



**PARENTS MANUAL
SUMMER 2011**

IMPORTANT DATES

| | |
|--------------------|--|
| April 1 | BALANCE OF CAMP FEES TO BE PAID |
| June 1 | MEDICAL FORMS, INFORMATION PROFILES AND CODE OF CONDUCT FORMS <u>MUST</u> BE RETURNED TO THE SUMMER OFFICE |
| July 3 | JULY SESSION AND WONDER WEEK 1 BEGINS |
| July 10 | WONDER WEEK 1 ENDS, WONDER WEEK 2 BEGINS |
| July 17 | WONDER WEEK 2 ENDS |
| July 27- 30 | JULY SESSION ENDS, INTERSESSION BREAK |
| July 31 | AUGUST SESSION & WONDER WEEK 3 BEGINS |
| August 7 | WONDER WEEK 3 ENDS, WONDER WEEK 4 BEGINS |
| August 11 | WONDER WEEKEND BEGINS |
| August 14 | WONDER WEEK 4 ENDS, WONDER WEEKEND ENDS |
| August 21 | AUGUST SESSION ENDS |

TRANSPORTATION INFORMATION

DEPARTURE

Bus

Calgary – Buses will begin loading at 8:30 AM and will depart at 9:00 am sharp from the Beth Tzedec Synagogue. (1325 Glenmore Trail SW) **Please arrive by 8:30 am to ensure that the buses leave as scheduled. Please follow the instructions of the camp staff that will be with the buses.**

Edmonton – Buses will begin loading at 8:30 AM and will depart at 9:00 am sharp from the Edmonton Jewish Community Center. (7200 – 156 Street) **Please arrive by 8:30 am to ensure that the buses leave as scheduled. Please follow the instructions of the camp staff that will be with the buses.**

Airport

Camp staff will meet the camper(s) on the arrival level of the **Calgary Airport**. Please indicate, on the camper information sheet, all the arrival and departure flight information. Ideally, children should arrive in Calgary between 8:00am and 10:00am on the first day of camp (please see schedule located below this section)—the earlier the better. If you have any questions, please feel free to call the office. Camp staff will store all return tickets safely, so instruct your child to provide the tickets and/or passports to the staff member at the airport.

Driving

Please contact the Camp office if you intend to drive your camper(s) out to camp. Campers should arrive no later than 10:30 am.

Note to all non-Canadian Campers

When traveling, all campers arriving from outside of Canada must have in their possession: official identification (Passport or Notarized or Certified copy of his or her Birth Certificate), and a short letter indicating that he or she will be staying in Canada, at Camp BB – Riback (give dates), and that the parent(s) authorize the child to enter Canada to attend Camp. A parent must sign this letter. The letters and passports, or other pieces of identification, will be kept in the Camp safe until the end of camp.

ARRIVAL HOME

Bus

Calgary – Campers return home to the Beth Tzedec Synagogue between 11:30- noon.

Edmonton – Campers return home to the Edmonton Jewish Community Center at 11:30- noon.

Airport

Campers flying home will be driven to the Calgary airport. Please book your tickets for departure between 1:00 and 2:00pm (no earlier) on the last day of session (please refer to the dates provided on the schedule at the end of this section). We will assist all Campers flying home with flight check-in, and we will wait until their flights depart.

Driving

Please contact the Camp office if you intend to pick up your camper(s) at camp. For any parents who choose to pick up their camper(s) at camp, campers must be picked up between 9:30-10:00 am.

Bus Time Information:

| Departure To Camp BB - Riback | Time | Location | Groups |
|-------------------------------|---------|-----------------------|-------------------------------------|
| CALGARY | | | |
| July 3 | 8:30 AM | Beth Tzedec Synagogue | All Campers & Wonder Week 1 Campers |
| July 10 | 1:00 PM | Beth Tzedec Synagogue | Wonder Week 2 Campers |
| July 31 | 8:30 AM | Beth Tzedec Synagogue | All Campers & Wonder Week 3 Campers |
| August 7 | 1:00PM | Beth Tzedec Synagogue | Wonder Week 4 Campers |
| August 11 | 9:00 AM | Beth Tzedec Synagogue | Wonder Weekend Campers |
| EDMONTON | | | |
| July 3 | 8:30 AM | Edmonton JCC | All Campers & Wonder Week 1 Campers |
| July 10 | 1:00 PM | Edmonton JCC | Wonder Week 2 Campers |
| July 31 | 8:30 AM | Edmonton JCC | All Campers & Wonder Week 3 Campers |
| August 7 | 1: 00PM | Edmonton JCC | Wonder Week 4 Campers |
| August 11 | 9:00 AM | Edmonton JCC | Wonder Weekend Campers |

