



Packing List

Clothing

- ✓ Name beads (returning participants)
- ✓ Rainwear (rain jacket & rain boots)
- ✓ Pajamas
- ✓ Socks and underclothes
- ✓ Shorts
- ✓ Pants
- ✓ Sweatshirt or warm sweater
- ✓ T-shirts
- ✓ Sneakers
- ✓ Water shoes for water activities
- ✓ Secure footwear (shoes with a heel and toe)
- ✓ Sunglasses
- ✓ Brimmed sun hat
- ✓ Bathing suit

Toiletries

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

Sleeping

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

Optional

- ✓ Camera
- ✓ Small backpack to use around camp
- ✓ A reading book or journal
- ✓ Board games, cards
- ✓ Sports equipment (football, frisbee, etc)
- ✓ Musical instrument

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
- ✗ 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 are 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.

