



Get ready for the  
**BEST SUMMER EVER.**

# PACKING LIST



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**Remember - The packing list of items can always be altered to meet your specific needs or preferences!**

**S = Suggested** If you think you need it, bring it! It may not be used, but at least you'll have it.

**M = Mandatory** Based on decades of camp experience and many advanced mathematical equations, these items are highly recommended and help ensure that camp is comfortable and fun!

	ITEMS	YMCA John Island Camp Programs		
		ADVENTURE CAMP SAPLINGS	YOUTH CAMP	EXPLORER CANOE TREKKERS SEA KAYAKERS
<b>BEDDING</b>	Pillow With Extra Case	M	M	M
	Sleeping Bag	M	M	M *must fit in dry bag with clothes
	Sleeping Pad	N/A	S	M
	Blanket	S	S	S
	Teddy Bear	😊	😊	😊
<b>CLOTHING</b>	Underwear	6-8 pairs	12-14 pairs	12-14 pairs
	Socks	4 pairs	8-10 pairs	8 pairs *2-3 wool
	Shorts	2 pairs	4 pairs	2-3 pairs *1 quick dry
	Pants	2 pairs	3 pairs	2-3 pairs *1 quick dry, 1 warm base layer (fleece)
	Long Sleeved Shirt	2	3	2-3
	T-Shirts	4-6	6-8	6-8 *1-2 quick dry
	Thick Sweater	1-2	2-3	1-2 pairs *1 wool or fleece (not cotton)
	Hats	2	2	2 *1 full-brim
	Rain Gear (jacket & pants)	M	M	M
	Running Shoes (closed-toe with good laces)	M	M	M
	Water Shoes or Sandals (with back strap)	S	S	M *closed-toe shoes with good laces that can get wet
	Sandals	S	S	S
	Bathing Suits	2	2	2
	Beach Towel	1-2	2	2 *consider one "pack towel"
	Pyjamas	1-2	1-2	1-2
<b>PERSONAL ITEMS</b>	Lifejacket	S	S	M
	Sunglasses (100% UV)	M	M	M
	Soap, Shampoo, Toiletries	M	M	M
	1 Litre Water Bottle	M	M	M
	Bug Repellent	S	S	S
	Sunscreen (SPF 30, Water-proof)	M	M	M
	30 L. Dry Bag (MEC/Seal Line)	N/A	S	M
	Flashlight / Extra Batteries	M	M	M *headlamp-style
Garbage Bags	1-2	1-2	1-2	

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## Optional Items

- writing pad and pens
- stamps and envelopes
- a good book
- camera and film (no phones)
- cards or small games
- paddle and fishing rod

## Please Do NOT Bring:

- Expensive, hard to replace clothing. Camp clothing WILL GET DIRTY, so pack clothes that can handle the excitement!
- Any electronics, *including phones*. If these items come to camp, they will be kept in the camp office until departure. Camp is a unique opportunity to 'unplug' - to reconnect to nature and to build lasting friendships. (There are no plugs in cabins, in any regard, so electronics won't be able to charge up!)

## Packing Tips for Camp

Packing well for camp is best done as a team – parents, it is a great idea include your child in the packing process. You can even pack this list with luggage as a reminder when it's time to come home.

Don't forget to **label everything**. It is amazing how many people own similar t-shirts, and you don't want to lose yours!



Register at [www.ymcaneo.ca/john-island-camp](http://www.ymcaneo.ca/john-island-camp)



# PACKING QUESTIONS

## What do I pack my stuff in?

We find duffel bags (i.e. a small hockey bag), or large hiking backpacks to be best. Staff and campers work together to transport belongings from the luggage drop to their cabin, and this can be over sand or rough terrain. Rolling suitcases are suitable, however the wheels may not actually roll. Campers staying for multiple sessions might pack in a Rubbermaid-style plastic tub (whose lid has been well-secured for arrival day).

Make sure any items on the outside of your bag are well-secured, too! – For example, dangling sleeping bags can get caught on things quite easily as we're loading and unloading our luggage buses! A small day-pack (like your school bag) can also come in very handy at camp.

## What kind of lifejacket should I bring to camp? Why can't I bring a blue lifejacket?

Personal Flotation Devices (PFDs) with the flap behind your neck, thicker 'fishing-style' jackets, or stream-lined paddling PFDs are all appropriate for camp. It is very important to make sure you are in the appropriate weight-category for your PFD; this is the most important sizing indicator. If you are buying a new flotation device and are hoping to do more outtrips in the next few years, consider purchasing a 'paddling-style' jacket – these can be found at most outdoor stores. Red or yellow coloured lifejackets are preferred.

