

# SUGGESTED CHECKLIST

## -- CANDLE LAKE --

### BEDDING

- Pillow
- Heavy sleeping bag (with extra blanket if desired)  
Please ensure outside holder of sleeping bag is CLEARLY MARKED WITH OWNER'S NAME

### CLOTHING

- Pyjamas
- 2 pair of shorts
- 2 pair long pants
- 1 bathing suit
- 4 light shirts
- 1 heavy sweater (sweatshirt)
- 1 heavy shirt
- Raincoat
- Socks
- Underwear
- Hat with brim
- 1 jacket
- 1 Pair of running shoes or comfortable footwear for hiking
- Sandals or lightweight shoes

### PERSONAL

- Swimming towel
- Towels and washcloth
- Soap
- Comb/brush
- Shampoo
- Shaving Kit
- Toothpaste and toothbrush
- Feminine supplies
- bed sheet (to cover plastic mattresses)
- Chapstick

### OPTIONAL

- CDs (radio version, suitable for dancing)  
- name marked clearly.
- Camera & batteries (plenty of film if not digital)

### MISCELLANEOUS

- |  |                     |
|--|---------------------|
| -Completed detailed Health Form (enclosed) | -Flashlight         |
| -Sun glasses                               | -Mosquito repellent |
| -Ball glove                                | -Sun screen         |
| -Travel alarm clock                        | -Water bottle       |

### NOTE:

1. Mark all equipment with owner's name.
2. Leave valuables at home (this would include IPODs, MP3 players, cell phones and anything like that - electronic and expensive).
3. Only pack necessities. Use one suitcase or bag (sleeping bag may be extra).
4. Please do not bring cell phones.
5. If you have an allergy that requires an epi-pen, please bring 2-3 of these along