

Personal Kit List for Unit Camp at Camp Kanaka

We will be spending all weekend outside regardless of the weather. Best to bring layers that you can adjust depending on the weather. Please no cotton as it cannot keep you warm if it gets wet.

Recommend packing in a duffle bag or backpack, not a suitcase.

You are responsible for any electronics that you bring.

Equipment

- Sleeping bag
- Sleeping pad
- Flashlight/headlamp and extra batteries
- Plate
- Bowl
- Mug/Cup
- Spoon, fork, knife
- Sit upon (can make one with adding newspapers to a plastic bag and taping it closed)
- Day pack

Toiletries

- Face cloth and small towel
- Face wash
- Toothbrush
- Toothpaste
- Floss
- Feminine products (everyone should bring some)
- Deodorant
- Personal medications
- Hair brush
- Hair ties (mandatory if you have long hair)
- Bug spray
- Sunscreen

Clothes

- Rain jacket
- Rain pants
- 2-3 non-cotton shirts
- 1 pair of waterproof shoes (like hiking boots)
- 1 pair of camp shoes (sneakers)
- 4 pairs of underwear
- 1 sports bra
- 2 pairs of non-cotton pants
- 6 pairs of socks
- 2 warm mid layers
- 1 warm sweater or puffy
- 1 pair of pajamas (no onesies)
- 2 toques
- 1 sunhat
- Gloves

Optional

- Homework or assignments
- Phone or camera
- Book
- Journal
- Portable games – cards, dice, etc.
- Tissues
- Ear plugs