| Arrival Home | Time | Location | Groups |
|-----------------|-------------|-----------------------|--|
| CALGARY | | | |
| July 10 | 12-12:30 PM | Beth Tzedec Synagogue | Wonder Week 1 Campers |
| July 17 | 12-12:30 PM | Beth Tzedec Synagogue | Wonder Week 2 Campers |
| July 27 | 11:30-12 PM | Beth Tzedec Synagogue | All Campers |
| August 7 | 12-12:30PM | Beth Tzedec Synagogue | Wonder Week 3 Campers |
| August 14 | 12-12:30 PM | Beth Tzedec Synagogue | Wonder Week 4 Campers & Wonder Weekend Campers |
| August 21 | 11:30-12 PM | Beth Tzedec Synagogue | All Campers |
| EDMONTON | | | |
| July 10 | 12-12:30 PM | Edmonton JCC | Wonder Week 1 Campers |
| July 17 | 12-12:30 PM | Edmonton JCC | Wonder Week 2 Campers |
| July 27 | 11:30-12 PM | Edmonton JCC | All Campers |
| August 7 | 12-12:30PM | Edmonton JCC | Wonder Week 3 Campers |
| August 14 | 12-12:30 PM | Edmonton JCC | Wonder Week 4 Campers; Wonder Weekend Campers |
| August 21 | 11:30-12 PM | Edmonton JCC | All Campers |

CREATING A PARTNERSHIP

TRUST

You may have chosen Camp BB – Riback because of its location, facilities, fine program, or because of its 55 plus year history in the Alberta Jewish Community. We want you to feel confident you have made the right choice and that your child will be cared for while attending Camp BB – Riback. We want to ease your concerns as you prepare your child for his or her camp experience, and we want to know that we have your trust and cooperation as we prepare to welcome your child. This manual is designed to help you enter a partnership with Camp BB - Riback that will lead to a healthy, secure, successful, and enjoyable experience for your child.

PREPARING FOR CAMP

Preparing for Camp takes both physical and emotional energy. The physical energy is easy – we provide you with plenty of information and lists about what to bring (and not to bring) to Camp. The emotional energy will ensure a smooth adjustment. You will help your child by asking yourself the questions that you think he or she faces: “What will I miss at home?” “Will I be liked?” “Will I have fun?” “Do I have enough clothes?” As a parent, you need to find a balance between validating your child’s concerns, and treating the concerns rationally and calmly. Dwelling on a child’s fears can lead to panic. It is important that you are encouraging and positive. For example, an encouraging response to the first question might sound like this: “It is only natural to miss home a little at the beginning of Camp, but you will make lots of friends and have a wonderful time!”

HOMESICKNESS AT CAMP

The best people to help a child deal with his or her homesickness are the counselors. Our counselors are at Camp to help children adjust to their new environment, and are always available for comfort and encouragement. They are well trained; in many cases the counselors were former Camp BB – Riback campers, and thus can draw upon their own experiences. What should you do when you receive a letter from your child that tells you that he or she is not having a wonderful time at camp, and begs you to come and pick him or her up? *First, try not to panic.* Although this does not happen often, it is not uncommon. *Second, be strong.* It is difficult, upsetting, and frustrating to know that your child hurts, and that you cannot be there to offer comfort. Getting into your car, and driving to camp to pick up your child is not the solution. Remember that a few days have already passed since the letter was written. So much occurs in a day at camp and many things have probably happened to alleviate the situation. There are some things you can do. Write an encouraging letter, wait for the next letter, or phone the camp office who can update you on the situation.

SUCCESS

There have been very few cases where a child remained inconsolable and left camp early. In most cases this happened when parents forced the adjustment process to end prematurely and insisted on picking up their child. Our experience has taught us that even when campers feel that they might not return in the future, they need to finish what they started, even if it means just being able to say, “I did it!” Small accomplishments add up and strengthen a child’s self-esteem. When a child overcomes his/her fear and remains for the full term of the session, there is personal growth, success, and accomplishment.