## I use my cell phone as a camera, can I bring it to camp?

We strive at camp to provide an atmosphere of genuine connection, and an opportunity to 'unplug' from the digital lives so many of us live at home. In fact, cabins at camp do not have electrical outlets, which makes cell phones pretty useless, pretty quickly. These valuable items can also become easily damaged at camp by sand, water, and general outdoor living!

We recommend bringing a disposable camera, or an inexpensive digital camera that either takes regular batteries or with an extra charged battery (length of session dependent). To protect your camera, keep it in heavy-duty Zip-loc bags, or consider purchasing a protective case (Pelican-brand styled), available at most outdoor stores.

## Notes on Gear & Outtrip Clothing

### What is a sleeping pad, and why do I need one?

Sleeping pads are used by campers on outtrip to provide comfort and protection when sleeping in tents. While not absolutely essential, they make for a MUCH more enjoyable tent-sleeping experience. They also insulate you against the cold and wet ground on really rainy nights.

Blue Foam pads are an easy option. If you are hoping to do more outtripping in the future, consider a pocked-foam pad, or self-inflating mattress (Therm-a-Rest brand is very popular). These are available at most outdoor stores.

*Note: 'air mattresses' that are not self-inflating, and extremely large/heavy self-inflating mattresses are not appropriate.*

# PACKING QUESTIONS

## **I am thinking of purchasing a new sleeping bag, do you have any recommendations?**

How exciting! Most sleeping bags are suitable for camp. However, if you are thinking of making an investment, we'd suggest getting a sleeping bag that is both warm and packs up small. The size of your sleeping bag becomes an important consideration if you are thinking of doing more outtrips in the future. You might even consider getting a 'compression-style' stuff-sack for your sleeping bag – this has special straps that are easy to tighten and make your bag super small!

## **What is a Dry-Bag, and why is it important?**

A dry-bag is a stuff-sack that is specially designed to keep your gear dry during water-based activities. It is an extremely important piece of equipment for any camper going on a canoe trip. Dry-bags are made of vinyl or another thick plastic, and roll down with a buckle-closure. The 30L size has proven tried and true for years of happy campers! MEC and Seal Line are two trusted brands.

## **Why have you suggested so many fleece, quick-dry, and wool items?**

On outtrip, you are having fun in rain, wind or shine! This means your clothes need to be able to handle the elements. Cotton gets wet and stays wet, which means it will not keep you very warm should the weather turn sour (and will take forever to dry once the sun does come out). Synthetic fabrics like polyester are great for t-shirts and pants. Fleece is a wonderful, warm fabric; a fleece sweater dries quickly and keeps you nice and warm. Wool is perfect for socks and sweaters – although wool does not dry quickly, wool stays very warm even when it gets wet.

## **Why do I need closed-toe shoes if I am going canoeing? Can't I wear my sandals on outtrip?**

On outtrip you are doing more than just paddling – you are cooking, setting up camp, gathering firewood, playing games, and even portaging your canoes from one body of water to another! During all of these land-based activities, it is so important that your feet stay well protected. Closed-toe shoes will keep trip fun and safe. Popular options include: an old pair of running shoes (make sure they still have some grip as it can get slippery), closed-toe 'sandals' (Keen or Merrell are popular brands), mesh-sided water running shoes (Solomon and Merrell are both popular brands).

*Please note: 'water slippers' are not appropriate. A shoe with a more solid sole and a firm toe is necessary to prevent any injury.*

## **What is a pack-towel?**

This is a very lightweight towel especially designed to pack small and dry quickly. Larger beach towels are not appropriate for outtrip as they are very bulky, and difficult to dry when you need to re-pack your belongings every morning. Pack towels can dry in just a few minutes! Adventure-Towel is one popular brand.

## **Where do I get all this stuff?**

There are a lot of options for folks looking to invest in some camping clothes and gear. Your local outdoor store can be a very useful resource! In Sudbury, Ramakkos is a great place to start. Mountain Equipment Co-op is a nation-wide retailer in many major cities; MEC also ships far and wide and has excellent online selection. Appropriate clothing is becoming very widely available at outdoor stores, sports stores, and (a personal favourite of camping professionals) second-hand stores. There is nothing like a retro fleece sweater to make you stand out as a fashion icon at camp.



YMCA JOHN ISLAND



## Questions?

Contact us below!

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