



Suggested Packing List

- Comfortable clothing for a wide range of weather conditions and physical activities
- Running shoes or hiking boots
- Rain jacket and rain pants
- Sleeping bag or twin sheet set and comforter
- Pillow
- Ear plugs and/or eye mask
- Pyjamas
- Flashlight or headlamp
- Swimsuit and towel
- Sandals or water shoes
- Sunscreen
- Sun hat
- Bug spray or bug hat or jacket (Camp Wenonah will also have some you can borrow)
- Water bottle
- Warm hat (toque) and gloves
- Toiletries
- Notebook and pen

Optional:

- Sit mat (for sitting on the ground outside)
- Yoga mat (Camp Wenonah will also have yoga mats available, but you can bring one if you prefer)
- Slippers/indoor shoes
- Reusable tea/coffee flask

- Small daypack or bag
- Book
- Phone charger
- Small musical instrument
- Craft project
- Board games
- Binoculars, hand lens or your favourite field guide
- A story, poem or song to share around the campfire!