

## Sparks Adventure Week – What to Bring



Campfire will provide a packing bag for all counsellors and campers. These camp bags will be available at Streetlight Christian Church and other schools/churches as needed. These camp bags are free of charge. They will also be available at Campfire if camper/counsellor is unable to obtain one before their week of camp starts.

Parents are requested that prior to sending their child(ren) to camp to:

1. wash and dry all clothing and bedding at high heat,
2. send clothing/bedding in provided camp bags or plastic bags that can be placed in a dryer. No suitcases.

All campers are to arrive at camp with their clothing and bedding contained in the provided camp bags or plastic bags, clearly labeled with their name.

If a camper arrives with a suit case or any bag that cannot be easily washed in a washing machine, the contents of the suit case must be transferred to the provided camp bags or plastic bags, clearly labeled with their name. Suitcases will be returned home.

### Please take note of Campfire's dress code:

<i>In all things we wish to praise God and not divert our/other's attention from Him.</i>	
Shirts	<ul style="list-style-type: none"> <li>- must be long enough to cover the midriff</li> <li>- must have sleeves</li> <li>- dark, thin-strapped tanks may be worn over a bathing suit at the water</li> </ul>
Shorts	<ul style="list-style-type: none"> <li>- length: shorts must have an inseam of 3" or longer. The inseam is the length from the crotch to the bottom of the pants</li> </ul>
Leggings/ yoga pants	<ul style="list-style-type: none"> <li>- leggings or tight yoga pants are not allowed, unless worn under a skirt or shorts</li> </ul>
Skirts	<ul style="list-style-type: none"> <li>- must be knee-length, unless worn with leggings – then it follows the shorts length rule</li> </ul>
Swimsuits	<ul style="list-style-type: none"> <li>- no bikinis or speedos</li> <li>- 2-piece may be worn if the top meets the bottom. If it doesn't, you will be asked to wear a dark-coloured shirt over top.</li> </ul>
Other	<ul style="list-style-type: none"> <li>- No clothing with offensive slogans</li> <li>- Undergarments must be kept covered</li> <li>- Please note that we are a SUNAWARE camp and everyone must wear a hat between 11am and 3pm.</li> </ul>

Be sure to pack enough clothing for the entire week. Camper clothing will not be washed unless bedding is soiled. Please remember that while it is hot during the day, the evenings are cool.

Clothing Items	Toiletries (ideally packed in a toiletry bag)	Other
Underwear* & socks	Toothbrush & toothpaste	Last Minute Medical Sheet
Pants & shorts	Sunscreen (travel size lotion recommended; min 30 SPF)	Medications (in original packaging or blister pack)
Shirts & sweaters	Washcloth and soap**	Sleeping bag*** & pillow
Rain jacket	Hair brush/comb	Bible
Bathing suit	Swim towel & regular towel	Flashlight

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Pyjamas	Lip balm	Dirty laundry bag
Shoes for sports and walking		Bug spray (family friendly only)
Sandals or flip flops	<i>If applicable:</i>	<b>Optional:</b>
Hat	Hair clips/elastics	swimming goggles
		water bottle (labelled)
		comfort items (labelled)

\*If your child has bedwetting concerns please also pack wipes and pull-ups

\*\*Please note: shampoo and conditioner will be provided at camp with tea tree oil for lice prevention

\*\*\*Fitted sheets are also a good idea, but it gets cold at night so a thick blanket must also be packed

Prohibited Items		
matches/lighters	knives/weapons	money (there is nothing to purchase – candy is provided)
food/snacks/candy	electronics (including cell phones, iPods, Nintendo, etc.)	
<i>These items will be confiscated at the beginning of the week and returned at the end of the week.</i>		

When returning home from camp (or a hotel, boarding school, university residence, etc.) it is advisable to take the following precautions with bedding and clothing to prevent bed bugs from being inadvertently transferred. This same process is also effective in dealing with lice.

- Immediately upon returning home, keep the clothes and bedding outside or in a garage until they can be washed. Do not leave clothes, bedding, or bags where bugs could crawl out and escape before treating.
- Wash clothes and bedding in warm or hot water immediately and then place them in a hot dryer for at least 30 minutes.

\*It is noted that you can try and treat luggage and bags by placing them in a chest freezer at -19 degrees C or lower for 4 days and start this timing after the luggage has cooled to -19 degrees. However, this method has not always been proven to be effective.

For more information please see the [Bed Bugs Policy](#) and [Lice Policy](#) on the website.