



YMCA-YWCA  
Vancouver Island

## RECOMMENDED GEAR LIST – OVERNIGHT GROUPS

**Camp Thunderbird is a nut-safe zone. Please leave nut product at home.**

The following list is a packing guide for your child's upcoming experience at YMCA-YWCA Camp Thunderbird. Please use your judgment and pack what they will need, but try to keep baggage to a minimum.

### WHAT TO WEAR TO CAMP:

**CLOTHING** – Be sure to check the weather before dressing for camp. Temperatures at Camp Thunderbird can be 5 degrees cooler than Victoria. Have your child wear clothes they can be active in. Jeans are not good on rainy days – once wet they can really slow down a child's ability to participate in the activities and can increase the risk of hypothermia.

**STURDY SHOES** - Lace up sneakers or light hikers are the best. New hiking boots just for camp are not necessary and can cause blisters.

**SUN HAT AND SUNSCREEN**

### WHAT TO PACK FOR CAMP

**SLEEPING BAG** - This should be a 3 - season bag. Rated to 5°C. Extra blankets work in a pinch

**PILLOW** - optional

**COMPLETE CHANGES OF CLOTHES** (dependent upon the length of stay) - underwear, socks, shorts, pants, t-shirts, sweater, warm jacket, and pyjamas

**TOQUE** - For chilly evenings

**TOILETRIES** - Tooth brush, toothpaste, soap, sunscreen

**DAY PACK** - This is to carry the rain gear, water bottle, towel, bathing suit, sunscreen etc.

**RAIN GEAR** – An affordable poncho works great! A hood helps a great deal.

**BATHING SUIT AND TOWEL**

**WATER BOTTLE**

**FLASH LIGHT**

**EXTRA SHOES OR RUBBER BOOTS**

**SLIPPERS OR SANDALS** - For inside the cabins

PLEASE label everything with the student's name and school!

Lost and found will be held at the Camp for 2 weeks after which it will be donated to those in need.

### **PLEASE DO NOT BRING:**

Knives, money, valuables, music devices, cell phones, perfumes or scents, **FOOD**, personal video games or other electronics.