



NAVY LEAGUE OF CANADA SASKATCHEWAN DIVISION



SUMMER CAMP CADET'S KIT LIST / INFORMATION

Section 1 – Required Overnight Articles

- Pillow
- Sleeping bag with sleeping bag carrier (no plastic garbage bags)
- Sleep wear (t-shirt and sweats will do)
- Bag or small backpack to carry articles in for overnight exercises
- Water Bottle (not a pop bottle)
- Flashlight with extra batteries for night games

Section 2 – Required Personal Hygiene Kit

- 1 Soap
- 1 Shampoo / Conditioner
- 1 Brush / Comb
- 1 Toothbrush / Toothpaste
- 1 Deodorant (No Spray Deodorant)
- 2 Towels (One Beach, and One for Showering)
- 1 Deep Woods Off Bug spray (Will be handed in at beginning of camp and officer will apply to cadets as needed)
- 1 Spray Sunscreen (Will be handed in at beginning of camp and officer will apply to cadets as needed) (SPF 30 or higher)

Section 3 – Required Clothing

- 3 Bathing Suits (Safety: All cadets are to wear a t-shirt to prevent sunburn while on water)
- 2 Pairs of Sweat Pants
- 2 Pairs of Jeans
- 3-5 Pairs of Shorts / Capris
- 1 Pair of good runners
- 1 Pair of water shoes / old runners (Safety: Cadets cannot sail/canoe with bare feet. Shoes must be closed toed)
- 7 Pairs of Socks
- 7 Pairs of Underwear
- 1 Jacket
- 2 Sweat Shirts or Hoodies
- 7 T-shirts (Safety: Tank tops must cover the shoulders. Approximately 3 finger wide)
- 1 Set of Rain Gear or Poncho
- 1 Set of Dress Clothes for the Dance at the end of Camp (shoulder straps must be three (3) fingers wide)
- NO SPANDEX ALLOWED AT CAMP**
- PLEASE MARK ALL BELONGINGS AND CLOTHING WITH HIS OF HER NAME. LET THEM HELP PACK SO THEY KNOW WHAT THEY HAVE BROUGHT.**

Section 4 – Prescription Medication

- Must be in original packaging from pharmacist with complete instructions
- Must have enough to last the whole week (7 Days)
- All medication and information will be handed into medical officer upon arrival
- Please have medication bubble wrapped (any pharmacist will do this for you)
- If your child uses any over the counter medication please treat like prescription medication and send instructions on use
- If any cadet has any allergies or skin conditions and they can only wear specific sunscreen they must bring their own. It will be treated as a medical supply.
- ANY UNMARKED MEDICATION WILL NOT BE USED**

Section 5 – Do Not Bring

- Uniforms
- Knives
- Music Devices, Cell Phones, Handheld Game Devices
- Lighters
- Mouth Wash
- Jewellery
- Hairspray
- Perfumes or Colognes
- Markers (Permanent or Washable)
- IF YOU BRING ANY OF THESE ITEMS THEY WILL BE TAKEN AWAY FROM YOU AT THE START OF CAMP AND MAY NOT BE RETURNED!!!**