

Name of camper	 Date of stay:		
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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				

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			NAL CARE AN	D 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 repellant	1	1				
Reusable water bottle						
mandatory	1	1				
Incontinence underware	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 NIGHTIN	ME		
ITEMS	SUGGESTED QUANTITY 2 nights	SUGGESTED QUANTITY 6 nights	PACKED QUANTITY	DESCRIPTION	ARRIVAL	DEPARTURE
Sleeping bag						
mandatory	1	1				
Blamcket / covers	1	1				
Pillow (supplied)	0	0				
Pillowcase (supplied)	0	0				
Plush animal / doll	if needed	if needed				
		RE	SERVED FOR C	ENTER		

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