

# WHAT TO BRING TO CAMP

*Mainly, bring a smile... but here is what else you will need.*



## SOME BASIC GUIDELINES

### ***Limit the Amount of Stuff They Bring***

Further on in this booklet (and available on our website) is our “*WHAT TO BRING TO CAMP LIST*”. Remember that it is just a **suggested** list, intended simply as a guideline. TWO DUFFEL BAGS is the limit, and is really quite enough at camp. Typical shelf space comfortably accommodates only so much clothing & gear. Camp is all about being resourceful, making the most of having just enough. You are not doing anyone a favour by sending complete wardrobes. Laundry goes out every week and comes back the following day. Therefore, campers only require one week’s worth of clothing.

By limiting each camper to TWO DUFFELS ONLY, we are advising that you pack light. We always advise **in favour** of sending used well-worn items, and **against** sending designer type clothing or anything of great value. Tamakwa is meant to be a down-to-earth non-competitive environment, where we live in sweats, shorts, jeans, and the like. For that reason, we have always resisted recommending any additional purchases for camp. Besides, we are sensitive to the fact that camp is costly enough without asking you to spend any more than necessary to outfit your child for camp. However...if there is one area in particular that we DO advise you to purchase wisely, it is OUTDOOR GEAR...

## MANDATORY - with some helpful tips from our Canoe Tripping Staff

At Tamakwa, weather (silver days) is no obstacle for enjoying outdoor living, camp activity, and out of camp canoe trips. When it comes to gear, experience tells us what works and what doesn’t. With a little more thought and approximately the same cost, your children will be better prepared to enjoy the Tamakwa-Algonquin experience.

### ***Life Jacket***

Each camper, CIT, and staff member **MUST** bring a **government-approved** life jacket to camp that fits properly. Because they’re worn for canoeing, sailing, kayaking, and all other water sports, we recommend the vest type. They allow for more maneuverability than the type that fits over the head.

### ***Sleeping Bags – one per child***

Synthetic fibre-filled bags are warm, quick-drying, lightweight, and can be packed into small stuff bags. A three-season bag is sufficient. Huge flannel lined sleeping bags do not dry quickly and they do not fit into packs, please do not send them. ***Synthetic sleeping bags only.***

### ***Rain-Gear – have your raincoat in your carry-on bag; NOT in your duffels***

Those plastic ponchos that come in the snap-able plastic packages are useless. While we can’t expect anyone to invest in Gore-Tex, a sturdy nylon or even polypropylene coated nylon is best. Good sealed seams are critical. A two-piece set, separate jacket and pants, is highly recommended. Single poncho-style rain gear is ineffective.

### ***Water-Bottles***

Water bottles (for use in and out of camp) are much easier to keep clean and carry than those heavy, dirty, leaky army type canteens. NALGENE bottles work best. PLEASE be sure to put names on them in permanent marker.

## HIGHLY RECOMMENDED

### ***Footwear for Trips***

Footwear will get wet and muddy. Old ragged shoes do not offer sufficient support. Sturdy walking shoes, hiking shoe-boots, or even running shoes are much better.

### ***Socks***

Again, on canoe trips out-of-camp where feet can get wet, we recommend wool socks or “smart wool”. For in-camp activity, cotton is just fine.

### ***Dry Bags***

These are strong rubber waterproof bags for packing sleeping bags and personals on canoe trips (no bigger than 20 lb size is necessary). They are in no way mandatory, but we recommend them, particularly for long canoe trips. Without one, we issue heavy weight garbage bags for packing purposes. But no doubt about it, dry bags are great.

## 2 Blank White T-shirts

Silk screening and tie-dying T-shirts is very popular at camp. Every summer there is usually a reason to proudly wear a printed emblem that marks an event, a particular program, a theme day, or sometimes the group's "cabin insignia" in the form of a silk-screened T-shirt. Rather than print this on the back of a regular emblemed article of clothing, it's a lot nicer to savor the memory of the summer by printing fresh on a clean T-shirt. We recommend sending a spare and inexpensive T-shirt (white or light coloured) that will be reserved just for this purpose.

**(TIP: make sure they have name labels, then store in a ziplock bag for safe keeping until needed.)**

## CAMP GEAR FROM "MOOSEJAW" STORES IN MICHIGAN

A fantastic selection of camp gear is available at Moosejaw (including all mandatory and recommended gear listed in this manual) at the following 2 locations in Michigan:

34288 Woodward Ave.  
Birmingham, MI  
248-203-7777

154 North Adams  
Rochester Hills, MI  
248-375-5800



Moosejaw offers Tamakwa families 15% off everything for camp of in-stock and non-sale items. If you prefer to shop at [www.moosejaw.com](http://www.moosejaw.com), please enter coupon code "Tamakwa15" for your discount. Moosejaw will have our suggestions for the proper camp lifejackets, sleeping bags and much more, so please ask for assistance at either store. **Also, both stores will have Tamakwa Days offering a 20% discount on Saturday, May 15, 2010, Saturday, May 22, 2010 and Saturday, June 5, 2010.**

## CAMP GEAR FROM "CHOCKY'S" STORE IN TORONTO

For families living in the Toronto area, or those passing through before camp... take advantage of a special Camp Tamakwa 10% discount at **Chocky's** (416-483-8227, located at 2584 Yonge Street, between Eglinton and Lawrence). Chocky's is an apparel store that specializes in inexpensive camp favorites such as: blank t-shirts, shorts, underwear, socks, pajamas, etc... Just mention Camp Tamakwa for your 10% discount.

