

Suggested Packing List

# Clothing:

* T-shirts
* Long sleeve shirts (UV sun shirts recommended)
* Shorts
* Pants
* Sweater
* Sweatpants/Trackpants
* Socks and underwear (week’s worth)
* Pajamas
* Rain Jacket
* Wide brim hat
* Closed-toe shoes (athletic shoes preferred)
* Sandals or flip flops
* Bathing suit
* Water shoes (optional)



# Toiletries:

* Tooth paste & toothbrush
* Female hygiene products
* Hairbrush
* Shampoo & conditioner
* Soap or body wash
* Loofah/scrub

# Camp-related goodies:

* Towels (beach towel and shower towel)
* Sunscreen
* Bug spray
* Flashlight
* Personal protective equipment for COVID like face masks (optional)
* Swimming goggles (optional)
* Ear plugs for sleeping (optional)
* White t-shirt or other item for tie-dying (optional)
* Personal down time activities (i.e., books, playing cards, colouring books, journal, etc.)
* Tuck money (e.g., souvenirs, snacks, t-shirts, sweatshirts etc.)
* Cooler (we have free ice available on site for you)

# Things to leave at home:

* Weapons
* Illegal drugs (does not include prescribed and/or over the counter medication)
* Valuables
* Nut products
* Bedding (will be provided by CNIB Lake Joe)

# Important Notes:

* There will be no access to do your own laundry so please bring enough clothes to last the entire duration of your stay.
* There will not be any town runs by CNIB Lake Joe staff (for shopping trips), so please bring everything you may need for the week.