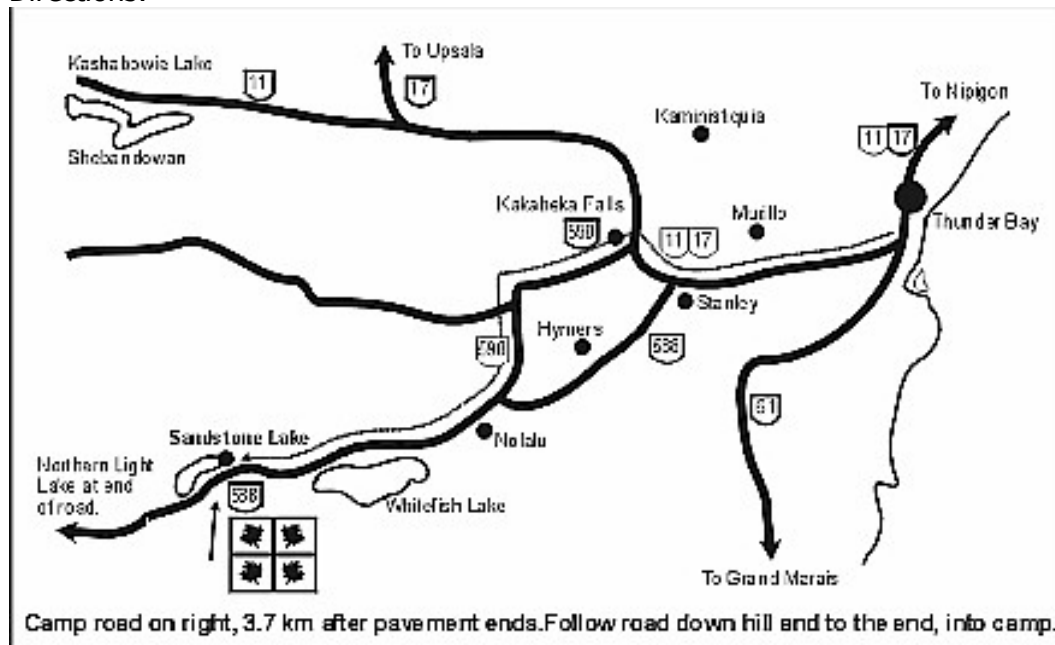


Kit List

Bed Roll (sleeping bag, warm blanket, pillow)
Toque (for at night)
Warm Pj's
3 changes of clothing for warm weather and 3 for cool weather.
Good foot ware for outdoor pursuits (runners)
Rain gear
Warm jacket, extra fleece
At least 6 pairs of socks
Sun hat/camp hat * **a must**
Water bottle * **a must**
Sunscreen & sunglasses
Bug repellent
Flashlight
Bible
Toiletries
Medications (***must be listed on health form and in original packaging**)
Sandals are permitted
Camera

***it can still be cold at night so we ask that the participants have warm clothing for night and may want extra socks and a hat to wear to bed at night.*

Directions:



From Thunder Bay take Hwy 11/17 to Kakabeka Falls, just past the falls you will turn left onto Hwy 590. At the end of Hwy 590 turn right on to Hwy 588 go 3.7km after the end of the pavement turn right onto the camp road and follow it to the end.