



Camper's kit – Summer

Valid for all stays

Camper's name: _____

Quantity leaving		Quantity returning	Quantity leaving		Quantity returning
	1 Camp T-shirt (optional) (to be purchased online or at camp)			Laundry bag (In fabrics)	
	2 Pairs of tennis shoes (Sandals not recommended)			Reusable water bottle or canister 500 ml	
	Slippers and/or Sandals for the dormitory (avoid leather)			Sunscreen (FPS 30 minimum)	
	1 Pair of rain boots			Insect repellent (cream form)	
	8 Pairs of socks (ideally short or ¾)			Flashlight (Optional)	
	8 Underwear			Sleeping bag or	
	6 T-shirts			Pillow and pillowcases	
	2 or 3 Sweatshirts (one with a hood)			Toothbrush, toothpaste, and plastic glass	
	2 Pyjamas			Comb and / or brush	
	5 Pairs of Shorts or Bermudas			2 Facecloths	
	3-5 Pairs of long pants (sports pants)			1 or 2 Bath towels	
	1 or 2 Swimsuits (one piece only)			Shampoo	
	1 Raincoat			Soap and carry case	
	1 Sun hat or cap (mandatory)			Case for toiletries	
	1 or 2 Beach towels			Box of Facial Tissue	
	1 Beach bag			Backpack	

Letterhead, pre-addressed standard size envelopes, stamps* and pen.

* If you wish to correspond with your child, please consult the [FAQ](#) (frequently asked questions) on the website campclarac.ca. You will find the procedure for postage of envelopes.

Camp Mère-Clarac is not responsible for theft, loss, or damage to articles of value.

LAUNDRY: Laundry is offered to campers who stay for 12 nights or more.

IMPORTANT:

- Please, make sure to respect the quantities mentioned above.
- For better protection against the sun, **tank tops with small straps are prohibited.**
- MP3-4, laptops, cell phones, video game consoles or any other electronic devices **are prohibited.**
- Each article must be marked with the camper's name (**sewed tags or use permanent markers**).
- Life jackets are provided by the camp.
- Bed linen is not supplied by the camp.

MEDICATIONS: If your child must take any medication while at the camp:

- It is therefore important to always **return the original container identified with the child's name.** This label must include the name of the child, the name of the doctor, the name of the medicine, the expiry date, the dosage, and the duration of the treatment.
- Be sure to update your child's health form in your [Qidigo account](#).