## MORE TIPS AND GUIDELINES

### Soaps & Shampoos

All soaps and shampoos **MUST BE BIODEGRADABLE**. These are non-polluting soaps and can be purchased at a variety of places. Labels may not list other expressions like "contains biodegradable ingredients"; they must be **100% biodegradable**. Using these soaps will help to preserve the Algonquin waters and the total environment. This awareness is part of the Tamakwa experience and campers will not be allowed to bathe in the lake if these are brought to camp. Dr. Bronner's, Trader Joe's, Jason's, Kiss My Face, Refresh, Desert Essence Organics, Green Beaver, Burt's Bees, and Camp Suds are a few good options. Suave, Herbal Essence, Ivory and Dove are **NOT**. Please **NO GLASS** containers as well.

### C.A.M.P. Radio

We have a camp radio station (the call letters are C.A.M.P.). Campers are encouraged to bring music to play on the radio station, and to bring a **small** radio to listen to camp radio in their cabins. There is no need for anything other than a **SMALL radio or an iPod (with NO videos)**. All other sound production devices, computer games, etc. are discouraged. **ALL SOUND EQUIPMENT MUST BE CONFINED TO THE CABIN AT ALL TIMES.**

### Musical Instruments

Tamakwa is a very musical place. If you play a musical instrument, feel free to bring it with you to camp for talent shows, plays, and hamming it up in general.

### Costumes

*Leftover from Halloween, Purim, school plays, whatever... **Costumes come in handy at camp for plays, talent shows, special events, and more.***

### Games

Board games - YES

Anything made for trading or gambling - NO

### **Regarding Electronic Games**

Camp is about simplicity and enjoying life without all the high-tech gadgets of city life. Electronic devices are just not part of the Tamakwa-Algonquin experience.

**SEE PAGE 24 FOR PROHIBITED ITEMS**

## SPECIAL NOTE ABOUT IN-LINE SKATING

Our rink is used for both FREE SKATING and for HOCKEY. Both are great exercise and great fun, but must be SAFE. That brings us to the issue of safety equipment. We must insist that everyone complies with our safety and equipment requirements. We have tried to integrate this activity without our camp families having to incur substantial cost to equip their children. Yet there is no question that both the camp and the parents must be prepared to share in providing certain equipment to make the program safe.

### ***Bring Your Own Skates and Pads***

All campers who wish to participate in this program **must bring their own** in-line skates. In-line skates do not have to be expensive. An inexpensive or used pair is sufficient. Softer wheels are better for our surface.

Also, because most campers tend to already have this equipment, **skaters must also bring their own kneepads, elbow-pads, and proper wrist/hand guards.** These items are the basic required safety equipment. Considering the potential number of people who may be free skating at any one time, camp cannot possibly supply all of this equipment.

### ***Do NOT Bring Hockey Gear***

Camp will supply hockey equipment. So, campers and staff should **NOT** bring their own hockey equipment. There is simply not sufficient storage available in cabins or elsewhere in camp. For hockey play (for both boys and girls), camp will supply helmets, gloves, sticks, and shin pads. However, elbow pads and wrist guards are still the responsibility of the user...camper or staff.

### ***Label Your Stuff***

Please make sure that **names are permanently and clearly marked** on all in-line skates and safety equipment. Many roller blades and pads look alike. **PLEASE**...clearly and securely label all skating equipment. (Markers work better on these items. Labels usually fall off.)

**LIKE ALL OTHER CAMP ACTIVITIES, WE RECOMMEND CAMPERS OF ANY AGE (BOYS AND GIRLS, YES... GIRLS INCLUDED) TO PARTICIPATE IN OUR INLINE SKATING AND/OR HOCKEY PROGRAMS**

## **IN-LINE SKATING & HOCKEY CHECKLIST**

### ***YOU MUST BRING YOUR OWN***

1. IN-LINE SKATES
2. WRIST GUARDS
3. ELBOW GUARDS
4. KNEE PADS (**not** a hockey type full length shin pad)

### ***DO NOT BRING (CAMP WILL PROVIDE THE FOLLOWING FOR HOCKEY)***

1. HOCKEY HELMETS WITH FULL CAGES
2. HOCKEY STICKS
3. FULL SHIN PADS
4. HOCKEY GLOVES
5. ALL GOALIE EQUIPMENT (Goalies will wear their own elbow pads)

### ***RECOMMENDED***

1. PROTECTIVE CUP

**NOTE: STAFF MEMBERS, LIKE ALL CAMPERS/CITS, ARE REQUIRED TO WEAR HELMETS WITH FULL CAGES/SHIELDS.**