

## PACKING CHECKLIST

Not Allowed	Medical Items
<ul style="list-style-type: none"> <li><input type="checkbox"/> Phones</li> <li><input type="checkbox"/> iPods or MP3 Players</li> <li><input type="checkbox"/> Computers/Electronic Games/Kindles/iPad</li> <li><input type="checkbox"/> Expensive Jewelry</li> <li><input type="checkbox"/> Drugs &amp; Alcohol</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Medicine you routinely take (All medicine must be clearly labelled and handed in on arrival)</li> </ul>
Checked Luggage	Day Pack
<p><i>Luggage can be checked-in for your flight. Campers must be able to carry their own luggage. There will be no porters so only bring what you can carry comfortably on your own.</i></p> <p><b>Essentials</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Plastic bags for packing wet/dirty clothes</li> <li><input type="checkbox"/> Sun Block</li> <li><input type="checkbox"/> Toiletries</li> <li><input type="checkbox"/> Deodorant</li> <li><input type="checkbox"/> Wet wipes and Hand Sanitizer</li> <li><input type="checkbox"/> Mosquito repellent</li> <li><input type="checkbox"/> A quick-dry travel towel (optional)</li> <li><input type="checkbox"/> Independent reading book(s)</li> </ul> <p><b>Clothing</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 7 Shirts for outdoor activities</li> <li><input type="checkbox"/> 5 Bottoms for outdoor activities - pants or longer shorts or capris to prevent bug bites</li> <li><input type="checkbox"/> 2 Long-sleeve T-shirt</li> <li><input type="checkbox"/> Night clothes</li> <li><input type="checkbox"/> 7 underwear/ socks</li> <li><input type="checkbox"/> Swimwear= swim/sun shirt + board shorts</li> </ul> <p><b>Shoes (3 pairs)</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 pair for muddy/wet activities-closed toed</li> <li><input type="checkbox"/> 1 pair for dry activities-closed toed</li> <li><input type="checkbox"/> 1 pair for hotel, e.g. sandals/crocs</li> </ul> <p><b>Optional</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Cards/Small Board Games</li> <li><input type="checkbox"/> Sunglasses</li> </ul>	<p><i>Your Day Pack should be taken on the airplane and to all activities.</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Reusable Water bottle (1 Litre)</li> <li><input type="checkbox"/> Hat</li> <li><input type="checkbox"/> Rain Gear/Poncho</li> <li><input type="checkbox"/> Sweatshirt/Light Jacket for chilly evenings</li> <li><input type="checkbox"/> Camera (recommended but optional)</li> <li><input type="checkbox"/> Book to read</li> <li><input type="checkbox"/> Your own non-disposable cup for drinks</li> </ul>

# CAMPING KIT LIST

The following items are all essential for camping so please make sure your son/ daughter has everything on the list (unless it says optional).

## PACKS + BAGS

**DUFFEL/SPORTS BAG/BACKPACK:** This bag should be capable of holding all of the items below. It should be capable of withstanding exposure to water, sand, rain, and sun. **PLEASE NOTE: Wheeled luggage will not work at our campsite**

**DAY PACK:** In addition to the above duffel or sports bag you will need a smaller day pack. This should be big enough to carry a water bottle, camera, snacks and other basic personal belongings.

## FOOTWEAR

- **“Approach” shoes:** For all team building and forest activities you will require a pair of sturdy closed-toe shoes. These are commonly known as “trail running shoes” or “approach shoes”, etc, but any kind of closed-toe tennis shoe will do the trick so long as you don’t mind it getting muddy and wet.
- **Waterproof sandals:** Bring Crocs/Tevas or other sandals that have heel straps and can get wet and dirty. These are ideal for river activities. A second/back up pair of tennis shoes reserved for water activities is also fine, but just remember they probably won’t dry out during your camp.
- **Flip Flops:** Please bring a pair of flip-flops to wear around the campsite when it is appropriate and safe to do so.

## CLOTHING

Please remember **this is not a fashion show** and **exposed skin gets sunburned and bitten by mosquitoes!** It is always best to cover up, dress modestly and protect yourself. Clothing that does not show dirt, is lightweight, and dries easily is ideal, but remember that whatever you bring will get a lot of abuse, so bring things you don’t mind damaging.

Quantities below are what we advise you to bring, however if you feel you would like to bring more that is fine. Just remember you need to be able to fit everything in your bag and must be able to carry it!

- 7 T-shirts - preferably “quick-dry” synthetic material rather than cotton.
  - 1 swim/sun shirt for water activities
- 5 Bottoms for outdoor activities:
  - 2 pairs of shorts (NOT short-shorts / bootie shorts / hot pants). Knee-length shorts to be worn during games/activities, etc.
  - 2 -3 pairs of long pants or a long skirt for trekking - preferably quick-dry/synthetic material
  - 1 pair board shorts to be worn during lake/river activities. This is for boys and girls.
- 7 Underwear
- 7 pairs of socks
- 2 long-sleeved shirts / T-shirts - essential for bug protection at night
- 1 sweater / hoodie / light jacket for extra warmth. It's often cool at night.
- Clothes to sleep in. Something cosy that you're comfortable in like your favorite pajamas!
- Sun hat
- Waterproof jacket or poncho

## PERSONAL ITEMS / TOILETRIES

- Toothbrush and toothpaste
- Liquid hand-sanitizer (optional)
- Feminine hygiene products
- Quick-dry towel (optional, our accommodation will include a towel for each camper)

**A NOTE ABOUT MEDICAL SUPPLIES:** Please do not send medical supplies with your child unless prescribed by a doctor (such as inhalers, epi-pens, antibiotics, etc). Odyssey staff is equipped and trained in providing first aid and carry extensive med kits to deal with any medical situation.

## OTHER EQUIPMENT

- Headlamp and/or flashlight: For night activities...
- Water Bottle: 1L plastic or aluminum water bottle. **Purified drinking water is available throughout the program so think green and bring a reusable bottle.**
- Sun Screen: At least SPF 30+ (water/sweat proof) - bring enough to last the whole program.
- A spare plastic bag. For putting your wet clothes in.
- Sun Hat: Something to keep the sun (and possibly the rain) off your head - preferably with a wide brim.
- Insect repellent: Your choice of either a natural or DEET-related product - bring enough for a liberal application for the duration of your program.
- Sunglasses: Bring one pair that offer good UV protection.
- Camera (optional): but remember you will be involved in hands-on activities for most of the time (making photography difficult) and there is a chance you could lose or damage your camera. If you do bring one, please remember to bring an extra memory card and your charger/adapter.

## THINGS TO LEAVE AT HOME

- Expensive clothes that you do not want to get dirty
- Make-up and other fancy toiletries
- All MP3 players and electronic entertainment devices including i-pads and laptops etc.
- Phones. If you bring one we'll ask that you leave it with our facilitators.
- Knives/machetes – it is not necessary to bring knives of any kind!
- Drugs and alcohol – possession will result in an end to your camping experience with us.

## THE MOST IMPORTANT THING OF ALL TO BRING...

One final piece of essential equipment - a healthy mind, body, and soul! Your experience will be so much more enjoyable if you show up feeling fit, mentally prepared and open to the experience.

*Bring a great attitude and prepare yourself for an Amazing Adventure!*

