



CAMP EKON

Since 1971

Memories that Last Long Past the Past Summer!

What to Pack for On-Site Camp Sessions

- All Medications, labelled
- Sleeping bag, pillow, and fitted bed sheet
- Shoes: running shoes, sandals
- T-Shirts (3 per week)
- Shorts (2 per week)
- Pants (2 per week)
- Pajamas, underwear, socks
- Toiletries (including items for showering)
- Sweatshirt or Fleece (2 per week)
- Bathing Suits (2)
- Reusable water bottle
- Hat
- Raincoat
- Towels (2 per week)
- Bug Spray, Sun Screen (Please be sure to label these)
- Flashlight (extra set of batteries)
- Suggested: Books or magazines, deck of cards, pre-addressed and stamped envelopes, pen and paper, laundry bag

What to Pack for Trip

- All Medications, labelled
- Day Clothes: Light weight T-Shirt, shorts and a bathing suit
- Pajamas, Underwear, and socks
- 20L waterproof Dry sac
- Raingear: rain jacket and rain pants (optional)
- 'Site Clothes': Long-sleeved Shirt or Sweatshirt/Fleece and long pants
- Small Sleeping Bag (needs to fit in the 20L DrySac)
- Reusable Water Bottle
- 1 pair Running Shoes or Hiking boots
- 'Site Shoes' (these should be sturdy footwear that let the air in, like sandals or Crocs)
- a waterproof whistle on a string (like a Fox 40)
- Flashlight
- Toiletries
- Hat and toque (for late summer trips)
- Waterproof sunscreen and bug spray
- Complete change of clothes and towel to be left at camp in a small backpack
- Toque and warm socks for cold nights (especially good for trips later in the



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summer)

- **Optional for Trip:**

- Small 'pack' towel
- Deck of cards, book or magazines (please send in a ziplock bag)
- Journal, supplies to write letters etc. (please send in a ziplock bag)
- Camera (disposables would be recommended)

Suggestions

- As some items to succumb to the rigours of camp life, old clothes that are not your favourites are always best. Clearly mark your child's name on all belongings.
- If you wish to send your child to camp with snacks, please ensure there are enough for the whole hut (approx. 24 kids), and that all food is pre-packaged and peanut free
- Please leave at home: bottled water, jewelry, all electronics, cell phones, hair dryers/straightening irons

Please email registration@ekon.ca with any questions