

**Personal Equipment List for The Family Adventure Centre**  
(This list is for kids camps, family camps and private retreats – NOT Expeditions)

**STUFF:**

- 4 large garbage bags
- 1 litre water bottle
- 1 (tupperware only) bowl, (metal knife fork spoon)
- 1 plastic mug
- 1 sleeping bag
- 1 back pack (min. size 20 litres.)
- \*\*MEDICATION (if applicable)
- sun hat/glasses/sunscreen
- blue tarp (4'x6') or (6' x 8')
- 1 towel
- girls stuff (whispered)
- 1 swimsuit
- toothbrush/paste
- therma rest/thinssulate
- journal book
- flashlight
- life jacket (PFD) if you have one

**CLOTHING:**

- 1 pr old running shoes (for getting wet)
- 1pr reliable rain gear top/bottom
- quick drying nylon shorts
- 1 pr good running shoes
- 1 pr hiking boots (stay dry)
- 4 pr wool socks
- 1 wool/fleece sweater/pants
- 1 wool/fleece toque
- t-shirts
- jeans
- long sleeve cotton shirt
- underwear

**WHAT NOT TO BRING:**

anything electronic, foreign substances including:  
food, goodies, watches, jewelry, money, cigarettes