CAVE SPRINGS CAMP

School Overnight Packing List

ITEMS TO PACK

* T-Shirts, Shorts, Pants, Sweaters
* Bathing Suit, Pool Towel
* Socks, Underwear, Pajamas
* Sleeping Bag, Pillow (extra blanket)
* Hat, Sunscreen
* Insect Repellent (non-aerosol)
* Running Shoes, Extra Pair of Shoes (or hiking boots), Sandals
* Toiletries
* Raingear/Jacket
* Reusable Water-Bottle
* Flashlight (and batteries)
* Please do not bring knives, money or anything expensive that could get broken or lost
* We don’t recommend bringing electronics or a cell phone because camp is a place to take a break from technology
* Please note that we are not responsible for lost items.

FOOD

* Bring a bagged lunch for the first day. Please note that Cave Springs **strives to be free of nuts** and therefore, we ask students to bring nut-free lunches.
* Cave Springs will provide the meals for the reminder of the field trip
* Students are not required to bring any food or snacks, but if they do, we recommend eating them on the first day r storing them in closed bag so they don’t attract insects or critters



**Cave Springs Camp**

Cave Springs Camp, 4410 Cave Spring Rd, Lincoln, Ontario, L3J OW3