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*Vision St. Michael's At Madge – A year round refuge nestled in Duck Mountain Provincial Park,  
where sending out roots and spreading your wings is part of every camp adventure.*

## Winter Camp Checklist

- Toiletry kit (toothbrush, toothpaste, soap, shampoo/conditioner, deodorant (if used), comb/brush, face cloth, glasses/contacts (if required))
- Face Mask (reusable or disposable)
- 2 towels (showers)
- 2-3 pairs mittens/ gloves (waterproof recommended)
- Toque
- Neck warmer or balaclava
- Water bottle
- Sleeping bag, pillow, extra blanket, flat bed sheet
- Pyjamas
- 6-8 pairs of underwear
- 6-8 pairs of socks
- 2-4 pairs of pants
- 4-6 t-shirts
- 1-2 long sleeve shirts
- Fleece/Sweater (for layering)
- Winter jacket **AND** Ski pants or Snowsuit
- Ski goggles (optional)
- 2 pairs of footwear - Runners (indoor activities)/ Winter Boots (durable to be outdoors for long periods)
- Rosary (if you have)
- Flashlight
- Cards or books (to be used during rest period)
- Sled or Crazy Carpet
- Ice skates and helmet (if you have)
- 1 box of cereal per family for sharing with others for breakfasts **\*MUST BE NUT FREE\***
- A positive attitude and a readiness to have fun!!

Please do not bring any electronic devices – MP3 players, Ipods, stereos, handheld games, cell phones, etc. IF YOU BRING ONE OF THESE DEVICES CAMPERS CAN EXPECT TO HAVE IT CONFISCATED AND NOT RETURNED UNTIL THE LAST DAY OF CAMP. Parents/guardians can speak to the camp director if special circumstances are required. We encourage an “unplugged” week.

Please make sure to label all of your belongings clearly.

See you soon!