



What to Bring to Camp

- Clothing to last the week (be prepared for any weather)
- Pants/shorts (at least 3 pairs)
- Sweaters/t-shirts (at least 3)
- Underwear (to last the week)
- Socks (to last the week)
- Rain jacket
- Warm jacket
- Swimwear
- Hat
- Sunscreen
- Bug Spray
- Water Bottle (please label with name)
- Running shoes and rubber boots
- Sleeping bag if you have one, if not one will be provided at camp
- Extra Blankets/pillows (Optional)
- Any required medication (please label with name)
- 2 Towels
- Toiletries to last the week (toothbrush, toothpaste, hair brush, shampoo, soap)

If you have *difficulty* obtaining any items on the list, please contact Christine Dyck at 780-455-2200 Ext. 417 or youth@metis.org.

****Please note that the MNA and Métis Crossing are not responsible for any lost or damaged items. ****

PLEASE DO NOT BRING:

- iPods
- Cellphones
- Electronic Games
- Foods/treats (due to potential allergies)
- Weapons (including pocket knives)
- Cigarettes/Vapes
- Illicit Drugs
- Alcohol
- Jewelry or items that can be easily lost or damaged
- Valuable Items

These items will be confiscated and will be returned to the parent or guardian at the end of the week. Failure to adhere to these restrictions may result in contact with the parent or guardian, and immediate removal from the camp.