

# QUEBEC EXTENDED ADVENTURE PACKING LIST

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## CLOTHING:

- Shorts (3 -4 pr)
- T-Shirts (6-7 pr)
- long sleeve t-shirt (2)
- Long pants (2 pr)
- Sweatshirts/fleece
- Socks (7 pr)
- Underwear
- Pajamas
- Rain coat & pants
- Hat or Visor
- Swim suits (2) (appropriate swim wear such as swim trunks, rash guards, one-piece, and tankini)

## FOOTWEAR:

- Sneakers (1-2 pair)
- Sports Sandals or flip flops (1 pair)
- Hiking/Work Boots (if choose to hike/work in sneakers they should have a thick-sole)

## BEDDING:

- Sleeping Bag
- Pillow with case
- Sleeping pad/mat

## TOILETRIES:

- Soap
- Shampoo/Conditioner
- Deodorant
- Toothbrush/Toothpaste
- Hair Brush/Comb
- Beach/Bath Towels (2)

## OTHER IMPORTANT ITEMS:

- Small Backpack (for day trips)
- Reusable Bowl & Spoon
- Laundry Bag
- Plastic Bag
- Flashlight/headlamp (extra batteries too!)
- Insect Repellant
- Sunscreen
- Water bottles (2) (with solid lid to prevent leaks)
- Camera
- Sunglasses
- Medication
- Spending Money (approx. \$25)



## PLEASE DO NOT BRING!

- ⊗ Personal Electronics (TVs, radios, cell phones, iPods & music players, iPhones, digital book readers, computers, tablets, game players, etc.)
- ⊗ Valuables
- ⊗ Expensive cameras
- ⊗ Jewelry
- ⊗ Pocket knives
- ⊗ Guns
- ⊗ Duct tape
- ⊗ Hatchets
- ⊗ Fireworks
- ⊗ Hair dryers over 1,000 watts
- ⊗ Skateboards
- ⊗ Roller blades

## NOTES:

- **Please mark ALL clothing and personal items.**
- **Please pack all belongings (excluding sleeping bag) in a standard/athletic duffle bag. Bus space is very limited!**
- **Please note that Camp is not responsible for lost or stolen items.**

