

THE PACKING LIST

CLOTHING

- 10 (12)¹ T-shirts
- 5 (6) Shorts
- 4 (5) Sweatshirts
- 2 Sweaters
- 1 Ski jacket
- 1 Light jacket
- 1 Raincoat (swamp coat) with rain hat or hood
- 1 Bathrobe
- 2 (5) Pairs of pyjamas
- 10 (15) Pairs of underwear
- 3 Bathing suits
- 3 Pairs of running shoes
- 1 Pair of slippers
- 1 Pair of rubber boots
- 2 Sun-protective hats
- 12 (15) Pairs of socks
- 5 Jeans and/or sweatpants
- 2 Laundry bags

BEDDING²

- 3 Blankets
- 4 Sheets (Bed size 30" X 72")
- 1 Pillow
- 2 Pillow cases

TOILETRIES

- 6 (8) Towels
- 2 Wash cloths
- 2 Toothbrushes with cases
- 2 Tubes of toothpaste
- 1 Small mirror
- 1 Comb and/or hairbrush
- 3 Bars of soap
- 1 Plastic soap case
- 2 Insect repellent sprays
- 1 Shampoo in plastic container
- 1 Nail file and nail brush
- 2 Boxes of tissues
- 1 Plastic drinking cup
- AMPLE Hygiene products
- LOTS OF SUNSCREEN

OVERNIGHT AND TRIPPING ITEMS

- 1 Sleeping bag (can be used as the regular comforter)
- 1 Dry bag (large)

ADDITIONAL ITEMS

- 1 Extra pair of prescription eye glasses³
- AMPLE Letter writing equipment including pads, envelopes, stamps, pens and/or pencils³

- 2 Flashlights with batteries³
- 1 Tennis racquet
- 12 Wire coat hangers
- 1 Water Canteen³
- 1 Baseball glove
- 1 Inexpensive camera and film
- 1 Knapsack
- I-Pod or Discman
(for use in the cabin at appropriate times)
- 1 Musical instrument
- AMPLE Books and traditional games
- EXTRA Shoe laces
- EXTRA Name tape

IPODS AND PERSONAL MUSIC DEVICES

Most of us adults took our Walkmen and cassettes or record players with us to camp when we were younger and have fond memories of sharing our favourite music with our friends. Any device from the iPod family and devices whose primary purpose is to play music are allowed at camp for use in the cabin only. Devices whose primary purpose is to play games, watch movies, or be used as telephones will not be allowed. For a clarification of which devices we consider to be part of the iPod family, please visit: http://en.wikipedia.org/wiki/List_of_iPod_models#Models

Yes, the iPod Touch is allowed. No, the iPhone and iPad are not. Yes, mp3 players are allowed. No, cell phones and/or game systems (even if they can be used as music players) are not.

This policy has the potential to introduce video displays into Walden and we ask that parents check their children's iPods before coming to camp to ensure that the music and any videos are appropriate material for children of all ages. iPods are expensive items. Although they are allowed, they are not necessary to the camp experience.

Personal music devices, if brought to camp, may only be used or carried in cabins.

HOCKEY EQUIPMENT

Our hockey facility was and will continue to be a hit with many of our campers. Opportunity for both in-line and ball hockey throughout the summer will be available to all campers. Given the safety concerns associated with hockey and our commitment to taking appropriate measures in managing risk at camp, all campers will be expected to abide by the following rules:

- 1)** All campers are required to wear protective equipment when playing hockey.
- 2)** A selection of protective equipment will be at camp so that all campers may participate in the program.
- 3)** In-line skates, hockey sticks, helmets with face protection and protective equipment (elbow and knee guards) may be brought from home.

It is our hope that hockey at Walden will once again be a popular activity area. We hope that all of our campers will appreciate the importance of having these guidelines in place so that all participants will enjoy the benefits of this exciting program.

¹Numbers in brackets indicate recommended quantities for Colour and Comic campers

²Out of Canada campers will be given bedding for their stay at camp

³These items are a must!