think would be harmful or distracting from the deep integrated life-giving community that we strive to be.