



Day Camp Packing List

Things to bring everyday

- Sun hat & sunglasses with retainer if possible
- Sunscreen that is "lake/reef friendly"
- Mask(s) for wearing while being transported in the camp van and if getting closer than 2 meters to others.
- 2 full water bottles of 1 litre in size
- Swimsuit and towel
- Sweater or fleece
- Rain gear tops and bottoms
- Daypack
- Hiking or good quality running shoes
- Water friendly sandals or water shoes (please no flip flops); water shoes should fit tightly so they stay on in the ocean.
- A healthful lunch and several snacks for throughout the day.

Spare Clothing Bag

Please pack a full change of clothing every day in case clothing gets wet. These items can be kept in a dry bag or stuff sack lined with a garbage bag.

This spare clothing bag should include:

- One pair of pants (light weight/synthetic is best)
- One pair of shorts (non cotton if possible)
- One warm wool sweater or fleece pullover/jacket
- One toque and an extra ball cap in case one is lost.
- Underwear & socks

Important Info

- Camp starts at 9:00 and finishes at 4:00. Pick up and drop off at our Cusheon Lake location, 118 Natalie Lane.
- Please contact Coastal Current Adventures at 250 537- 2571 or 250 537 7727, if for some reason your child is not able to attend camp on a given day.
- *** If your child has a cough or a fever, please keep them home that day.*
- Please label all cherished clothing and gear with your child's name
- Campers should NOT bring electronic devices to camp (iPods or iPhones, handheld gaming devices, etc.).
- *We do not recommend personal cameras either as they are easily lost or damaged by the salt water. We do have a camp camera and will be snapping photos of the campers throughout the week and sharing them!
- REMEMBER a healthful, substantial lunch daily and several snacks for throughout the day including some fruit.
- Note: There is no overnight session in the Day Camp.
- Reminder--Camp starts at 9:00 am and ends at 4:00 pm each day; pick up and drop off at our Cusheon Lake location.
- Every day, when we head out on a new adventure, we will be transporting campers in our two vehicles. While the Covid protocols are in place, campers will need to wear a mask for travelling in these vehicles. This is mandatory so remember to pack 1-2 each day; (if for some reason campers do not arrive with a mask, they will be given one).
- If you have any questions please call us at **(250) 537-2571 or (250) 537 7727.**

Coastal Current Adventures
coastalcurrentadventures@gmail.com