CAMP McDOUGALL

What to Bring to Camp

A packing checklist so your camper is ready for a week of fun. Mark everything with your child's name.

Mark everything
All articles should be marked with your child's name. The camp cannot be responsible for loss or damage to campers' personal property.

What to pack

Here's a helpful checklist to ensure your child has everything they need to stay warm, dry, and happy while they are away from home!

Clothing

- [ ] 4 T-shirts
- [ ] 2 long sleeve shirts
- [ ] 2 sweaters
- [ ] 4 shorts
- [ ] 2 pants
- [ ] 2 pyjamas (cold and warm pair)
- [ ] 8 underwear
- [ ] 7 pairs of socks
- [ ] Bog clothes (should have little sentimental value as they are meant to get dirty)

Swimming and sun safety

- [ ] 2 bathing suits
- [ ] 2 beach towels
- [ ] 1 hat
- [ ] 1 sunglasses
- [ ] Sunscreen (waterproof, 30 SPF or more)

Toiletries

- [ ] Hairbrush or comb
- [ ] Toothbrush and cover
- [ ] Toothpaste
- [ ] Soap
- [ ] Shampoo and conditioner
- [ ] Deodorant
- [ ] Chapstick
- [ ] Menstrual products (if needed)
- [ ] Shower shoes

Footwear

- [ ] Closed-toed shoes
- [ ] Beach shoes: sandals, Crocs, or water shoes. A backstrap is recommended.

We do not recommend flip flops at any point while at camp.

Other

- [ ] Rain gear
- [ ] Reusable water bottle
- [ ] Insect repellent
- [ ] Book(s)
- [ ] Stuffed animal

Bedding

- [ ] Sleeping bag, extra blanket, pillow, pillowcase

Prescription medication
We ask that parents send only absolutely necessary medications to camp. All medications MUST be given to the camp first aider upon arrival. The first aid staff dispenses medication daily and on an as-needed basis. No medication may be kept in the cabins.

What NOT to bring

- Cellphones, cameras, tablets, iPods, computers or any electronics
- Knives, including pocketknives, or any other weapon
- Alcohol, tobacco products, or vapes of any kind
- Valuables or money
- Junk food or snacks (munchies attract critters into the cabin)

> **Drop-off and pick-up**
> Drop-off is on Sundays between 3:00 and 4:00 pm. Pick-up is on Fridays between 4:00 and 5:00 pm.