

# Camp Otterdale Clothing Check List

It is recommended that each student bring these items on our three day, two night school camping trip in a duffle bag, backpack or small suitcase. (Sleeping bag/pillow can be packed separately in a suitable bag to protect it from damage). Please avoid using large hard suitcases as space on the bus is limited. Soft-sided bags are best.

## Pre-Trip Check List

_____	Sleeping Bag and Pillow	_____	pajamas
_____	2 pairs of long pants (at least 1 being athletic wear)	_____	2 pairs of shorts
_____	3 pairs of warm socks	_____	3 pairs of underwear
_____	3 T-shirts	_____	2 long sleeve shirts
_____	2 pair of running shoes	_____	Jacket & raincoat
_____	Flash light	_____	Bathing suit & towel
_____	Hat / sunglasses	_____	Water bottle
_____	Sweatshirt	_____	Sunscreen
_____	Mosquito repellent lotion or pump spray (no aerosol cans)		
_____	Toothbrush, toothpaste, soap, shampoo, etc...		
_____	Any necessary medications***		

**\*\*\*Please note that ALL medications must be given to Mrs. Powers or Ms. Brundage for storage and administration during camp before departing for camp. This includes pain relievers, antihistamines, and anti-nausea pills. No medications may be stored in student cabins.\*\*\***

**Optional items:** baseball glove, tennis racquet, etc.

- All items brought to camp should be contained in **ONE** bag.
- As this is an outdoor education experience, we encourage students to **leave ALL electronic devices at home**. Camp Otterdale does not allow their usage during camp. As this is a school trip **photos may not be taken by students due to privacy issues**. Staff will be taking photos at the camp to share with students.
- In the event of an emergency, parents can contact their child through the main camp phone line at Tel: (613) 284-2700. Parents will be contacted if there is an emergency at camp. **Remember – No news is good news!**
- **Re: “valuables”** – do not bring expensive jewellery, electronics etc. Otterdale Camp staff and Cedarview school staff are not responsible for any lost or stolen items.
- **Gum, candy, pop and other junk food are not allowed at camp.**

THERE ARE STUDENTS AND CAMP STAFF MEMBERS WHO HAVE  
**LIFE-THREATENING ALLERGIES**

IT IS VITALLY IMPORTANT THAT NO FOOD ITEMS CONTAINING  
NUTS OR PEANUT BUTTER BE BROUGHT TO CAMP

**THIS INCLUDES ON THE BUS**