



# John Bosco Wilderness Camp

## Intermediate Supply List 2026

### LABEL EVERYTHING

#### EQUIPMENT

- Duffle or other bag; for clothes/equipment to be used in main camp
- Hiking Backpack for hike - large enough to hold sleeping bag, extra clothing and a small amount of group food and equipment for two nights
- Day Pack** - for carrying gear while in main camp
- Sleeping bag** - lightweight compact sleeping bag
- Non-Absorbant Sleeping Pad - To insulate against the cold ground.
- Refillable Water Bottle - Refillable Water Bottle - 2 x 1-litre water bottles (smart water bottles work well)
- Table Utensils - (not breakable) Plate, Bowl, Cup, spoon, fork and knife (Please do not send disposable plates or cutlery)
- 4 to 6 waterproof bags - For water proofing belongings inside the hiking backpack. Garbage bags work well.
- Flashlight/headlamp and Extra batteries
- Straps - used to attach sleeping bag or equipment to the outside of backpack
- Whistle: emergency whistle attached to outtripping backpack (Fox 40)

#### PERSONAL ITEMS

- Pillow (or a balled-up sweater, or a pillowcase of clothes).
- 2 towels - one for swimming, one for washing up
- Laundry bag - to keep dirty clothes separate from clean
- Toiletries - sample or travel sizes work well; (soap, toothbrush, toothpaste, shampoo; comb/brush) Pack toiletries and lotions in a zip lock or nylon bag as items will be stored in main camp
- Insect Repellent - deet is the most effective
- Sunscreen - SPF 30 or greater
- Lip Balm
- Band-aids, blister care
- Medication
- Hair Ties
- Hand Sanitizer - travel size
- Feminine hygiene Products (pads/tampons/cup, midol or other meds) Please send extra.

#### CLOTHING (Comfortable, not new)

- 10-day supply of underwear -consider options that will be comfortable while doing strenuous activity
- 7 pairs of socks - both thin and thicker socks; wool or wool blend for hiking
- 2-3 pairs of pants -a warm pair of sweats/fleece pants for at night, quick drying and comfortable materials for the other pairs. Jeans take a long time to dry
- 2-3 shorts
- 4 t-shirts
- 2 long sleeved shirts
- 2 warm sweaters or sweatshirts
- Jacket or heavy sweater
- Toque and mitts - for those cooler evenings
- Long underwear - tops and bottoms
- Waterproof rain gear (jacket & pants) - coated nylon or similar fabrics with sealed seams made of a durable material that does not tear easily. **Waterproof, not just water resistant.**
- Rubber boots (for in camp, if desired)
- 1 pairs of good running shoes/broken in hiking shoes/boots - (shoes one size too big are best to prevent toe blisters)
- 1 pair of sandals/water shoes/keens - shoes that can get wet, but dry quickly while providing foot protection, (heel loop and toes protection). No flip flop, crocs or slides
- Pajamas
- Swimsuit
- Sun hat or ball cap (very important)

#### OPTIONAL GEAR

- Camera - disposable cameras are a great idea
- Sunglasses
- Electrolyte tablets (Nuun tablets)
- Fishing tackle
- Compass
- Pocket knife (used with Group leader permission)

**Please do not pack: electronic devices of any kind,  
Camp is not responsible for the loss or damage of items.**