

TEENS WINTER CAMP

ITEMS TO BRING

Activity	Suggested Items
Sleep over	<ul style="list-style-type: none"> • Clothes for the next day and extra pair of clean socks • Pyjamas • Toothbrush and Toothpaste • Hand/face towel • Sleeping bag (NO blankets) • Asthma Puffers (If needed) • Any medication (You know best)
Indoor Soccer	<ul style="list-style-type: none"> • Proper sports wear • Extra shorts/ shirt • Or bring comfortable sweatpants • Proper footwear (indoor soccer shoes) • Asthma Puffers (if needed)
Swimming	<ul style="list-style-type: none"> • Towel • Extra shorts • Tank Top (if needed) • Goggles (if needed) • Asthma Puffers (if needed) • Skin cream (e.g. coco butter or Vaseline)
GYM/ Basketball	<ul style="list-style-type: none"> • Proper sports wear • Extra shorts/ shirt Or bring comfortable sweatpants • Proper footwear (e.g. basketball shoes) • Asthma Puffers (if needed)
Bowling	<ul style="list-style-type: none"> • Comfortable clothes • Shoes will be provided • Asthma Puffers (if needed)
Laser Tag/ Go Kart	<ul style="list-style-type: none"> • Comfortable clothes • Asthma Puffers (if needed)
Ice Skating – Outdoor	<ul style="list-style-type: none"> • Knee & elbow pads. • Warm clothing. • Gloves • Hat.
Paintball	<ul style="list-style-type: none"> • Warm & heavy clothing. • Hat & gloves • Extra clothing (Sweater, jacket, hat, pants)