PROGRAMS AND FACILITIES

Camp BB-Riback is located approximately 20 minutes outside of Red Deer, Alberta. It is located on the beautiful shores of Pine Lake and is bound by wooden acres. Amongst the stables, the ropes course, and the waterfront, Camp BB-Riback consists of camper side (both girl's and boy's side) as well as the LTP Village. The program and age of your child is what determines where they live. The entire camp enjoys three meals together in the Chadar (dining hall) with the exception of picnics, barbeques, and outdoor adventure meals!

Your child will get the opportunity to participate in a variety of thrilling activity areas including horseback riding, climbing wall, canoeing, water skiing, arts and crafts, a ropes course, swimming, pottery, sports, mountain biking, and tripping. Cookouts and overnights make the summer memorable and whether its on-site overnights or three-day camping trips, outdoor programming is adventurous and exciting.

Campers in each bunk/section will experience a full day of specialty activity areas as well as creative evening programs coordinated by their staff. The emphasis is on fun in a safe and supervised environment that provides opportunities for learning and personal skill development.

Typical Day at Camp BB-Riback:

| | |
|------------|--|
| 8:00 | Wake Up |
| 8:30 | Degel (Flagpole) |
| 8:45 | Breakfast |
| 9:30 | Cabin and area clean up for inspection |
| 10:00 | Activity Period 1 |
| 11:10 | Activity Period 2 |
| 12:30 | Lunch |
| 1:00 | Chofesh (Rest period) |
| 2:30 | Activity Period 3 |
| 3:50 | Activity Period 4 |
| 5:00 | Activity Period 5 |
| 6:15 | Degel (Flagpole) |
| 6:30 | Dinner |
| 7:15 | Free Time, mail pick up |
| 8:30 | Evening Programs |
| 9:30-11:00 | Bedtime (depending on age group) |

Camp Units & Age Groups:

| | |
|-----------------------|--------------|
| Wonderweek | Grades 1 - 4 |
| Cochavim | Grades 2- 4 |
| Ruach | Grades 5 & 6 |
| Machon | Grades 7 & 8 |
| Leadership Training | Grade 9 |
| Counselor-in-Training | Grade 10 |

GENERAL INFORMATION AND **CAMP POLICIES**

MAIL - LETTERS ARE IMPORTANT!!!

Kids love mail, Adults love mail too! ***So send lots of letters and send them even before your child is at camp, so when they arrive there will be mail waiting for them!*** It is very important for both campers and parents to send and receive mail. We urge you and your child to write each other regularly. Please address mail as follows:

Camper's Name
C/O Camp BB – Riback
Box 242
Pine Lake, Alberta
T0M 1S0

Please be sure to send enough supplies of envelopes, paper, pens, and stamps with your child. It is sometimes easier for young children to write home if they are equipped with pre-addressed and stamped envelopes or postcards. We will encourage your child to write as well and we hope they will share some important information other than "I am fine, How are you? Love Joe" However, if you do not receive mail, do not be alarmed. They are probably having a good time, or have just written three letters that you have received all at once.

PACKAGES

Packages are to be sent by mail only. Please do not use couriers or delivery services to deliver packages or mail to camp, as delivery vans driving in and out of camp are a safety hazard and for security reasons the gate will be closed. Any packages without a return address will not be opened for security reasons.

***PLEASE DO NOT SEND FOOD OR CANDY AS PACKAGES ARE CHECKED
AND ANY FOOD ITEMS WILL BE TAKEN AWAY.***

E-MAIL AND FAXES

You can write your child via e-mail; however, please do not send faxes, as we need to keep this line open for business. E-mail will be delivered once a day with regular mail delivery, and should be addressed to campbb@telusplanet.net with the camper's name as the subject of the email.

Due to the large volume of e-mail that we receive, please only send a maximum of 1 per day. Any attachments to any of the emails will be deleted immediately and not delivered to your child. This option is very costly to camp and we ask you to write more than one line to your child. There is an incredible amount of paper used and it would be helpful that you make your email letters substantial rather than a line just saying hi! We would appreciate your co-operation.

TELEPHONE CALLS

Campers cannot use the phone or receive phone calls. You are welcome to call us at: 403-886-4812 (1-800-267-2267), to speak with the Camp Director or Assistant Director with any questions or concerns about your child.

A camper may call home on his or her birthday. Birthday telephone calls will ONLY be made after dinner between 7:15 and 8:15 p.m. Please make arrangements to be home during this time as campers look forward to hearing their birthday wishes from you.

