



RESPITES

CLOTHING LIST

Name of camper _____

Date of stay: _____

NOTICE TO PARENTS OR GUARDIANS OF PARTICIPANT:

The camper's clothing and personal belongings must be fully identified.

To be completed and remitted at the beginning of the stay. Please follow the suggested list.

Always take in consideration the temperature and the predicted weather conditions for the participant's stay.

In the winter time, please bring a second pair of mittens or gloves because they are often wet.

The quantities suggested in this list are estimated for a stay of 2 or 4-5 nights.

PLEASE DO NOT GIVE MONEY TO THE CAMPER. THEY DON'T NEED IT AT THE CENTER

OUTDOOR CLOTHING (ADJUST TO THE SEASONS)					To be completed by the monitor	
ITEMS	SUGGESTED QUANTITY 2 nights	SUGGESTED QUANTITY 4-5 nights	PACKED QUANTITY	DESCRIPTION	ARRIVAL	DEPARTURE
Raincoat	1	1				
Rain or snow boots	1	1				
Running shoes	1	2				
Hat	1	1				
Coat / windjacket / snowsuit	1	1				
Mittens / gloves / Tuque / scarf	2	2				
Pants	2	4				
Shorts	1 à 2	3 à 5				
T-shirt/short-sleeved shirt	2	4 à 6				
Long-sleeved shirt/sweater	1	2				
Pyjamas	1	2				
Slippers	1	1				
Underware	3	7				
Camisole	1	2				
Cotton socks	3	7				
Backpack	1	1				
Laundry bag	1	1				
Water bottle	1	1				
Bra	if needed	if needed				





RESPITES CLOTHING LIST

PERSONAL CARE AND HYGIENE						
ITEMS	SUGGESTED QUANTITY 2 nights	SUGGESTED QUANTITY 4-5 nights	PACKED QUANTITY	DESCRIPTION	ARRIVAL	DEPARTURE
Washcloth	1	2				
Bath towel	2	2				
Comb / brush	1	1				
Toothbrush	1	1				
Toothpaste	1	1				
Soap	1	1				
Shampoo	1	1				
Deodorant	1	1				
Sunscreen	1	1				
Insect repellent	1	1				
Reusable water bottle	1	1				
Incontinence underwear	if needed	if needed				
Sanitary pads	if needed	if needed				
Shaving cream	if needed	if needed				
Shaver (razor)	if needed	if needed				
Glasses	if needed	if needed				
Hearing aids	if needed	if needed				
FOR NIGHTTIME						
ITEMS	SUGGESTED QUANTITY 2 nights	SUGGESTED QUANTITY 6 nights	PACKED QUANTITY	DESCRIPTION	ARRIVAL	DEPARTURE
Sleeping bag mandatory	1	1				
Blanket / covers	1	1				
Pillow (supplied)	0	0				
Pillowcase (supplied)	0	0				
Plush animal / doll	if needed	if needed				
RESERVED FOR CENTER						
Monitor's name:						