

MANITOGA SUMMER NATURE & DESIGN CAMP

WHAT TO BRING

Manitoga is an outdoor camp, and children will be spending all day outdoors, rain or shine. These are the **must haves**:

- **Suitable walking shoes:** sneakers, combination sneaker/water shoes or comfortable walking sandals – NOT flip flops. All shoes worn may get wet. Water shoes are especially important for the younger campers, as it can be slippery when sneaker creeking.
- **Bathing suit and towel**, (unless you are OK with your child getting their regular clothing wet during sneaker creeking). For days on which hot weather is predicted, your child may wish to wear his/her bathing suit under his/her clothing as this streamlines changing time and allows more time for fun!
- **Water bottle and water bottle carrier** so that hands can be free on the hikes. The carrier is essential!
- A **complete change of clothes** to be brought on the first day and stored in your child's cubby through the week. Things get dirty at Manitoga – keep that in mind with clothing selection.
- A lightweight rain **poncho** or similar.
- Most children bring a **lightweight back pack**.

ALL ITEMS, INCLUDING WATER BOTTLES, SHOULD BE LABELED WITH YOUR CHILD'S NAME

Please do not allow your child to bring electronic games, action figures, pocket knives, trading cards, toys or any items of real and/or sentimental value. Inappropriate items will be held by the staff and returned to parents at the end of the day.

A lost and found box will be kept throughout the camp season, so please check for any missing items.

LUNCH

Please provide your child with a healthy lunch in a lunchbox or paper bag every day. Please remember that things like mayonnaise, butter and cold cuts will spoil in the heat of the sun. Use **ice packs** if packing perishables. Please do not include any candy, sweets or gum. The children will be treated to fruit pops on occasion; please let camp staff know in advance if there are any **dietary restrictions** for these.

INSECT REPELLANT and SUNSCREEN

We recommend using both on your child prior to each day's session. As mandated by the Health Department, camp staff **cannot apply** these on your child. Please be sure you do so before the start of each day at camp.