



# Camp Kidston's Packing List

A checklist for comfort, fun, and safety!

## COVID-19:

- Non-medical face masks – campers are required to bring enough for their session. Plan for at least 5 per day!

## 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

## 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, 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 office at [summeroffice@campkidston.com](mailto:summeroffice@campkidston.com) or 902-384-2296.

## Outdoor Gear:

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

## 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.