



SLMC Overnight Camp Packing List & Important Information

(Scroll down for Outtrips, CILTs, Bronze Course + more info on Page 3)

Please Bring (and be sure to label everything!)

- Clothes (Enough for the duration of your stay and appropriate for all weather! Also, old clothes for muddy days or paint activities are recommended.)
- Sleeping Bag and Pillow (consider extra blanket for end of August or cooler forecast)
- Single fitted or flat sheet to cover vinyl mattress
- Pajamas (for sleeping and dress up activities)
- Water Bottle (or two)
- Hat (campers must have hats for sun!)
- Rain jacket
- Swimsuit(s) - make sure it's functional for using waterslide and trampoline!
- Towel (or two)
- Sunscreen (spray if your child needs assistance to apply)
- Toiletries (Toothbrush with cover, Toothpaste, Floss, Shampoo, Soap, etc...)
- 1 Pair running shoes (or other shoes suitable for running games and being active)
- 1 Pair sandals/crocs/flip-flops (to wear to swimming pond and can get wet/sandy)
- Flashlight or Headlamp
- Bag for dirty laundry
- Small backpack/day pack (to carry water bottle, personal belongings, etc...)
- Any prescribed or regularly taken medication (pack separately and give to Medic upon arrival – see page 3)**

Optional, but *highly* encouraged:

- Insect repellent
- Books, sketch books, crossword puzzles, cards (something for rest/quiet times)
- Digital or disposable Camera (not cell phone)

DO NOT Bring:

- Cell phones, video games, hair appliances or other electronics
- Food (Unless for specific dietary purposes – talk to the Medic about this. No nuts/peanuts.)
- Vapes, Drugs or Alcohol
- Expensive clothing, jewelry, money, or other valuables

CILT Participants (See list above plus these additional items. Refer to Outtrip list below as well):

- Clothes for 14 days and 13 nights (for warm and cold/wet weather)
- Flashlight/Headlamp or Lantern (Plus extra batteries to last 2 weeks. No electricity where CILTs sleep!)
- Watch and Alarm Clock (no cell phones)
- Notebook & Pens/Pencils
- Optional: musical instrument, travel mug for warm beverages

Outtrip Packing List (Canoe or Hike or CILTs):

- Underwear. Socks (ideally wool, not cotton; not too loose and not ankle socks)
- (1) **Compact** sleeping bag
- (2) T-shirts – polyester quick-dry shirts are best (not cotton)
- (1) Pair of quick-dry shorts
- (1) Pair of warm fleece or quick-dry pants (no jeans or cotton sweatpants!)
- (1) Warm sweater – wool or fleece is best
- (1) Swimsuit (must be functional for being active)
- (1) Small quick-dry camp towel
- (1) Rain jacket & rain pants – must be waterproof, not water resistant (You should be able to stand in the shower and not get wet!)
- (1) Pair of hiking shoes or running shoes that are comfortable, have grip, and provide some ankle support. (Crocs, skate shoes, sandals are not good enough to hike or portage in.) ****Brand new hiking shoes must be broken in or they will result in blisters and sore feet!**
- (1) Pair of sandals, flip-flops or crocs for relaxing at end of day
- (1) Sun hat – this is must!
- (1) Toque or warm hat
- (1) Headlamp or small flashlight
- (1) Water bottle – at least 1 litre and indestructible! (ex. Nalgene) We have some if needed.
- Toothbrush, travel size toothpaste
- Sunscreen (as small as possible, but enough to last the outtrip)
- Any prescribed or regularly taken medication** (pack separately and give to Medic upon arrival – see page 3)
- (1) Luxury item (anything of reasonable size: like book, camping pillow, journal, etc.)
- Some extra clothes, pajamas, toiletries, beach towel, pillow, etc... for before and after the outtrip. Campers will be able to leave some personal belongings at camp while they are offsite.
- SLMC provides tents, thermarest mattresses, cooking equipment, backpacks. If you own a large hiking pack that is sized for you, feel free to bring.

*** SLMC will send more detailed information to registered outtrippers prior to the summer. For longer outtrips, a few extra pieces of clothing (ie. long sleeved shirt) are recommended.*

*** To get proper equipment and clothes, you don't need to spend \$\$\$ on brand new gear! Go to a second-hand clothing store to find some fleece and quick-dry items. Or borrow equipment and clothes from a friend. The bottom line is that if it pours with rain, you need to stay warm, dry and happy!*

MEDICAL INFO:

Please contact camp with any significant changes in your camper's health and medication between the time of registration and arrival at camp. Parents/guardians can also speak to the SLMC Medic at drop-off on the first day of camp.

As you pack your child's medications, note that all meds should be in original packaging, and prescriptions must be in your child's name. Pharmacy pre-filled blister packs are also an option. Pack meds separately from luggage in labelled ziplock bag and give to Medic upon arrival.

Please contact camp if your child has any serious allergies (i.e. bees). Campers with such allergies must bring 2 ANA Kits or EpiPens to camp. There are campers and staff at Silver Lake who have life threatening allergies to peanuts and other nut products. **Please note that we are a nut sensitive camp and ask all visitors to not bring nuts, or products containing nuts onto camp property.**

LOST AND FOUND:

Although every effort is made to ensure belongings are collected, children often lose something at camp. **Please ensure all your child's belongings are properly labelled.** Take time before leaving camp to make sure your child has all the items they came to camp with. All items left behind that have been found are displayed at the end of the week for campers and parents to look through. Lost and Found collected at camp is donated to a local thrift store. **DO NOT SEND VALUABLE ITEMS TO CAMP** such as cell phones, jewelry, expensive clothing, expensive gear, etc. *Silver Lake Mennonite Camp is not responsible for lost or stolen items.*

FACILITIES:

Each cabin is supplied with foam mattresses covered with thick vinyl. Close to all units is a small campfire circle and an outdoor privy (kybo) with hand washing facilities. Showers and flush toilets are provided in two central facilities. The majority of the meals are served at/near the main Dining Hall where campers have access to washroom facilities.

BRONZE MEDALLION/CROSS participants (extra items to bring in addition to regular camp packing list)

- Pens/pencils. Paper or notebook for taking notes.
- Water bottle
- Hat and sunscreen (these are essential!)
- Swimsuits and towels (At least 2 each are recommended since you will be in and out of the water a lot during the day. Swimsuits should be fully functional for endurance swims and rescues.)
- Sweatshirt or hoodie to put over your swimsuit when doing activities on land
- Swim shirt (optional – great for sun protection and warmth in the water)
- Sunglasses (optional)