

Nature Camp on The Spit

What to Bring:

We are an outdoors based camp and will spend a most of every day outdoors. Clothing must be practical and comfortable. In checking the weather, it's best to refer to the Toronto Islands forecast [here](#). Make sure all personal belongings fit into one back pack. Please carefully check the list below on what to bring to camp.

Every day ensure your camper has:

- ✓ Sunscreen SPF 30 or higher (please ensure your camper has sunscreen applied before coming to camp as well as packing it for them to use during the day)
- ✓ Wide brimmed hat or baseball cap (strongly recommended)
- ✓ Reusable water bottle filled with water – we will provide water for refilling (note: there is no running water on-site)
- ✓ Backpack
- ✓ Closed toed, flat soled shoes (such as running shoes) with socks
- ✓ Lunch and snack *please pack only nut free food items
 - Note: lunch will be carried with us and potentially eaten in the park interior. We don't have refrigeration or microwaves available to us.

The first day of camp, you are welcome to pack the following in a separate bag and have your camper leave these items at camp for the week. They will be kept locked in the Nature Centre. If your camper does not leave these items at camp, ensure they bring them every day instead:

- ✓ Long pants and a long-sleeve layer
- ✓ An extra set of clothes: shirt, socks, shorts, underwear
- ✓ A Rain jacket

Optional items to pack:

- ✓ Sunglasses
- ✓ Inexpensive camera
- ✓ Insect repellent containing DEET or Icaridin (non-aerosol, no disposable wipes)
- ✓ A helmet on days when quadcycles will be in use (not on the first day)

Please do not bring:

- ✓ iPod, video games, or other electronic devices
- ✓ Knives
- ✓ Any kind of aerosol sprays

