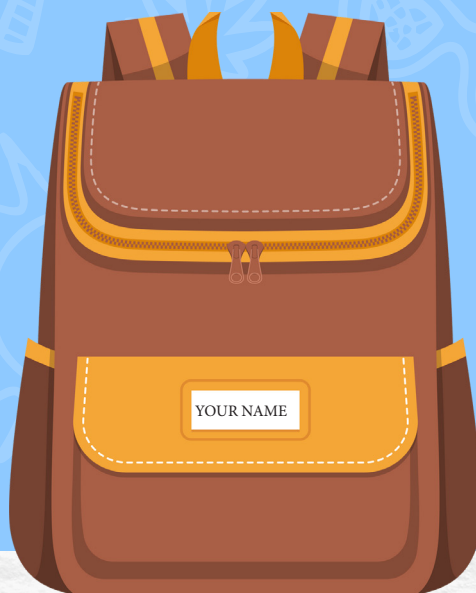


MAKE CAMP GREAT!

Items you should bring with you every day



We need you to bring some things from home each day to help make camp great!

- ☐ **SUN PROTECTION:** hat, sunscreen (please apply before camp and bring it with you), sunglasses, cover-up shirt.
- ☐ **WATER GEAR:** towel and swim suit (depending on the day – check your calendar). Your towel will also be used for sitting on the grass to eat snacks and lunch.
- ☐ **PROPER WALKING SHOES:** it's hard to walk, run and play in flip flops!
- ☐ **HEALTHY SNACKS:** bring two per day, a lunch (nut-free, please) and a refillable water bottle.
- ☐ **HAND SANITIZER:** a little bottle will do. We have washrooms, running water and soap at our home base, but we might need it for when we are out and about.
- ☐ **BACK PACK:** use your back pack to keep your personal belongings together so you can easily carry them when we go on out trips.

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CITY OF NANAIMO
THE HARBOUR CITY

PARKS, RECREATION & CULTURE