

What to Bring



This is a very general list. Use your own common sense when it comes to time of year requirements. Some items are specific to youth camps. If anything special is required for an adult workshop it will be stated in the program description or you will be contacted in advance.

Summer Camps

- sleeping bag, pillow and foam pad (tent is optional – sleeping arrangements in the building are communal)
- eating utensils: cup, bowl, knife, fork, spoon; mesh bag (optional) and small water container suitable for hiking. All utensils are to be unbreakable.
- changes of clothes and shoes (old runners if you have them), rubber boots and rain wear, bathing suit, sun hat. Clothing should be for cold and warm weather.
- towel & face cloth, natural soap, toothbrush & toothpaste, sunscreen, natural insect repellent, face pan (optional)
- note book or journal
- your favorite art or creative supplies (optional)
- knife, if you have one, but must be a lock blade
- flashlight
- MUSICAL INSTRUMENTS ARE WELCOME

Winter Camps

- winter sleeping bag & pad is a must if you plan to try a sleep-out
- warm winter clothes (don't forget hat, mittens and extra socks)
- indoor shoes
- snowshoes – properly adjusted before you arrive (try to borrow if you don't have a pair)
- bathing suit and towel for the sauna

Meals

Meals are designed for simplicity. Staples will be provided along with fresh fruit and vegetables. If you have a special diet or favourite snack, bring them along with you.