

Catapult

Packing List



Don't forget to bring:

- Medications with instructions (if needed)! We have a stock of standard nurse supplies such as Tylenol, Ibuprofen, Tums etc.
- Sweaters/Rain jacket
- Comfortable clothing for sitting and/or moving around on the floor
- A watch or other time piece (not a cellphone)
- Sneakers (needed for high ropes, gym time, amazing race etc.)
- Pants and shorts (short shorts will be very uncomfortable and possibly lead to abrasions on the ropes course)
- Something PINK to wear on anti-bullying night
- Toiletries (a bag to carry to the shower is helpful)
- Sunscreen and bug spray

Optional items you may wish to bring:

- Camera (not cell phone)
- Hairdryer
- Music or other sleep aid (not a cell phone or device with internet access)
- Musical instrument, amplifier, or any other equipment if wanted for Rock Night
- Quarters should you wish to use the washer/dryer in the residence (5 quarters per cycle). Detergent will be available.
- Spending money (There is a campus store should you want any Acadia souvenirs)
- Flashlight (in case you like to read while your roommate sleeps)
- The rooms are not air conditioned and the valley weather is often quite hot in summer, so if you have a small portable fan you may wish to bring it.

You DO NOT need to bring a sleeping bag or pillow unless you wish to use it for extra padding. Each room is also supplied with a (small) towel for the shower though you may wish to bring your own.

Our last night will include an “informally formal” dinner and dance. There’s no need to dress up ... but you may wish to bring a favourite outfit to wear. Most days will include physical movement and youth will be sitting on the grass/floor frequently.

Snacks are provided in the residence. We are a **nut aware** camp – please do not bring any snacks containing nuts!