

We are excited to have you join us and want to be sure you have everything you need for the week!

- *Parental release form*
- *Sleeping bag or bedding and pillow*
- *Pajamas*
- *Shorts and long pants*
- *T-shirts and long sleeve shirts*
- *Jacket or sweatshirt for cooler days and nights*
- *Athletic shoes for games, hiking and other activities*
- *A pair of shoes that can get wet and/or muddy*
- *Sandals for the bath houses and walking to and from the water front*
- *2 towels (one for the waterfront and one for bathing)*
- *Modest, one-piece swimming suit (or a dark swim shirt to wear over a swimsuit)*
- *Bible, notebook or journal, and pens*
- *Toiletry items (Toothbrush, toothpaste, shampoo, soap, etc.)*
- *Sunscreen and bug spray*
- *Flashlight*
- *Stamps and stationery if you would like to write home*
- *Camera if you would like to take pictures*
- *Water bottle if desired (there is drinking water around camp)*
- *Medication in its original container*
- *Raincoat or poncho*
- *Excitement and energy for the greatest week of your summer!*

Packing Tips

Here are some great packing tips to make sure that your camper has a great week.

- *Girls: shorts should reach past your fingertips and tank top straps should be at least as wide as two fingers.*

- *Put your sleeping bag or bedding in a bag with your pillow so that it is easier to carry through camp.*
- *Place all toiletries in a plastic bag that is easy to carry to and from the bath houses each day.*
- *It is recommended that you bring a garbage bag or laundry bag for dirty clothes. You may even want an extra plastic bag or two in case your child has to bring home wet clothes or swimsuits.*
- *Write your camper's name or initials on each item.*
- *Make your bags visually distinctive through bright ribbons, duct tape, or bag tags*
- *Please make sure all medications are in their original containers and are turned in to the health officer immediately upon arrival to camp.*
- *We have plenty of first aid items in the health office, so please don't worry about non-prescription medications, bandages or ointments.*
- *For clothing items, remember to pack enough for one change of clothes each day of camp.*

What NOT to pack

It is a good idea to leave some items at home for the week of camp.

- *Food (If there is a special dietary need, please let us know when your child arrives at camp and we will store necessary food items in the kitchen.)*
- *Valuables that might get lost or stolen*
- *Unnecessary electronics (phones may be used as cameras but are otherwise discouraged at camp)*
- *Over the counter medications (we have a Health Office stocked with OTC medications for campers if a particular need arises)*

- *Extra money (you can put money on your child's store account when you arrive or ahead of time, but please do not plan to keep money in your cabin)*

***The following items are also prohibited as stated in the Camp Lake Louise policies, and if found on a camper will result in confiscation of the item(s) and may result in immediate dismissal from camp:**

- *Alcohol*
- *Tobacco (in any form),*
- *Illegal drugs (ALL medications must be turned in to the Health Officer),*
- *Firearms*
- *Knives (including multi-tools that have a knife)*