VISITATION

PLEASE DO NOT VISIT CAMP. Visitors are not allowed in camp at any time, as it is extremely disruptive. Please do not show up at camp expecting to see your son, daughter, or grandchild, as you will be politely asked to leave. We appreciate your understanding.

LEAVING CAMP

We hope that you understand that it is too disruptive for campers to leave camp in the middle of a session for even a short period of time. We cannot therefore, grant any leave requests once camp begins. In case of emergency or life cycle events, we will evaluate all requests on an individual basis.

MEDICAL

SEE THE DOCTOR! It is imperative that every camper sees his or her family doctor before arriving at camp. In order to ensure the safety of everyone at camp, please attend to this most important detail of camp preparation. **Without a completed medical form by the doctor, the camper will not be permitted to attend camp.**

If necessary, our medical staff will attend to all our children with proper medical protocol, so to ensure that your child's best interests are attended to. If necessary, we may visit a medical clinic or hospital, when a Doctor is not present on the property. Again you will be notified of any situation that involves your child.

DISCLOSURE

It is the absolute responsibility of a parent to let us know everything emotionally, physically, psychologically or medically important or relevant regarding your child. This will only assist us in working with your child in a sensitive and caring manner. Please be pro-active – if we are informed we can do our jobs. All of the information gathered is stored in our files that are secured in our locked offices and processed in a secure database with appropriate access controls.

MEDICATION AT CAMP

The camp is well stocked with whatever your child may need. There is no need to send any "over the counter" medications. Any medication your child brings should be clearly marked with the following:

- (1) The name of the drug
- (2) Specific instructions re: dosage, etc
- (3) The name of the prescribing physician

Our medical staff will collect medications at the buses and/or when your child arrives at camp. All medications (both prescriptive and over the counter) are kept in the infirmary at all times. If you have any medical questions, please do not hesitate to contact the camp office prior to your son or daughter's departure for camp. Once again we are fortunate to have medical staff at camp. We believe having experienced staff to deal with our campers is definitely an asset. We also believe that you, as a parent should be called if your child stays in the infirmary for more than 24 hours, given any prescribed medication, and or sent to the clinic or hospital in Red Deer. Please make sure that the information regarding your emergency contact is accurate and up to date.

SUN HATS AND SUNSCREEN

The skin 'remembers' each time it is tanned and burned. Sun poisoning is a cumulative effect so we must make sure all campers and staff understands that wearing a hat is not just a request but also a RULE! At Camp BB – Riback we make every effort to ensure campers are wearing sun hats and putting on sunscreen each and every day. Find out from your child what type of hat he or she likes to wear. Get them a couple of hats so they can switch around – try to make it fun! Please send your child with sunscreen and mark their name on it and tell your children you want them to come home with an EMPTY BOTTLE!

USE OF INSECT REPELLANT

We recommend the use of insect repellent starting after dinner.

FOOD AND TUCK

Please do not send any food, candy, pop, sunflower seeds, cup-a-soup, etc. The reason for this is simple: food and candy attract animals and bugs and do not belong in the cabins. We provide three nourishing, well-balanced meals each day, as well as a snack in the middle of the afternoon and before bedtime. **All food that is sent despite this notice will be confiscated - No Exceptions!**

As you are well aware, peanuts are a life threatening food for many children, and as a result many schools have eliminated them from their list of acceptable foods. At Camp BB-Riback we would like to think that our respect for each individual camper makes it important to do what we can to remove peanut products from camp. While we are not a "peanut-free" camp, we do strive to remove peanut products from camp. Our objective is to therefore be a peanut "aware" camp. That of course does not guarantee a peanut free camp as staff and campers can accidentally bring nut products into camp and often traces of a product can surprise the best of us at any time. What we do at Camp BB-Riback to make our camp a safer environment for peanut allergic children:

- We do not serve peanut butter! Instead we serve pea butter, jam, cream cheese, and other spreads so children have variety of alternatives. We also make the vegetarian meal available for any children who prefer it to the standard meal (they must be registered at the beginning of camp and maintain their status throughout the summer). Our kitchen is nut aware.
- All staff in pre camp and all campers will be given a clear message that nut products cannot be in camp. This discussion will involve not only food allergies but also examples of many other triggers of anaphylactic shock.

MONEY AND TUCK (CANTEEN)

Please do not send any money! Camp will provide treats on a scheduled basis.

