

# Things to Bring to Camp...

## Swallowdale Camp

### CLOTHING

- T-shirts and shorts for sports (8-9)
- Casual clothes for excursions
- Long sleeved shirts, sweaters, fleece (1-2)
- Long pants, jeans (3 pairs)
- Bathing suits & towel (2)
- Pyjamas / sleep wear (2)
- Socks, undergarments (8-9)
- Sport or Running shoes + hiking boots
- \* Water shoes
- Light weight jacket (suitable for rain / cooler weather )
- Nice / Fun clothes for a dance
- Sun hat



- \* Note: Laundry service is provided once per week. Clothes are collected by cabin and returned the next day. We recommend bringing sufficient clothes to last just more than one week.

### TOILETRIES

- Soap, shampoo (in non-breakable containers)
- Personal hygiene items (no perfumes please)
- Face, hand & bath towel. Washcloth
- Mosquito repellent
- Sunscreen (SPF 15 or higher)



### OTHER

- |                      |                       |
|----------------------|-----------------------|
| Day pack / back pack | Tennis Racquet        |
| Pens                 | Reusable water bottle |
| Flashlight           |                       |

- \* Note: do not bring expensive or valuable items in case of loss or theft.
- \* Cell / Mobile phones and iPods are not permitted at camp.



## REMEMBER TO LABEL ALL YOUR CLOTHES AND PERSONAL ITEMS!

At the end of summer there is always a pile of camper belongings left at camp. This is an expensive waste for our campers (and their parents!) As a way to target the problem of lost belongings and a large lost and found closet, we are encouraging our campers to label all belongings. We have partnered with **Mabel's Labels**, a company with all types of labels that are colourful, indestructible and fun! With a special 'Camp Pack' available and also a larger 'Combo Pack', your child can label absolutely everything!

Go to [www.swallowdale.mabel.ca](http://www.swallowdale.mabel.ca) and place your order.

We look forward to sending campers home with ALL their belongings this summer!

