

**What to pack:**

- Sleeping bag
- Pillow (optional)
- Toiletries (such as toothbrush, toothpaste, face cloth, soap, deodorant and shampoo)
- Bath towel
- Flashlight
- Laundry or garbage bags for dirty laundry
- Reusable water bottle
- Insect repellent (optional items)
- School supplies if required by teachers (e.g. exercise books, pencils, etc.)
- Complete change of clothes that suits the length and weather of your stay (see below)

**What to wear:** Be sure to check the weather before packing for camp and pack clothes that you can be active in. Ex: Jeans can really slow down the ability to participate in many activities once they are wet. Avoid cotton if possible; synthetic materials and wool are best for outdoor activities.

- Pants
- Shorts
- T-shirts
- Sweater or warm jacket
- Rain gear (an inexpensive poncho works great!)
- Bathing suit and towel (if participating in waterfront activities)
- Sturdy shoes: sneakers or light hikers are best (new footwear just for camp is not necessary) – try to have two pairs so that if one gets wet you’ll have a dry pair
- Extra shoes or rubber boots (if rain is forecasted)
- Sandals (for waterfront activities)
- Pyjamas
- Socks and underwear
  
- Sun hat and sunscreen (weather pending)

**Please Do Not Bring the Following Items:** Camp Elphinstone will not be held responsible for lost or damaged items. Items listed will be removed for animal/human safety and security reasons.

- Knives or other weapons/pocket tools • Money or other valuables
- Any electronics: iPods, cell phones, gaming devices, radios, etc.
- Food or drinks (except for water)

Please be sure to properly label your belongings with both your name and group name. Items left behind will be kept and held for 2 weeks, after which will be given to those in need.

### **What is a heat room?**

To keep your home and our facility bed bug free, we have a specially constructed heat treatment room. Bags are heated to 125 degrees (about the temperature of a clothes dryer) which ensures that any bed bugs and/or eggs that may be contained within participants' belongings are killed prior to moving into cabins. The whole process takes 2 hours.

### **What goes in the heat room?**

All bedding, clothing, and cloth bags must go in the heat room

### **What doesn't go in the heat room?**

- Plastics, such as toiletries and cosmetics
- Cameras and any other electronics (should be left at home)
- Medicines and medical devices
- Aerosols or creams (e.g. sunscreen)
- Food, including pop cans (these items are not allowed at camp anyway)
- Candles and wax
- Photographs

### **How should I pack my bag?**

- Write your name and your group's name on a plastic zip-lock bag and put all items not to be treated in this bag
- Keep this zip-lock at the top of your overnight bag so it can easily be removed before the overnight bag goes in the heat room
- Zip-locks will be placed in bins and given back to you when you collect your treated luggage