

Sport / 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

2 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,
reversible pinnie or a light and dark coloured basketball
shirt for team play etc.) 1 or 2 pair of basketball shoes.

OPTIONAL: mouth guard.

Cheer Camp

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

Competitive Swim

2 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

3 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.

Flag 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

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Binder, pen, lined paper



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), 1 or 2 pair of shoes for basketball and volleyball.

OPTIONAL: molded sole shoes (soccer/baseball).

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).

