

Nature Camp Equipment List

Please pack all the items on the list each day for your child

Food

✓	Item:	Use/type:
	Lunch (nut free in case of allergies)	Cold lunch as we will not have access to microwaves
	Snacks (nut free)	Lots and healthy as there may be a lot of physical activity during the day
	Drinks (optional)	Juice or other drinks, there will be access to water throughout the day
	1 refillable water bottle	

Clothing

✓	Item:	Use/type:
	2 T-shirts (for sun protection)	Wear one and pack an extra
	2 pairs of shorts	Wear one and pack an extra
	Pair of long pants	For colder days
	Warm sweater	For colder days
	Rain jacket and pants	We will try to stay outside everyday – rain or shine
	Running shoes	Good ankle support for running/playing
	Extra shoes (please no flip flops)	Shoes that can get wet (running shoes or sandals with ankle support)
	2 pairs of socks	Wear one and pack an extra
	2 pairs of underwear	Wear one and pack an extra
	Bathing suit	We will be having lots of fun with water!
	Towel	

Other

✓	Item:	Use/type:
	Masks	Optional- These may get wet during the day, so more is better if you would like your child wearing one
	1 ball cap or sun hat	
	Sunscreen	SPF 30 or higher
	Insect Repellent	May not be needed
	Prescription medication	If needed throughout the day (epipen, puffer, etc)
	Grocery bag	To put wet clothing in

Please note that we will try to stay outside as much as possible. We will have sun and rain shelters set up and will only use the school for very bad weather and washroom breaks