

## **Project Spirit 2016 Suggested Packing List**

- 3-4 shorts
- 4-5 t-shirts

(Remember you must wear your Project Spirit shirt – provided at camp - on the Wednesday and Thursday)

- 1-2 long sleeve shirts
- 1-2 sweatshirts
- Waterproof clothing
- 2 pairs of comfortable pants
- Socks/underwear
- Running Shoes and flip flops
- Bathing suit and towel
- Hat (ballcap/toque)
- \*clothes to wear during swim test\* (*you must wear pants & long sleeves*)
- Toiletries/bug spray/sunscreen
- Flashlight
- Sleeping bag and pillow
- A bagged meal or money for the way there
- Money for the way home (*We will be stopping at Webbers/Timmies/Subway*)
- Peanut free (no tree nuts) snacks
- Musical instruments, books etc. are optional

Check the weather for West Guilford before leaving to ensure you have packed appropriate clothing – the evenings can be cool.

<https://www.theweathernetwork.com/ca/weather/ontario/west-guilford>

### **Swim Test Info**

1. All students must complete the swim test if they wish to participate in any waterfront activities while at Medeba. (Paddleboarding, kayaking, swimming, etc.)
2. Must wear pants and long sleeved shirt during the swim test.
3. SWIM TEST REQUIREMENTS: Must complete two laps of the area near the dock and then tread water for a minimum of 3 minutes
4. Waterfront is Supervised by lifeguards during all programming time

If there is an issue about the swim test, please contact Mrs. Short [tammy.short@dsbn.org](mailto:tammy.short@dsbn.org)