



## Packing list

### Clothing

- ✓ Name beads (returning participants)
- ✓ Pajamas
- ✓ Socks and underwear
- ✓ Shorts (2-3)
- ✓ Jacket
- ✓ Pants
- ✓ Sweatshirt or warm sweater (2)
- ✓ T-shirts (5)
- ✓ Rainwear (rain jacket and rain boots)
- ✓ Water shoes or flip-flops for water activities
- ✓ Secure footwear (shoes with a heel and toe)
- ✓ Sunglasses
- ✓ Brimmed sun hat
- ✓ Bathing suit
- ✓ Running shoes

### Toiletries

- ✓ Toothbrush
- ✓ Toothpaste
- ✓ Towel for shower
- ✓ Towel for water activities
- ✓ Soap
- ✓ Shampoo / conditioner
- ✓ Insect repellent
- ✓ Sunscreen (SPF 30 or higher)
- ✓ Reusable water bottle

### Sleeping

- ✓ Sleeping bag or warm comforter (with sheets)
- ✓ Pillow
- ✓ Flashlight (with new batteries) or headlamp

### Optional

- ✓ Camera
- ✓ Small backpack to use around camp
- ✓ A reading book or notebook
- ✓ Costumes for themed dinners
- ✓ Card or Board Games

### Things to leave at home

- ✗ Halter and tube tops
- ✗ Clothing with offensive graphics or language
- ✗ Perfume, cologne or scented sprays
- ✗ Food containing nuts (or traces of nuts)
- ✗ Candy or junk food including gum
- ✗ Cell phones
- ✗ Valuables (jewelry, electronics, etc.)
- ✗ Music with offensive language

### Banned items – will be immediately confiscated with consequences

- ✗ Lighters and matches
- ✗ Knives and other weapons
- ✗ Alcohol, tobacco and recreational drugs
- ✗ Electronic vaporizers/e-cigarettes

Please note that the Canadian Cancer Society is not responsible for lost or stolen items. All lost and misplaced items will be brought back to the Camp Goodtimes office in Vancouver after camp. Please contact our office if you are missing an item. Any unclaimed items after September 30 are donated to charity.

