



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

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TEEN SUMMER CAMP PACKING LIST

Here is a checklist of what you should bring to camp:

- Toiletry kit (toothbrush, toothpaste, soap, shampoo/conditioner, deodorant, comb/brush, facecloth)
- 2 towels (for beach time and showers)
- Sunscreen
- Bug Spray (*we suggest with deet*)
- Reusable water bottle
- Hat (*NOT a visor*)
- 1-2 pairs pajamas
- 6-8 pairs of underwear
- 5-6 pairs of socks
- 2-3 pairs of pants *please ensure 1-2 pairs of clothes can be used as “work clothes”/can get dirty*
- 6-8 t-shirts (1-2 long sleeved)
- 2-4 pairs shorts
- 1-2 sweaters
- 1-2 bathing suits (one pieces preferred, tank top required to be worn over bikinis/two pieces)
- Jacket (preferably one that is water-resistant for rainy weather)
- 3 pairs of footwear (runners, sandals, rubber boots)
- Sleeping bag, pillow, extra blanket, bed sheet –single sized mattresses are provided on bunk beds
- Rosary (*if you have*)
- Flashlight
- Backpack (for going to the beach or hikes)
- Playing cards or book (to be used during rest period)
- Glasses or contacts, *if worn*
- Ice cream pail bucket (or container suitable to hold some water)
- Medication, glasses/contacts, *if required*
- Hand sanitizer, after bite, sunglasses, face mask, touque, water shoes (*optional*)

Please do not bring any electronic devices – MP3 players, Ipods, stereos, handheld games, cell phones, etc. IF YOU BRING ONE OF THESE DEVICES YOU 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 “un-plugged” week from electronics/technology during camp.

* Please do not send any snacks with your child(ren) that contains nuts*

Please make sure to label all of your belongings clearly.

See you soon!