

BEDROCK Packing List



Please take the time to carefully read through this packing list before making any decisions about what clothing and equipment you will use during your Coldwater experience. Please do not hesitate to contact us with questions regarding clothing or any gear purchases. Remember, most items on this list can be found in your closet or a friends!

Please note: If your child brings a cellphone to camp they will be required to surrender it to the Coldwater staff to be stored in the office for the duration of their stay. Due to increased technology use and risks associated with cameras and microphones in cabins, we are implementing this requirement. If you need to get a hold of your child during their week at camp please contact the Coldwater office at 226-749-3149.

| CLOTHING | | |
|--------------------------|-----------|---|
| Socks | 4-7 pairs | |
| Underwear | 4-7 pairs | |
| Long-sleeved Shirt | 1 | |
| T-shirts | 4-7 | |
| Fleece Jacket or Sweater | 1 | Mid- or Heavy-weight fleece or warm sweater |
| Shorts | 2-4 pairs | |
| Long Pants | 2 pairs | |
| Rain Jacket | 1 | Please make sure your rain jacket has a hood |
| Pyjamas | 2 pairs | |
| Swimsuit | 1 | Girls: One piece or tankini. Guys: No speedos, please. |
| Hat | 1 | Baseball or sun hat |

| PERSONAL ITEMS | | |
|---------------------|--------|---|
| Sleeping Bag | 1 | Please bring a warm sleeping bag as it can get cold in the evenings. |
| Pillow | 1 | |
| Toiletry Items | 1 each | Toothpaste, toothbrush, lip balm, soap and facecloth, shampoo/conditioner, hairbrush, hand wipes, feminine hygiene items (if necessary) |
| Sunscreen | 1 | Small tube, SPF 30+ |
| Insect Repellent | 1 | No aerosol cans please |
| Headlamp/Flashlight | 1 | Bring 1 set of extra batteries |

| | | |
|-------------------------|---|---|
| Towel | 1 | |
| Bible | 1 | Preferably with Old and New Testament - We also have extra Bibles that can be borrowed. |
| Journal/Spiral Notebook | 1 | Bring 2 pens/pencils to write with |
| Reusable Water Bottle | 1 | You will NEED this! Coldwater Nalgene's can be purchased. |

FOOTWEAR

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|-------|--------|---|
| Shoes | 2 pair | Please bring at least one pair of sturdy running/hiking shoes |
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OPTIONAL ITEMS

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|----------------|-----------|--|
| Digital Camera | 1 | Bring extra batteries and a protective case. Coldwater cannot ensure the safety of this item so an inexpensive, disposable, or waterproof camera is recommended. Reminder: you will not be able to use your phone as a camera. |
| Bandana/buff | 1 | |
| Sunglasses | 1 | |
| Cash | \$10 - 75 | To purchase Coldwater swag or for camp mercantile/tuck shop |

CLOSING COMMENTS

Your equipment and clothing help to create a safe and enjoyable experience for you and your group members. If you have any questions or if you are purchasing equipment specifically for your program and would like more information regarding any of the items on this packing list, feel free to contact us at programs@coldwatercanada.org