



**CAMP MÈRE CLARAC**  
*Direction : Sœur Marie-Hélène Sirois*

**Please,  
 attach this  
 list inside of  
 suitcase**

Camper's name : \_\_\_\_\_

**Items for suitcase (all sessions)**

<b>Quantity leaving</b>	<b>Clothes</b>	<b>Quantity returning</b>	<b>Quantity leaving</b>	<b>Various</b>	<b>Quantity returning</b>
	1 Sweater (Camp T-shirt to be purchased at the Camp)			1 Laundry bag	
	2 Pairs of tennis shoes			Sunscreen and insect repellent (Cream form)	
	1 Pair of slippers			1 Reusable water bottle or canister	
	1 Pair of rain boots			Flashlight (Optional)	
	8 Pairs of socks			Sleeping bag	
	8 Underwear			1 Pillow and pillow case	
	6 T-shirts			Toothbrush, toothpaste and plastic glass	
	2 Sweat shirts (one with hood)			Comb and / or brush	
	2 Pyjamas			2 Bath towels and 2 Facecloths	
	3 Pairs of shorts or Bermudas			Shampoo in plastic bottle	
	3-5 Pairs of long pants			Soap and carry case	
	1 to 2 Swimsuits ( <b>one piece only</b> )			Case for toiletries	
	1 Raincoat			Box of tissues (Kleenex)	
	1 Sun hat or cap (compulsory)			Suitcase	
	1 Beach bag			Backpack	
	1 to 2 Beach towels			Writing paper, pre-addressed, standard size envelopes, stamps and a pen.	

**IMPORTANT:**

- ☺ Please, make sure to respect the quantities mentioned above.
- ☺ Add one pair of long pants for horseback riding lessons (ex. jeans).
- ☺ iPod, MP3s, laptops, cell phones or any other electronic devices are prohibited.
- ☺ Each article must be marked with the camper's name (Sewed tags or use permanent markers).
- ☺ Life jackets are provided by the camp.
- ☺ Bed linen is not supplied by the camp.

**Laundry** : Laundry is offered to campers who stay for 12 nights or more.

**Parents** : Please, do not forget your child's Health Card.

**Camp Mère Clarac is not responsible for theft, loss or damage to articles of value.**