





















THINGS YOU SHOULD BRING WITH YOU IN YOUR BACKPACK or DUFFEL BAG SPRING / SUMMER / FALL

Clothes should be comfortable!




GOT IT



CHECK LIST

-  Sleeping Bag or bedding
-  Pillow Case
-  Personal Toiletry Kit including: toothpaste/brush, soap, shampoo, hand towel, face cloth, hairbrush, feminine hygiene products
-  Sunscreen SPF 15 or higher (waterproof recommended)
-  Bug repellent with DEET – concentration no greater than 10% for youth and 30% for adults
-  Prescription medication (forms filled out and given to Directors of Bark Lake)
-  Two towels (one for beach and one for shower)
-  Swimwear (appropriate for water sports & active camp activities)
-  Socks (include a warm pair, for example: wool)
-  Underwear
-  2 Pair of pants (light and loose)
-  4 Pair of shorts
-  2 Pair of footwear (one pair of running shoes or hiking boots for active wear and one pair of sandals or water shoes)
-  5 T-shirts (includes both short and long sleeve or light sweater)
-  A Warm sweaters or sweatshirts – fleece is ideal
-  Rain wear (rain jacket and pants preferred)
-  Hat (bucket, baseball etc.) Bug hat – if you have one
-  Personal items: cards, instruments, books, writing paper, camera and film (waterproof / disposable), flashlight (check batteries)

Important Information

-  Health Card
 -  Information on any medical concerns
 -  No nut products please
- We are **NUT CONTROLLED Facility**

Please leave all valuables at home: i.e. jewelry, walkmans, MP3 players, electronic games etc.

Hockey Haven in partnership with Bark Lake is NOT responsible for lost or stolen articles

Cell phone service is LIMITED in the area

P.S. Don't forget your hockey equipment!