



# Amethyst Curling Camp Suggested Packing List

- Curling gear (shoes / pants / jackets / brush / stopwatch, everything you need to curl in!)
  - in a dedicated curling bag
- Combination lock if you want to use a locker at the club
- Clothes for a week
  - Regular daily clothing items
  - Include shorts and active wear that you can wear for Phys Ed. sessions outside (2-3 sets is ideal!)
  - Water Day gear, something you can get wet (bathing suit or shorts/t-shirt combo)
  - Running shoes
  - Slip-on shoes/sandals
  - Raincoat
- Toiletry items
- Medication that is taken regularly (e.g. insulin) or occasionally (e.g. Advil)
- Hair/body care items for showers (hair ties, shampoo/conditioner, body wash, soap, etc.)
- Sunscreen
- Water bottle (2 ideally, 1/Curling Bag 1/Room)
- Phone chargers
- Notebook or binder with lined paper
- Pencil case with a few pencils, pens, and a highlighter
- Small bag(s) for bringing items back and forth from the curling club to the rooms
- A few colour group-related clothing/items (Red / Blue / Black / Gold / Green) - spirit spirit spirit!
- Snacks, if desired to supplement the provided meals and snacks throughout the day (especially recommended if the camper has a limited palate)
- Free time activities such as board games, cards (make sure they are indoor activities!)
- Extra blanket (rooms are air conditioned and bedding will be supplied, however if you are someone who gets cold easily, we recommend bringing an extra blanket)
- No spending money is necessary but campers may want to bring some depending on the out of camp activities planned year to year

## Supplied

- Bedding, but if you wish to pack your favourite pillow or throw blanket, go for it!
- Towel & face cloth
- Colour group t-shirt