



CLOTHING LIST & PERSONAL ITEMS

Name of camper:

Date of stay:

<i>CLOTHING (suggested items, to be adapted for the camper's need)</i>				To be completed by the monitor	
CLOTHING					
ARTICLES	SUGGESTED QUANTITIES 5 nights	QUANTITY IN BAGGAGE	DESCRIPTION (colors, patterns, etc)	ARRIVAL	DEPARTURE
Bottle of water (reusable) MANDATORY	1				
Backpak (mandatory)	1				
Raincoat / wind jacket	1				
Rain boots (if needed)	1				
Running shoes	2				
Hat / Baseball cap	1				
Pants	2 to 3				
Shorts	3 to 5				
T-shirt / shirt	4 to 6				
Long sleeve shirt	2				
Swin suit	1				
Underwear	7				
Socks (cotton)	7				
Dirty laundry bag	1				
PERSONAL ITEMS AND HYGIENE					
ARTICLES	SUGGESTED QUANTITIES 5 nights	QUANTITY IN BAGGAGE	DESCRIPTION (colors, patterns, etc)	ARRIVAL	DEPARTURE
Sunscreen (mandatory)	1				
Insect repellent (mandatory)	1				
Wash cloth	2 to 5				
Bath towel / swimming towel	2 to 3				
Comb / hair brush	1				
Toothbrush	1				
Toothpaste	1				
Soap	1				
Shampoo	1				
Deodorant	1				





CLOTHING LIST & PERSONAL ITEMS

FOR THE NIGHT					
ARTICLES	SUGGESTED QUANTITIES 5 nights	QUANTITY IN BAGGAGE	DESCRIPTION (colors, patterns, etc)	ARRIVAL	DEPARTURE
Sleeping bag (mandatory)	1				
Blanket	if needed				
Pillow and pillow case (provided)	0				
Pyjamas	2				
Slippers	1				
Plush animal/doll/cuddly blanket	if needed				
ARTICLES IF NEEDED OR NECESSARY					
ARTICLES	SUGGESTED QUANTITIES 5 nights	QUANTITY IN BAGGAGE	DESCRIPTION (colors, patterns, etc)	ARRIVAL	DEPARTURE
Incontinence panties (diapers)	if needed				
Sanitary pads / tampons	if needed				
Shaving Cream	if needed				
Razor	if needed				
Glasses / sunglasses	if needed				
Hearing aid	if needed				
Camisole	if needed				
Bras	if needed				
Sports sandals (preferable)	if needed				
Other:					
NOTICE TO PARENTS OR TUTORS OF THE PARTICIPANT					

It is mandatory to identify the camper's clothing and personal items.

You must complete this form and put it in the luggage the 1st day of camp. Please respect the suggested list.

If during the stay we must provide any necessary items, like personal hygiene items for the participant, we will have to charge you.

Always take in consideration the temperature and the weather conditions during the stay.

Suggested quantities on this list are established based on a 5 night stay

