



Suggested Packing List

- Comfortable clothing for a wide range of weather conditions and physical activities
- Running shoes or hiking boots
- Rain jacket and rain pants
- Waterproof footwear
- Sleeping bag or twin sheet set and comforter
- Pillow
- Ear plugs and/or eye mask
- Pyjamas
- Flashlight or headlamp
- Swimsuit and towel
- Sandals or water shoes
- Sunscreen
- Sun hat
- Bug spray or bug hat/jacket (Camp Wenonah will also have some you can borrow)
- Water bottle
- Warm hat (toque)
- Gloves
- Toiletries
- Notebook and pen

Optional:

- Sit mat (for sitting on the ground outside)
- Yoga mat (Camp Wenonah will also have yoga mats available, but you can bring one if you prefer)

- Slippers/indoor shoes
- Reusable tea/coffee flask
- Small daypack or bag
- Book
- Phone charger
- Small musical instrument
- Craft project
- Board games
- Binoculars, a hand lens or your favourite field guide
- A story, poem or song to share around the campfire!

If you need help acquiring any of these items, feel free to email Julie at julie@takemeoutside.ca!

Restricted Items: Please do not bring nuts or any products containing nuts, alcohol, non-prescription drugs or weapons to the Retreat. Thank you!