

OUT THERE

What to Bring:

Here is a list of all the things you will need to bring with you. Bring your gear and we will provide you with a way to waterproof your stuff, but your space is limited so **pack lightly**. Everything has to fit in something the size of a pillow case. Make sure that everything you bring is either durable or disposable and can get wet. We recommend avoiding cotton. If cotton gets wet, it tends to stay wet and will "wick" heat from your body. If you have any questions or do not have access to any of these items, please contact Steve Tripp at outthere@iawah.com.

Remember to LABEL EVERYTHING! Although we are not responsible for lost or stolen items, we do our best to keep campers and their possessions together. All Lost and Found items will be displayed at the end of each trip. Please look through this display when you sign out.

Camp IAWAH seeks to create a safe, fun and healthy atmosphere for all of its guests. This atmosphere is a result of respect for oneself and others, not only in speech and action, but also in dress. Therefore please ensure that all clothing, including swimwear, is appropriate, modest, and fit for being active in the wilderness.



Packing List

- Shorts & t-shirts
- Pants (not jeans)
- Long sleeve t-shirts/turtleneck
- Old long-sleeved collared shirt
- Polar fleece/wool sweater
- Underwear
- Socks: 3 pairs (preferably wool)
- Sandals & running shoes (running shoes must be worn while scouting, running or swimming in moving water!)
- Swimsuit & small towel
- Ball cap & toque
- Sunglasses & sunscreen
- Lip balm (with sunscreen)
- Windshell/Gortex® jacket/rain coat
- Water bottle (durable)
- Toothbrush/paste
- Insect repellent
- Small Flashlight
- Sleeping bag (compact)
- Sleeping pad/Therm-A-Rest® (optional)
- Bible, pen & notebook
- Camera (optional-the waterproof ones are best)

Un-Packing List

- Radios
- Two-way radios/walkie-talkies
- CD/MP3 players/IPODs
- Cell phones/pagers
- Water guns of any sort
- Electronic games/toys
- Knives, matches/lighters
- Cigarettes
- Alcoholic beverages, Illegal drugs
- Valuable items which could be lost or damaged (e.g. watches or jewelry)
- Food
- Aerosol cans

Questions?

Contact us at
registrar@iawah.com
613-273-5621

IAWAH

Registration: 2:00-3:00pm Sunday
Departure: 9:30-10:30am Saturday

304 IAWAH Rd, RR2, Godfrey ON K0H 1T0
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