LAUNDRY

As the camp does not have laundry facilities for general use, we send the campers' laundry out. Details about this procedure are explained to campers on laundry day. Please label everything!!! There will be 2 laundry days during the July session and 1 laundry day during the August session

BOOKS, ELECTRONIC GAMES, MUSICAL INSTRUMENTS, STEREOS, CELL PHONES AND VALUABLES

Pack and send a few books and games for rest time at camp. *If the camper plays a musical instrument, which is easily portable, sturdy, and inexpensive, it can be brought along.* Please **DO NOT SEND GAMEBOYS, MINI-T.V.'S, ELECTRONIC GAMES AND APPLIANCES** or other personal entertainment type games. Camp is a place full of activities where campers should get away from what they do in the city. Bringing items such as these only detracts from activities that a camper could be doing instead. Please **DO NOT BRING CELL PHONES OF ANY KIND!** Cell phones that are used and/or brought to Camp will be confiscated and parents may be asked to pick their child up from camp. Expensive cameras, iPods, jewelry, and clothes can get lost! – Stolen! – Broken! – Abused! So please do not bring them. *We do not and cannot take any responsibility for these types of items.*

LOST & FOUND

Camp BB – Riback cannot assume responsibility for the loss or damage of any items. During the Camp Season, all items misplaced around camp will be brought to the lost and found located outside the Office. At the end of each session, every effort is made to return lost clothing to the Campers and there is a much better chance of returning misplaced items if they are labeled with the Camper's name.

All items that are not claimed within 2 days after the Camp season will be laundered and sent to a charitable organization.

VISITORS DAY

There will not be a visitor's day during the 2011 summer season. If you wish to come and visit the camp prior to when the Camp session begins, please contact the camp office to arrange an appointment.

LUGGAGE

Please note that only 2 duffel bags or hockey bags per child are permitted. **TRUNKS ARE NOT ALLOWED.** Large suitcases should be avoided (if possible) so that the luggage can be easily stored under the bunks. One bag should hold all bedding, shoes, sleeping bag and miscellaneous equipment. The other should hold all carefully folded clothing. Please see packing list below.

EXPECTED CAMPER CONDUCT

As camp is our special place where we all live together... at no time will camp tolerate any deliberate abuse, disrespect, or bullying to any of our staff, campers or guests. All incidences will be investigated and dealt with individually by the supervisory staff and director. Dismissal from camp will be at the discretion of the camp director.

Campers must remain on camp property at all times.

Campers must have respect for other people's property and privacy at all times. There must be the presence of staff when visiting other cabins; otherwise you are not to be in those cabins. Theft, destruction and defacement of other people's and camp property will not be tolerated. Each situation will be dealt with on an individual basis, and dismissal from camp will be at the discretion of the camp director.

You should not be in possession of items that might cause damage or injury to people and to camp property. Items such as knives, sharp tools, fireworks, matches, mosquito coils, candles, and weapons are just a few examples.

Cell phones, computers and other electronic gadgetry are not permitted on camp. The camp does not assume any responsibility for these items if damaged. If found, they will be kept in the camp safe for the remainder of the camp session.

You must ensure that you follow, and adhere camp schedules for activities, programs, curfews and other related activities.

Possession, suspicion of possession and usage, and distribution of alcohol, illegal drugs, and / or any tobacco products will result in dismissal from camp at the discretion of the camp director.

Change in personal appearance, which might include piercing, changing hair colors, or cutting hair is not permitted at camp.

We ask you not to bring food to camp as it creates an array of problems for campers and staff alike. It is also a health hazard and if it is found it will be confiscated.

To ensure the health and safety, and security of everyone, the camp reserves the right to do random checks of the cabins, (ie- daily inspection) and personal belongings of campers on camp property.

CLOTHING REQUIREMENTS AND SUGGESTED EQUIPMENT

In order to ensure that your campers have the proper attire for Camp, we suggest simple, practical, and serviceable clothes. Parents are requested to cooperate and see that campers do not bring too many items with them to camp, particularly valuable articles of clothing or equipment. Expensive clothing, fancy outfits, and clothing that require dry-cleaning should be left at home. We cannot assume responsibility for any clothing. There is an overnight laundry service available at the mid-way point of each session. It is unnecessary to send more than an 11- day supply of clothing. If your child is not hard on clothing, feel free to reduce the number of items you send. **It is essential to label every article that is brought to Camp BB - Riback!** Care should be taken to see that labels are wash proof and attached very securely.

