

Jain Camp: What to bring to Camp

Please note, the less luggage your child has, the easier it will be for him or her to organise their belongings. Please limit your child's luggage to **ONE large backpack/duffle bag** or two smaller bags and **ONE sleeping bag**. It is advised that campers label their belongings. Many of our activities are designed to be outdoor experiences and will continue rain or shine. Please bring clothing that you don't mind getting dirty and wet. Below is a suggested list:

Clothing

- 3 shorts / capris
- 2 long pants (jeans / sweatpants)
- 6 rough use short-sleeve shirts
- 3 long-sleeve shirts
- 2 hoodie / sweatshirt
- 6 undergarments
- 6 socks
- 1 set of long sleeved pajamas
- 1 bathing suit
- 1 summer hat
- 1 rain jacket
- 1 thin towel for bathing
- 1 thin towel to use as a yoga mat

Sleeping gear (pack separately)

- 1 sleeping bag
- 1 pillowcase
- 1 extra thin fleece blanket

Toiletries

- Toothbrush
- Small toothpaste
- Small soap & shampoo/conditioner
- Hair Comb / Brush
- Sunscreen
- Insect repellent

Footwear

- 1 Pair of water-proof or fast-drying Sandals
- 1 Pair of Running Shoes

Additional

- Water bottle (MUST have!)
- Medication (e.g. asthma puffer, EPI pen) – clearly labeled with camper's name in a zip lock bag. Be sure to inform camp director.
- Flashlight
- 1 plastic bag for dirty clothes
- Required Form (found at www.towardsahimsa.com/jaincamp)

What NOT to bring to camp:

There are several items that are not permitted at camp. These items are described below. If found, these items will be collected by Towards Ahimsa staff and held for the duration of the camp and will be returned only at the end of camp. Towards Ahimsa and Jain Camp staff are not responsible for the loss, damage or theft of any valuables.

No hand-held electronic devices. Electronic devices are not permitted on the camp site. Camp promotes learning new skills, meeting new friends, and enjoying the outdoors away from electronic distractions. Any electronic devices found at camp will be collected and returned to parents the end of camp.

No cell-phones. Cell phones are not permitted on the camp site. Any cell phones found at camp will be collected and returned to parents the end of camp.

No food products. The camp site does not permit campers to bring ANY food products onto the camp. Outside food is not allowed at camp because of the number of allergies amongst campers and food in cabins attracts animals. Any outside food items found will be discarded. All meals and snacks will be provided at camp.

No valuables. Campers are highly discouraged to bring money, jewelry, or expensive clothing/shoes.

No chewing gum.

No products with strong scents or perfumes.

