



PACKING LIST

Emily Provincial Park
797 Emily Park Road, R.R. 4,
Omeme ON K0L 2W0

DATES + TIMES

Departure

Sunday August 11 at 12:45 PM

Return

Thursday August 15 at 3:00 PM

From SPOTH Upper Parking Lot

PACKING

All items must be clearly labeled.

Pack items into a duffle bag or small suitcase. If a plastic bag is required, only **clear plastic bags** are permitted.

No black garbage bags are allowed for packing. No loose items are permitted.

WHAT TO BRING

- Nut free lunch for Sunday's car ride
- Bible
- Reusable water bottle
- Watch
- String backpack (for beach/shower)
- Sunhat
- Sunscreen
- Bug repellent
- Flashlight
- Shower towel + Beach towel
- 1 Pillow + Sleeping bag
- Unscented Toiletries (DEODORANT)
- T-shirts – *no spaghetti strap tank tops*
- Long sleeved shirt
- Sweatshirt
- Pants
- Shorts
- Underwear/socks
- Bathing suit
- PJs
- Running shoes + Sandals
- Raincoat/rain boots
- 1 Outfit for 80's Night
- 2 Outfits that can get messy
- 1 Plain White Tee (for activity)

MEDICATION

If you need medications for ongoing health issues, bring your own medications. This includes migraines, PMS, car sickness, severe allergy to insect bites, etc. We only bring a limited supply of basic medication.

Pack medications in a clear ziplock baggie with the youth's name with instructions to administer and in original packaging.

All medication must be given to Dee James upon departure.

Epi-Pens and rescue inhalers (i.e. Ventolin) must be carried on the person at all times.

PHONES + IPODS

Phones, iPods and digital cameras are allowed for this trip. Charging will happen during a designated time when the power is not needed for cooking or program. Devices are allowed during designated free time only but are not allowed in the tents during the day or night. SPOTH is not responsible for stolen, damaged or lost devices.

No tablets or portable video game systems allowed.

TENTS

All sleeping/travel arrangements are assigned. We have all other camping equipment including tents and air mattresses to accommodate the group. Do not send extra camping equipment.

WHAT NOT TO BRING

- Valuable items (expensive shoes, jewelry, etc).
- Perfume/Cologne/Strong Smells: bugs are attracted to pleasant smelling products and there are scent allergies.
- Snacks: no food is permitted in the tents.
- No illegal drugs/alcohol/substances. Smoking and vaping is not permitted.

Contact Dee James • Youth Pastor • 905.550.0532 • deej@stpaulsonthehill.com