

MANITOU 2011 - PACKING GUIDE

GENERAL INSTRUCTIONS

- All items must be packed in one or two duffel bags weighing no more than 40 lbs. It is impossible for us to carry your child's duffel if it weighs more than this. No trunks or suitcases are permitted.
- We suggest one bag should hold all bedding, shoes and miscellaneous equipment, the other should hold all folded clothing. You may also want to pack a small "backpack" with odds & ends that can be carried on the bus.
- Remember that any item "too good" to travel in a duffel bag shouldn't be at camp in the first place. Clothing can also be misplaced or lost in a laundry bag. Please pack accordingly.
- Label each item so that it can be returned to you if lost and found. You can order a stamp from **Sterling Marketing** (416-425-4140) or stick on labels (e.g. for water bottles, flashlights) at www.stuckonyou.biz and we've enclosed a form for ordering clothing labels from Name Tapes.



THE BASICS

(with maximum requirements)

CLOTHING:

- 12 t-shirts (short sleeved)
- 4 long sleeved t-shirts
- 3 warmer long sleeved sweatshirts
- 6 pairs of shorts
- 4 pairs long pants (jeans or sweatpants)
- 12 pairs underwear
- 12 pairs of socks
- 4 swimsuits
- 3 pairs pajamas (warm and light)
- 3 sun hats
- 2 sneakers/running/cross trainer shoes
(if your child for example plays tennis a lot make sure one is specifically for tennis/cross trainer)
- 1 pair rubber boots or hiking boots
- 1 pair water shoes for canoe trips
- 1 pair of sandals
- 1 lightweight jacket
- 1 warm jacket (or light ski jacket)
- 1 raincoat
- 2 plain white t-shirts
(for silk-screening during camp programs)

BEDDING:

- 4 sheets (2 flat, 2 fitted single bed)
- 2 warm blankets, and/or comforter
- 2 pillowcases
- 1 pillow
- 1 **sleeping bag** (for canoe trips and sleep outs)

TOILETRIES:

- 6 towels (for showers and swimming)
- 2 small hand towels
- 1 toothbrush
- 1 tube of toothpaste
- 2 bars of soap
- 1 bottle of shampoo
- 1 hairbrush (or comb)
- 1 soap container
- 1 toiletry case
- 1 large box of tissue
- 1 bottle of sun tan lotion
- 1 stick of deodorant

MISCELLANEOUS:

- 1 small Radio (to listen to Camp FM station)
- 1 flashlight and or lantern (for night time)
- 1 bottle mosquito repellent
- letter writing materials (and stamps!)
- 1 water bottle
- 1 fun costume (for Halloween or special events)
- 1 musical instrument
- 1 shoe bag (to hold sundry items, not shoes)
- 1 old t-shirt(s) for messy programs or tie-dye
- 1 blue, yellow, green and red shirt
(1st session tribal games)
- 1 30-liter dry sack (for canoe trips)

Note: Laundry bags are not required as we supply one for each camper for use with our laundry service.

SPECIAL CLOTHING & EQUIPMENT

In most cases, camp will supply equipment for activities as needed. The following are activities where specific items are often required to especially if campers are participating at a higher level:

- **Baseball:** Baseball glove
- **Canoe Tripping:** Sleeping bag, water shoes (not CROCS), dry sack and life jacket (especially for long trips).
- **Dance:** Dance shoes (ballet slippers, jazz or tap shoes). Dance pants optional.
- **In-Line Hockey:** Roller blades and helmet with full-face shield. We supply pads and sticks.
- **Photography:** An old-style 35 mm adjustable setting camera is optional, but nice to have.
- **Rock/Guitar:** Your favorite acoustic or electric (or bass) is optional. We supply instruments and amps.
- **Tennis:** Tennis shoes (could be second pair of shoes in clothing list) and racquet.
- **Water sports:** Life jackets are optional to bring (but mandatory to wear, so your own may be more comfortable if wearing one regularly).

WHAT NOT TO BRING

Please remember that the following items are NOT ALLOWED in camp and will be confiscated if packed (and donated to charity)



- Money (or poker chips etc). Any valuables should go directly to the camp office.
- Gameboys, PSPs, or other video game devices. They take away from social interaction in the cabins, and often get lost.
- Cell Phones, Smartphones or iPhones (Don't even think about it, please!)
- Laptops, Notebook computers, iPads, DVD players, video recorders or other electronic devices
- Hot pots, kettles, hair straighteners, hair dryers, electric fans or any small plug-in appliances
- Walkie-talkies or other portable communication devices that might interfere with our emergency health centre system.
- Bottled Water, snacks, candy or other food for the cabin (and absolutely no food with nuts)
- Portable shelving or furniture (including folding chairs)
- Knives, duct tape or similar maintenance supplies
- Lighters, slow burning items (incense, mosquito coils), fireworks, smoke bombs (or similar "fun tricks") or water guns.
- Expensive items (including golf clubs, cameras, sunglasses, video recorders etc.), as we cannot be responsible for loss.
- Additional large equipment (including skateboards, bikes etc.)

SHOULD I SEND MONEY?

Campers do not need money at camp. If campers are travelling through the airport, you may wish to send some emergency money, but make sure your child understands that it should be brought to the office immediately upon arrival.

If your child brings cash to camp we are not responsible for it being lost or stolen.