

Take Action Camp Packing List

Clothes

- ☐ Three or four light shirts
- ☐ Two long-sleeved shirts/light sweaters
- ☐ One long-sleeved Jacket
- ☐ Three Bottoms – pants, skirts, shorts
- ☐ One pair of running shoes
- ☐ One pair of sandals
- ☐ Six pairs of socks
- ☐ Six sets of undergarments
- ☐ Sun Hat/Baseball Hat (mandatory)
- ☐ Pajamas
- ☐ One special outfit for the closing Take Action Banquet (ex. Dress top, button down shirt, skirt, slacks, summer dress, etc.)
- ☐ One outfit that you don't mind getting dirty (for Take Action Day)
- ☐ Shower shoes (Optional)

Toiletries:

- ☐ Shampoo/conditioner
- ☐ Soap/body wash
- ☐ Deodorant
- ☐ Toothbrush/toothpaste
- ☐ Sunscreen
- ☐ Bug spray
- ☐ A supply of feminine products if necessary
- ☐ Prescription and non-prescription medication
 - ***Note:** All medication will be entrusted and collected by the facilitator to ensure that symptoms experienced and subsequent medications taken are appropriately, monitored and documented. Please bring prescription medications in their original packaging, put in a plastic Ziploc bag and put your name on it.

Other:

- ☐ Sleeping bag or other bedding for a twin-sized mattress (sheets & blanket)
- ☐ Pillow case (pillows provided)
- ☐ Towel and wash cloth
- ☐ Small backpack, or messenger bag that you can carry during Take Action Day
- ☐ Reusable water bottle (labelled with your name)
- ☐ Journal or notebook for taking notes and recording your thoughts at the Camp
- ☐ Plane, train or bus tickets, with photocopy of each, kept in a safe place (if necessary)
- ☐ \$20-\$50 of “just in case” money (campers will have an opportunity to shop at the Me to We store at the Leadership Centre on the final day of camp)
- ☐ A disposable or inexpensive camera – we do not recommend bringing expensive cameras (Optional) Note: Cell phones cannot be used to take photos
- ☐ A musical instrument for the talent show if you play (Optional)

What NOT to bring

- Cell phones (cannot be used to take pictures) & electronics (***Note:** Campers travelling via plane, bus, or train can bring cell phones, however they will be collected and stored securely upon arrival at camp)
 - Please review our *Communication Policy* for more information
- Bathing suit
- Jewelry
- Clothing with inappropriate brand names and/or sayings
- Snacks / treats