

Kit List – Generic – Winter

Check with Quebec 4-H for any additional items required for specific camps.

Pack in one large bag (sports bag, duffle bag, etc.)

- Line the inside with one large plastic bag so if the bag gets dropped in a puddle left by someone's boots, the stuff inside will stay dry.
- Clothes often pack better when they are rolled instead of folded.
- Check the weather forecast before camp and adjust accordingly.
- Consider the length of our stay to decide on your quantities. It is better to have extra rather than not enough, especially if we get damp when playing outside; pack extra mittens, socks, etc!
 - set(s) of underwear
 - t-shirt(s)
 - long sleeve shirt(s)
 - sweater(s)
 - pair(s) of long pants
 - pair(s) of socks
 - pair(s) of warm wool socks
 - plastic bag for dirty clothes
 - winter coat
 - snow pants
 - winter boots
 - warm hat, tuque
 - scarf
 - mittens
 - running shoes for indoor games
 - slippers (optional)
 - Toiletries in waterproof cosmetic bag or Ziploc
 - soap
 - facecloth
 - towel
 - toothbrush and paste
 - small cup
 - comb or brush
 - elastics and/or clips to tie back long hair during cooking
 - one roll of toilet paper
 - deodorant
 - sanitary supplies

Mesh bag (with cord attached for hanging dishes to dry)

- non-breakable plate, bowl, mug with handle,
- fork, spoon and knife
- dish cloth & towel
- oven mitts

Mesh bag: used to hang dishes to air dry, can be purchased at the Dollarama and are similar to a lingerie bag. Be sure to attach a cord so we can hang the bag up. Place fabric items in Ziploc to keep dry until needed.

Kit List – Generic – Winter

Comfortable Backpack

- leak-proof water bottle filled with water
- flashlight with good batteries
- extra batteries
- whistle
- personal first aid kit
- sunscreen
- tissue paper
- sit-upon
- note book and pencil
- camera (optional)
- compass (optional)
- sunglasses
- 1 pair of socks
- warm hat
- gloves or mittens

Place some items in Ziploc bags to keep them dry in case the backpack ends up sitting in a snow bank or falls in a puddle.

Sit-upon: a portable cushion which will keep a bottom dry if we sit on a snow bank or cold log. Purchase a foam kneeling pad at the Dollarama or make your own Sit-upon by placing a section of newspaper into a plastic bag and taping closed.

Waterproof Bedroll – for instructions, see “Bedroll – How To” available from Quebec 4-H

- ground sheet or tarp (plastic is slippery)
- dense foam mat or folded blanket for padding
- warm sleeping bag
- extra blanket
- pillow
- teddy
- pajamas (hooded sweat suits make great, warm pjs)
- warm socks
- rope or strap to tie roll

Administration and miscellaneous

- Balance due for registration fee.
- Snack and drink for Friday evening. All other meals will be provided.
- Medication: all medication must be given to the Executive Director in the original containers indicating correct doses and times to be taken. Anyone who requires headache (Tylenol) or traveling (Gravol) medication must also give this in the original container. There is an exception, of course, for an EpiPen which should be carried with the participant and its location indicated to staff.
- Spending money is optional if we are touring a location with a gift shop. Spending money is at your discretion and the responsibility of the participant.
- All items should be labeled with the participant’s name. Quebec 4-H is not responsible for lost or damaged articles.
- Campers should pack their own gear (with supervision if required) so they know where to find things.
- Campers should be able to carry all their gear (wear backpack, bag in one hand, bedroll in other).
- With the exception of cameras, digital devices are not permitted at camp.
- Check with Quebec 4-H about the specific camp to see if you should bring ice skates, sled, or skis.
- Helmet (please indicate on Permission Form if you require your child to wear a helmet while skating and/or sledding).