



Camp Kidston's Packing List

A checklist for comfort, fun, and safety!

Bedding:

- Sleeping Bag, Pillow, Blanket
- Mattresses are provided!

Clothes for all Weather:

- Rain Jacket
- Warm Sweaters & Pants
- T-shirts & Shorts
- Warm Pajamas
- Socks & Underwear
- Swimsuit & Beach Towel

Footwear:

- Sneakers
- Sandals/Beach Shoes
- Rain Boots

Outdoor Gear:

- Hat & Sunglasses
- Sunscreen & Insect Repellent (no aerosol cans)

A few helpful reminders:

Camping is rough on clothes! We suggest bringing well-used clothing and labeling all personal belongings.

Please do not send your camper with cellphones or electronic devices, cameras, food or candy, sharpies/markers, knives, money, or any other items of value.

This list is not exhaustive! If you have any questions, please reach our Summer Director at jdaigle@campkidston.com or 902-384-2296 (June-August).

Toiletries:

- Face Cloths & Towel
- Soap & Shampoo
- Toothbrush, Toothpaste, Floss
- Hairbrush/Hair Ties

Personal Items:

- Flashlight
- Reusable Water Bottle
- Backpack (school-sized)
- Optional: a white t-shirt/item for tie dye

Medication:

- Any medication(s) required, packaged in original containers with pharmacy labels.
- Please keep these easily accessible for drop-off to the First Aider upon arrival.