Packing List

# Rock Climbing Camp

## Required Items:

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. 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
* 1 complete change of clothes that can get wet or dirty during water games
* 1 pair of shoes or sandals that can be worn in the water
* 1 pair of sturdy footwear for hiking; sturdy running shoes work ok but hiking boots are best
* 1 to 2 pairs of running shoes
* Waterproof Raingear
* 1 or 2 pairs of wool socks (your feet will be warmer than in cotton socks if they get wet)
* Swimsuit
* 1 summer jacket
* 1 warm jacket
* 1 heavy sweater (wool or polar fleece best)
* Sun hat
* 1 pair of gloves or mitts
* Toque or winter hat
* Water bottle or canteen with watertight lid (1-2Litres worth) - pop bottles work well
* Bible, pen/pencil
* Toothbrush, toothpaste, soap, comb/hair brush etc
* Towel & wash cloth
* Sleeping bag (warm enough to keep you warm down to 0°Celsius)
* An extra blanket for if you get cold
* Pillow
* Any medication needed on a regular basis

## Optional items:

* Backpack/Daypack
* Flashlight or Headlamp with spare batteries.
* Sunscreen, sunglasses, chapstick, insect repellant.
* Sleeping bag liner to keep you warmer and your sleeping bag clean
* 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
* Climbing Shoes
* Climbing Helmet
* Climbing Harness
* Climbing Carabiners
* Belay Device
* Chalk Bag

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.