**What to Bring to Camp Squeah!**

**Clothing:**

• Running shoes

• Hiking boots (for hiking in the woods and wet weather)

• Rain gear in the event of inclement weather

• Indoor shoes/slippers (for inside the main Squeah Lodge)

• Hat (to keep off the sun)

• Modest swimming suit (optional for wearing under clothes when canoeing)

• Weather appropriate Clothing for 4 days – (remember to think about extra socks, etc. if it is raining, a toque because the nights will be cold and we do have evening firesides)

(no one has access to a washer or dryer)

**Bedding:**

• Sleeping bag

• Pillow

**Miscellaneous: Optional:**

• Toiletries • A good book or magazine to read

• Towel • deck of cards, small board game

• Flashlight/Head lamp • Water bottle

• Sunscreen (if swimming in the pool) • Camera

• Backpack (for hiking) • baseball cap

• battery operated alarm clock

**What Not to Bring to Camp!**

• IPods or other electronic sound equipment (these devices tend to go missing and detract from the overall experience of being at Camp Squeah)

• Cell phones (we have no cell phone reception at Camp Squeah)

• Laptops (there is no wireless internet connection available on site)

• hair dryers, curing irons, flat irons, etc.

• anything that needs to be plugged in

• make-up

• hair spray, gel, perfume or cologne (we are out in the wilderness, and these products attract bugs)

• jewelry

• candy, snacks, or any kind of food (food in the cabins attract mice)

• Alcohol (prohibited on site), illegal drugs,

• Knives and/or weapons or toys that shoot projectiles (air-soft guns; paintball guns; bb guns)

• Fireworks or firecrackers or any substance that could damage or ruin camp property or facilities (e.g.: Silly String)

**Do Bring:**

• your good manners

• a positive attitude

• a lot of enthusiasm