

Clothing and General Kit List

This list of gear is for ALL Participants attending any of the following ROBSI Programs:

Junior Program, Senior Program, CIT and Murphy's Point and Canoe Out Trip

Remember, ROBSI Programs are one week long. Make sure to pack enough clothes to last a week!

At ROBSI, we strive to make all our participants as comfortable as possible, please pack to dress modestly.

Please ensure all items you bring to the program will be appropriate for creating a positive community experience.

✓	Clothing Items
	Hat <i>(You will need a hat with a brim or peak. It is important to protect yourself from the sun especially when canoeing!)</i>
	Sweaters
	Shorts
	Warm Pants <i>(It can get very cold at night!)</i>
	T-shirts
	Underwear
	Socks
	Pyjamas
	Extra Shoes or Rain Boots
	Running Shoes
	Raincoat and/or Warm Jacket
	Bathing Suit
	Fitted Twin Bed Sheet <i>(Junior, Senior and CIT Camp ONLY)</i>
✓	Optional Items
	Personal Lifejacket or Paddle if you wish. <i>(Note: For safety reasons, ROBSI supplies every camper with a Lifejacket and Paddle, however some campers prefer to bring their own personal equipment.)</i>
	Musical Instrument
	Mosquito Netting <i>(Junior, Senior and CIT Camp ONLY)</i>
	Prayer Book and other reading materials
	Extra Blanket

✓	Other Items
	Two Towels
	Toiletries <i>(Don't forget your toothbrush!)</i>
	Biodegradable Soap Please DO NOT bring Shampoo or Conditioner, it will be supplied in the showers!
	Insect Repellent
	Sunglasses <i>(Good sunglasses are very helpful when canoeing to reduced the glare off the water!)</i>
	Pillow
	Warm Sleeping Bag
	Small Backpack <i>(Day Pack)</i>
	Wind up Flashlight <i>(or regular Flashlight with extra batteries)</i>
	Water bottle <i>(Dehydration can be a very serious problem, you need to drink plenty of water!)</i>
	Sunscreen (SPF15+)

✓	Additional Items for Murphy's Point & Out Trip (ONLY)
	Pack gear in a canvas "Duffle Bag" or backpack. <i>(Large suitcases on wheels are not suitable for camping and storing in tents)</i>
	Ground Sheet
	Inflatable or foam camping mat
	Ditty Bag <i>(A Ditty Bag is a cloth bag with non-breakable plate, bowl, cup and cutlery)</i>
	Water Shoes <i>(or other appropriate closed toed shoes that can be worn in the lake. Note: sandals, crocs or flip flops are not safe to wear in the water.)</i>

Important Things to Remember:

Valuables are best left at home.

Please label all belongings clearly with participants name.

Please be sure to pack and clearly label all necessary medications and give to the Directors.

Please do not bring **any** electronic devices such as cell phones, Ipods, or mp3 players etc.

For the safety of all participants, please do not bring food items of **any** kind. Some of your fellow attendees may have serious food allergies and we also DO NOT want to attract animals. We will provide all the delicious food you need!

ROBSI provides all the program and camping equipment needed for our programs, so please do not bring any knives or matches. Any unnecessary items brought will be kept by the Program Director and returned on the last day.