



PO Box 354
Elmira, Ontario N3B 2Z7
(519) 465-4642
Email: info@cranelakediscoverycamp.org
Website: www.cranelakediscoverycamp.org

Camper's List of Clothing & Things

Below is a list of items that each camper should bring to Crane Lake Discovery Camp. Please do your best to follow the list as closely as possible. There is limited space to store personal belongings but everything on the list is needed as well. If there are any difficulties with putting together all the items please contact the camp (519-465-4642), we may be able to help you acquire some of the key items.

Campers List:

- 5 pairs pants
- 2 Swimming suits
- 7 t-shirts
- 2 sweaters
- 7 pairs of socks
- 7 underwear
- Rain jacket
- Hiking boots or footwear for walking in woods
- Old shoes (needed for getting wet and canoeing in)
- Tooth brush (**not** electric)
- Tooth paste
- Deodorant
- Fishing pole and tackle (if already owned)
- Journal (optional)
- Sleeping bag
- Collapsible knife with blade less than 3" (optional)
- Any prescription medication with all available data sheets

Items **NOT** to bring:

- Electronic devices
- Cigarettes, lighters, alcohol, drugs
- Clothing with offensive language on it

Remember at CLDC...

- 1. Everything we do, we do as a group.**
- 2. Everything we do, we do with a good attitude.**



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Medication Transfer

Camper's Name: _____ Camper's Health Card
Number: _____

Prescription Medications (include inhalers and epi-pens)

	Medication Name	Dosage	Frequency and Times	Reason for Medication	Number of Doses Supplied to CLDC
1					
2					
3					
4					
5					

Please describe any complications or side effects that might be associated with taking these prescription medications or missing a dosage of the listed medication.

Please list any frequently used non-prescription medications or complications that may be had to non-prescription medications:

I, _____ (Guardian's Name), release the responsibility of administering the above prescription medication to Crane Lake Discovery Camp staff. I understand that it is my responsibility to provide Crane Lake Discovery Camp with all pertinent information and sufficient medication dosages to last the entire duration of the campers stay with Crane Lake Discovery Camp.

Guardian's Signature

Date