

Plunge What To Bring List

- One pillow with pillow case
- Warm sleeping bag (down or synthetic fill to -10°C) with stuff sack (the bag the sleeping bag comes in)
- One light sleeping pad
- Personal toiletries (soap, shampoo, towel, toothbrush and paste, etc.)
- Durable and waterproof rain gear- essential as days are spent outside in rain or shine. Rainy days can be cold so keeping dry makes rain part of the adventure rather than an endurance challenge.**
- Water proof bags (ie: large garbage bags work to keep gear dry)
- Riding boots with a 1" heel (riding boots can be expensive so unless your child is an avid rider – meaning (s)he will ride more than just at camp - rubber boots are a great alternative.)
- Rubber boots for rainy, muddy days (and/or riding if you choose)
- Outside (athletic) shoes plus a second old pair of shoes for wading (or a pair of water shoes with a heavy enough sole to provide protection from rocks – they dry quicker than shoes!)
- Comfortable camp clothes (a.k.a. not new! - shorts, jeans, t-shirts, long-sleeved shirts, etc.)
- Jeans for riding (2 pair minimum). Riders, beware of jeans with a thick seam inside the knees as they can rub your skin raw over a long ride!
- Heavy sweater or fleece jacket
- Warm jacket for windy days and/or chilly evenings
- Laundry bag (plastic garbage bag is OK, but make sure it's labeled)
- Bathing suit and beach towel
- Sunscreen
- Sun hat, cowboy hat, or baseball cap (baseball caps are available for purchase at camp)
- Sunglasses
- Flashlight or headlamp
- Mosquito repellent with deet
- Bible (available for purchase at camp)
- Water Bottle
- Toque (available for purchase at camp)

Please label all clothing and equipment to help ensure that all of your camper's gear comes home again!