

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)

A person sitting on a wooden floor with both of her hands on garments of clothing. Shorts, swimwear, towel, sunglasses and packing bag are laid out in front of person. 

Description generated with very high confidence

# 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.