A picture containing sky, outdoor, tree, antenna

Description automatically generatedSport /Activity Equipment & Clothing List

Adventure Climbing

Extra pair of shoes (strong closed toe footwear required), wind pants and jacket, water bottle (500-1000 ml).

All Sports/ Adventure

3 sets of practice clothing (shorts, T-shirts, socks, etc.), 1 or 2 pair of running shoes.

Aqua Sports

2 or 3 bathing suits, shorts and shirts, towels, hat, sandals that stay on feet (no flip flops).

OPTIONAL: Life jacket (labeled with your name).

Archery

Comfortable clothing and appropriate footwear. OPTIONAL: Your own archery equipment

Athletic Conditioning

1. sets of practice clothing (shorts, T-shirts, socks, etc.), 1 or 2 pair of running shoes.

Badminton

3 sets of practice clothing (shorts, T-shirts, socks, etc.), your own racquet (labeled with your name).

Baseball

3 sets of practice clothing (i.e., shorts, T-shirts, socks, etc.) baseball glove and baseball cap, sweatpants for sliding drills, protective cup.

OPTIONAL: molded sole shoes, uniform.

Ball Hockey

2 hockey sticks, hockey helmet with cage, hockey gloves, running shoes.

Basketball

3 sets of practice clothing (i.e., shorts, T-shirts, socks, etc.) 1 or 2 pair of basketball shoes.

OPTIONAL: mouth guard.

Boxing

3 sets of practice clothing (i.e., shorts, T-shirts, socks, etc.), sweat suit, jogging shoes (high cut gym shoes if possible) RUN 15 MINUTES A DAY 1 MONTH PRIOR TO CAMP.

Canoe/Kayak

1. swimsuits

OPTIONAL: Personal canoe paddle

wet suit, life jacket (labeled with your name).

Cheer Camp

1. sets of practice clothing (i.e., shorts, T-shirts, socks, etc.). OPTIONAL: Uniform, pom-poms.

Competitive Swim

1. or 3 bathing suits, cap, goggles, sweatsuit(s), towels.

Creative Arts

OPTIONAL: Sketchbook

Cross Country

2-3 pair of shorts, lots of short and long sleeve shirts and socks, bathing suit, 2 pair of runners.

OPTIONAL: Racing flats or spikes

Dance

Appropriate dance clothing and footwear required, 3 sets of dance pants, crop tops, leotards, unitards, tights (with and without feet), for performance, one outfit in black is required.

OPTIONAL: Tap shoes or hard soled shoes, ballet

slippers (soft slippers preferred), jazz oxfords, boots, all shoes acceptable. Campers should have their hair in a bun or tied back off their face.

Dodgeball

1. sets of practice clothing (shorts, T-shirts, socks, etc.), 1 or 2 pair of running shoes.

Fishing

Fishing rod, reel, tackle box and lures, rubber boots, rain gear, long pants, shoes for hiking, bug spray, hat.

A person on a surfboard

Description automatically generated with medium confidence

Flag / Touch Football

2-3 shorts, 2-3 t-shirts, running shoes.

OPTIONAL: Running shoes with non-metal spikes.

Football

Campers must supply their own equipment which should include: regulation and N.O.C.S.A.E. approved helmet, molded mouth guard, chin straps, shoulder pads, kidney pads, pants with thigh pads, athletic supporter, multi-cleated (molded sole) shoes.

Glee/Theatre Camp

OPTIONAL: Costumes

Gymnastics

2 or 3 sets of leotards or body suits.

Judo and Karate

2-3 sets of practice clothing, 2 Gi outfits (if possible), towels



#### Outdoor Skills & Adventure

Hiking boots, wool blend socks (3-4 pr.), long sleeve shirts, cotton T-shirts, shorts, hat, rain suit, sweatshirt/fleece, compact sleeping bag, closed cell foam sleeping pad, water bottle (500-1000 ml), personal cup, bowl and utensil set (knife, fork, spoon).

Backpack (min. 55 litres) with padded hip belt, shoulder straps.

Power Up for School & Life Success

Binder, pen, lined paper

Quarterback and Receiver Camp

Helmet, molded mouth guard, shoulder pads, molded sole shoes, athletic supporters, shorts, socks, T-shirts, sweat suit.

Quest for Adventure

Extra pair of shoes (strong closed toe footwear required), wind pants and jacket, water bottle (500-1000 ml).

Rugby

1 or 2 rugby jerseys, mouth guard, 2 or 3 pairs of practice equipment (shorts, T-shirts, socks), jock strap, mouth guard. OPTIONAL: athletic supporter, rubber cleats (soccer boots).

Sailing

1 or 3 bathing suits, shorts and shirts, towels, hat, sandals that stay on your feet (no flip flops).

OPTIONAL: life jacket (labeled with your name).

Self-defense

Long track pants (sweats) 2 sets, 4-5 T-shirts, regular running shoes

Seven Habits

Binder, lined paper and pen, in addition to general packing list.

Soccer

Shin guards are mandatory in Ontario Soccer, 3 sets of practice clothing (shorts, T-shirts, socks, etc.)

Strongly recommended: molded sole shoes.

Stand Up Paddle Board

2 or 3 bathing suits, shorts and shirts, towels, hat. OPTIONAL: wet suit, life jacket (labeled with your name).

The SportsLab Performance Program

2 sets of practice clothing (shorts, T-shirts, socks, etc.), 1 or 2 pair of running shoes.

Survival Camp

Must have items.

- Rain gear (Coat, pants preferred but not required)

- lightweight water bottle 1L+ (lots of options but a budget option is as simple as a SmartWater bottle 1L)

- compressible sleeping bag

- Sweater/warm clothes for nights

- Flashlight/Headlamp

- Hiking boots (preferably with waterproof treatment) and socks

- Sunglasses

- Sunscreen and bug spray

Extra optional items not required.

- Hiking backpack (Preferably 30-60L)

- Hiking pole

- Nut free granola bars/snacks

- Compact air sleeping pad

- Whistle

- Camera

- Compact camping pillow (preferably blow up)

- Compact microfiber towel

- Camping cutlery (Provided by the camp if not brought)

- Small dry sacks (Mountain warehouse has 10L dry sacks for $10 for cheap options)

Tennis

3 sets of practice clothing (shorts, T-shirts, socks, etc.), tennis racquet, shoes.

OPTIONAL: tennis balls.

Track & Field

Running shoes, 3 sets of practice clothes optional: spikes. Spandex



Triathlon

Swim: bathing suit (s), brightly coloured bathing cap, beach towel(s).

OPTIONAL: swim goggles & cap.

Bike: bicycle, CSA or ANSI approved helmet, 2 extra tire tubes and repair kit, lock and two keys, Allan keys, adjustable wrench and screwdriver, shorts and T-shirts.

Run: running shoes

Tri-sports

3 sets of practice clothing (shorts, T-shirts, socks), l or 2 pair of shoes for basketball and volleyball.

OPTIONAL: molded sole shoes (soccer/baseball).

Ultimate Frisbee

2 or 3 sets of practice clothing (shorts, t-shirts, socks, etc.), running shoes.

OPTIONAL: cleated footwear.

Volleyball

3 sets of practice clothing (shorts, T-shirts, socks, shoes, etc.), shoes for volleyball.

Wrestling

3 sets of practice clothing (shorts, T-shirts, socks, etc.), wrestling singlet (preferred, but not essential).