



WHAT TO BRING...

We are so excited to have your children in our Kids Camp. Each day is action packed so the kids will not only have loads of fun but they will also learn lots too! To ensure they get the most out of each day we have put a list together of what they should bring:

Rock climbing & Caving (Metcalfe) (Metcalfe)

- *long pants for caving
- *a sweatshirt – the caves can be very cold
- *running shoes – good to climb in
- *a raincoat – just in case
- *litterless lunch
- *water to drink
- no sandals or flipflops out here please!
please!

Paddling/Eco-skills Survivor (Heathcote)

- *water to drink
- *sunblock
- *hat
- *swimsuit & towel
- *a change of clothes (just in case)
- *litterless lunch

Mountain Biking (3 Stage or Pretty River)

- *bike
- *helmet
- *sunblock
- *hat
- *swimsuit & towel
- *a change of clothes
- *rain jacket
- *running shoes

GeoCaching / Orienteering

- *hat
- *sun block
- *litterless lunch
- *raincoat – just in case
- *water to drink
- *running shoes or hiking shoes
- no sandals or flipflops out here

Sea kayaking/Voyageur/ (Northwinds Beach)

- *swimsuit & towel
- *sun block
- *hat
- *water shoes or sandals
- *warm clothes to change into
- *litterless lunch
- * water to drink

- *water to drink
- *litterless lunch

A Litterless Lunch?

A lunch that contains nothing which goes into either garbage or the recycling bin

Tips:

- 1) Reusable Lunch box or bag / Avoid paper or plastic bags
- 2) Reusable containers: Tupperware / Avoid plastic or foil
- 3) Reusable drinking bottle / Avoid single use cans or bottle
- 4) Cloth napkin to wash / Avoid paper napkins
- 5) Silverware to wash and reuse / Avoid plastic fork / spoon
- 6) Healthy snacks / Avoid over packaged snacks

Dress for the weather...we go rain or shine! If you have any questions please don't hesitate to call us.

705-444-3622 or 519-599-2268

Jennie & Matt