

# Packing List

## *Crowsnest Lake Bible Camp: Senior Skills Camp*

### 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. Our mountain weather is very unpredictable; cold weather, snow and rain are possibilities all must be prepared for!

- Clothing & Outerwear
  - 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 hikes (Denim, once if 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
  - Flip flops or other slip-on shoes
  - Waterproof Raingear
  - 1 pair of running shoes.
  - Swimsuit and beach towel
  - 1 summer jacket
  - 1 warm jacket
  - 1 heavy sweater (wool or fleece is best)
  - Sun hat & Sunglasses
- Water bottle with watertight lid (1-2 liters worth)
- Bible, pen, or pencil (Bibles are available at camp for those who do not have one)
- Toiletries: Toothbrush, toothpaste, soap, comb/hairbrush, etc
- Towel & wash cloth
- Pillow, sleeping bag, bedding, and extra blanket (for a single bunk bed)
- Any medication needed on a regular basis

### Optional items:

- 1 pair of gloves or mitts
- Toque or winter hat
- Backpack/Daypack
- Flashlight or Headlamp with spare batteries.
- Sunscreen, chapstick, insect repellent.
- 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

### Optional Items for Rock Climbing:

*Note that it's typically best to wear "stretchy" clothing when climbing*

- Climbing Shoes
  - We have climbing shoes for you to use, but your own may be more comfortable.
- Climbing Helmet
  - We have climbing helmets for you to use, but you can bring your own if you'd like to.
- Climbing Harness
  - We have climbing harnesses for you to use, but your own may be more comfortable.
- Chalk Bag

### Optional Items for Archery:

*Note that close-toed shoes must be worn during Archery*

- Personal archery equipment
  - We have archery equipment for you to use, but you can bring your own if you'd like to.
- Wrist protectors and gloves

### Optional Items for Canoeing:

*Note that wearing clothing and shoes that can get wet is best for Canoeing*

- Personal Life Jacket
  - We have life jackets for you to use, but you can bring your own if you'd like to.
- Personal Paddle
  - We have paddles for you to use, but you can bring your own if you'd like to.
- Sunglass or glasses cord (to keep them around your neck)

### 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.