The numbers below can be used as a guideline for a **full session** stay:

CLOTHING:

| | |
|---|------|
| T-shirts | 8-10 |
| Long Sleeve Shirts | 3 |
| Flannel Shirts or Sweatshirts | 3 |
| Sweaters | 2 |
| Jeans/Pants | 3 |
| Sweat Pants | 2 |
| Shorts | 3 |
| Bathing Suits | 2 |
| Pajamas | 3 |
| Underwear | 12 |
| Socks | 12 |
| Hats (mandatory) | 1-2 |
| Lightweight Jacket | 1 |
| Warm Jacket | 1 |
| Raincoat and Rain Pants | 1 |
| Shabbat Clothing: 2 nice Shabbat outfits | |

SHOES:

| | |
|----------------|--------|
| Shower Sandals | 1 pair |
| Running Shoes | 1 pair |
| Rubber Boots | 1 pair |
| Hiking Boots | 1 pair |
| Beach Sandals | 1 pair |

(No platform shoes or heels)

GENERAL EQUIPMENT:

Flashlight & Extra Batteries
Writing Pad, Envelopes, & Stamps
Water Bottle
Sunglasses
Backpack (Machon, LTP & CIT)
Mess Kit (Machon, LTP & CIT)

LINENS:

| | |
|-----------------|---|
| Bath Towels | 3 |
| Face Cloths | 2 |
| Beach Towels | 2 |
| Laundry Bag | 1 |
| Sheets (Single) | 2 |
| Blanket | 1 |
| Pillow | 1 |
| Pillow Case | 2 |
| Sleeping Bag | 1 |

TOILETRIES:

| | |
|----------------------------|---|
| Toothbrush | 1 |
| Toothpaste | 1 |
| Soap Dish & Soap | 1 |
| Comb or Hairbrush | 1 |
| Shampoo/Conditioner | 1 |
| Kleenex (small packs) | |
| Sunscreen (send lots!) | |
| Insect Repellent | |
| Sanitary Napkins / Tampons | |
| Toiletry Kit | |

OPTIONAL:

Bike Helmet
Kippah
Musical Instruments
Tennis Racquet
Baseball Glove
Swim goggles
Camera & Film

The numbers below can be used as a guideline for a **Wonder Week** stay:

(Please note: Although the campers are only away for one week, there are frequent weather changes and different clothing requirements for the activities throughout the day. Thus it is important that campers have a variety of clothing options to ensure that their clothes are clean, dry, and warm when necessary.)

CLOTHING:

| | |
|--|---|
| T-shirts | 4 |
| Long Sleeve Shirts | 2 |
| Flannel Shirts or Sweatshirts | 3 |
| Jeans/Pants | 2 |
| Sweat Pants | 3 |
| Shorts | 3 |
| Bathing Suits | 2 |
| Pajamas | 2 |
| Underwear | 7 |
| Socks | 8 |
| Hats (mandatory) | 1 |
| Lightweight Jacket | 1 |
| Warm Jacket | 1 |
| Raincoat and Rain Pants | 1 |
| Shabbat Clothing: 1 nice Shabbat outfit | |

SHOES:

| | |
|----------------|--------|
| Shower Sandals | 1 pair |
| Running Shoes | 1 pair |
| Rubber Boots | 1 pair |
| Beach Sandals | 1 pair |

(No platform shoes or heels)

GENERAL EQUIPMENT:

Flashlight & Extra Batteries
Writing Pad, Envelopes, & Stamps
Water Bottle

LINENS:

| | |
|-----------------|---|
| Bath Towels | 2 |
| Face Cloths | 1 |
| Beach Towels | 1 |
| Sheets (Single) | 1 |
| Blanket | 1 |
| Pillow | 1 |
| Pillow Case | 1 |
| Sleeping Bag | 1 |
| Laundry Bag | 1 |

TOILETRIES:

| | |
|-----------------------|---|
| Toothbrush | 1 |
| Toothpaste | 1 |
| Soap Dish & Soap | 1 |
| Comb or Hairbrush | 1 |
| Shampoo/Conditioner | 1 |
| Kleenex (small packs) | |
| Sunscreen | |
| Insect Repellent | |

OPTIONAL:

Swim goggles
Camera & Film
Kippah



**1607 - 90th Ave SW
Calgary, AB T2V 4V7**

**1-800-267-2267
www.campbb.com**