



Packing list

Since we will be moving from Loon Lake to Golden Ears, please try and have everything fit in one backpack or suitcase.

Clothing

- ✓ Name beads (returning participants)
- ✓ Socks and underclothes
- ✓ Shorts (2-3)
- ✓ Jacket
- ✓ Pants (preferably not jeans or sweatpants)
- ✓ Sweatshirt or warm sweater (1, preferably not cotton)
- ✓ T-shirts (3, preferably 2 that aren't cotton)
- ✓ Rainwear (rain jacket and rain boots)
- ✓ Sneakers or back-strapped sandals
- ✓ Secure footwear (hiking shoes, running shoes)
- ✓ Sunglasses
- ✓ Brimmed sun hat
- ✓ Bathing suit

Toiletries

- ✓ Toothbrush
- ✓ Toothpaste
- ✓ Towel for shower
- ✓ Towel for water activities
- ✓ Soap
- ✓ Shampoo / conditioner
- ✓ Insect repellent
- ✓ Sunscreen (SPF 30 or higher)
- ✓ Reusable water bottle

Sleeping

- ✓ Sleeping bag
- ✓ Sleeping pad (i.e. Thermarest)
- ✓ Pillow
- ✓ Headlamp or flashlight (with new batteries)

Optional

- ✓ Camera
- ✓ Small backpack to use around camp
- ✓ A reading book or notebook
- ✓ Dry bag
- ✓ Hammock
- ✓ Other personal camping gear
- ✓ Card games

Things to leave at home

- ✗ Halter and tube tops
- ✗ Clothing with offensive graphics or language
- ✗ Perfume, cologne or scented sprays
- ✗ Food containing nuts (or traces of nuts)
- ✗ Candy or junk food including gum
- ✗ Cell phones
- ✗ Valuables (jewelry, electronics, etc.)
- ✗ Music with offensive language

Banned items – will be immediately confiscated with consequences

- ✗ Lighters and matches
- ✗ Knives and other weapons
- ✗ Alcohol, tobacco and recreational drugs
- ✗ Electronic vaporizers/e-cigarettes

Please note that the Canadian Cancer Society is not responsible for lost or stolen items. All lost and misplaced items will be brought back to the Camp Goodtimes office in Vancouver after camp. Please contact our office if you are missing an item. Any unclaimed items after September 30 are donated to charity.

