



## LIST OF PERSONAL BELONGINGS – INTERNATIONAL CAMPERS BASED ON A 2-WEEK STAY

To be read attentively by campers and parents

### FOR THE ACTIVITIES :

- Set of underwear (12)
- One piece** bathing suit (1)
- Beach towel (1)
- Pairs of socks, 3 being wool socks (15)
- Fleece undergarment for outdoor activities (4)
- Shirt (10-12)
- Warm shirt/sweatshirt (4-5)
- Everyday pants (6-8)
- Wool or jogging pants (6-8)
- Lined winter jacket (1)
- Waterproof nylon pants (2)
- Walking boots (1)
- Winter boots for outdoor activities (1)
- Indoor shoes (1)
- Winter hat (2)
- Pair of gloves or mittens (2)
- Neck warmer and/or scarf (2)
- Pair of sunglasses (1)

### FOR PERSONAL HYGIENE:

- Toiletry kit
- Soap and shampoo
- Beach sandals (for showering)
- Bath towel and washcloth (2)
- Toothbrush and toothpaste
- Sunscreen
- Lip balm
- Laundry bag for dirty clothes (1)
- Personal medication

### TO SLEEP:

- Pyjama (2-3)
- Pair of slippers (1)

### TO RELAX:

- Musical instrument
- Portable board games
- Book/magazine

### TO REMEMBER:

- Correspondence kit (envelope, paper, pen/pencil, stamps)
- Log book
- Camera

**We remind you that only the personal items present on this list will be tolerated on site. Jewelry, weapons, cellular phones and all other electronic devices are not accepted and our Nature Center is not responsible for any lost or stolen items.**

**We ask that all personal belongings be identified before arriving at camp.**