



YMCA of
Simcoe / Muskoka
Camp Kitchikewana

2016 Packing Guide



Building healthy communities

ymcaofsimcoemuskska.ca

Suggested clothing & equipment

- t-shirts
- pants
- shorts
- socks (warm)
- underwear
- bathing suits (2) one for morning dip
- pajamas
- sweater
- windbreaker/jacket
- raincoat with hood
- sneakers (1 pair)
- water shoes/sandals
- hat – full brim

- envelopes/stamps, paper, pens
- pillow
- blanket
- sleeping bag
- fitted sheet for mattress
- face cloth
- toothpaste/brush
- biodegradable shampoo/soap
- sunblock
- insect repellent
- water bottle
- flashlight
- batteries
- large beach towel (2 recommended)

Leadership supplemental gear

- personal whistle
- sleeping pad
- water bottle (1 litre capacity)
- warm hat & mittens
- long underwear (top and bottom)
- notebook and paper
- sunglasses
- waterproof rain gear (jacket/pants)
- \$20 cash
- dry bag for clothes & sleeping bag
- please leave all cellphones at home



Optional items & suggestions

- Life jacket/PFD** - Please label it clearly and ensure it is the proper size for your child. (Life jackets should fit comfortably and stay in place when your child raises his arms above his head. You should not be able to lift the life jacket over your child's head). Please remind your camper to keep track of her/his life jacket and take it home with him/her on the final day of camp. Kitchi does provide plenty of life jackets if you do not wish to bring/ purchase your own.
- Formal clothes** - One change of clean/nicer clothing for our special occasions (two-week campers, Leadership participants).
- Disposable Cameras** - are recommended (please label well).
- Musical instruments**

Please leave at home

- Money
- Pocket Knives
- Valuables
- All food items!
- Cell phones
- Hand held computer games
- Weapons
- Tobacco products
- Illegal drugs and alcohol

Notes and things to think about

- We encourage you to send "camp clothes" with your child. The counsellors and waterfront staff will make every effort to provide your child the chance to recover lost items on a regular basis. However, your child is ultimately responsible for his/her belongings. Please discuss which clothes, towels, etc. you are sending to camp with your child.
- Please **clearly label** clothing and equipment, particularly life jackets.
- Many children have the same initials; please write your child's full name on each item.
- We will hold lost and found items (for each session) for 14 days after the session ends.
- If we locate any of your camper's labeled items we will contact you.
- Camp will provide dishes and ground sheets for campers to use while on their overnight out-trip
- Water shoes are socks/sport sandals/old sneakers that can be worn in the water when supervised programs are held outside of the main swimming area.
- For prescription drugs: please clearly label with camper name and dosage. All prescription drugs are stored in the wellness centre.



YMCA of Simcoe / Muskoka

My Y. For Good!

MISSION

My Y is dedicated to the growth of all persons in spirit, mind and body, and to their sense of belonging to each other and the global community.

VISION

My Y inspires people to reach their full potential.

VALUES

Caring - My Y commits to building relationships and demonstrates compassion towards others.

Honesty - My Y promotes integrity and trustworthiness.

Inclusiveness - My Y welcomes and fosters a sense of belonging for all.

Respect - My Y treats all persons with dignity and acceptance.

Responsibility - My Y keeps its promises and does what it believes is right.

ymcaofsimcoemuskoka.ca