

Reels in the Rockies
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Canada
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PACKING LIST

Reels in the Rockies Packing List

Weather in the Canadian Rockies can range from hot and dry to cold, rainy and even snow so our campers need to come prepared. Evenings are typically quite cool too.

CAMPERS MUST BRING:

Irish Dance Shoes

-hard and softshoes (don't bring new shoes to camp!! You do not want blisters!)

Rain Jacket and Rainboots

-Look for a fully waterproof jacket, with durable material

-Rainy day footwear is highly recommended

Daypack

-Look for a backpack with two straps that is used to carry necessities (water bottle, raingear, dance shoes, sweater, sunscreen, camera, etc). School bags are typically a good fit.

Running Shoes (ones your dancer can dance in) and flip flops

-We do a lot of walking and hiking around camp! Sturdy footwear is required

-flip flops are required for showering/swimming

Warm Sleeping Bag

-A sleeping bag will be your camper's bedding throughout their stay at camp

-The sleeping bag should be rated to between 0 and minus 7 Celsius

Twin Sheet/Pillow

-for your bunk

Hair elastics/headbands

-all dancers need to keep hair off of their face for classes

Complete list of items to bring:

Rain jacket and pants, day-pack, running shoes and sandals, warm sleeping bag, sheet, pillow

- water bottle
- underwear
- sports bras (if necessary)
- regular socks
- dance socks for classes
- track pants/sweat pants
- windbreaker/jacket
- shorts (for dancing and other activities)
- t-shirts/tanks; long sleeved shirts
- any other practice wear you find comfortable
- warm sweaters
- pyjamas
- 1 bathing suit
- Hat that will keep the sun off the head, ears, and face
- Sunglasses, sunscreen, lip balm and insect repellent
- Blanket - extra warmth on chilly nights and for camp fires
- 2 towels – one for showering and one for the waterfront
- face cloth
- Laundry bag
- Rubber boots
- Flashlight or headlamp
- A labeled zip-lock bag for storing toiletries:
- Toothbrush and toothpaste
- Soap, shampoo and conditioner (small bottles are best)
- Comb or brush
- Razor/shaving foam
- Tissues
- Feminine hygiene products
- Warm toque and mitts
- Camera – we recommend disposable – please write your camper's name in permanent marker on the camera
- Books and word puzzles for bedtime and downtime
- Dance/jazz sneakers are optional
- Small hand towel for sweaty dance classes (optional)
- Blister Pack: band aids, bandages, tape, wraps, blister booties etc.
- Insoles (optional)
- Personal items (please limit) photos, stuffed animals etc.
- Any medications – hand into director upon check-in. While we will have a stock of common first aid products, please ensure your dancer brings their own band aids etc.

Packing: A Rubbermaid type bin or a duffle or hockey bag work well for organizing clothes and keeping them dry and secure. Please ensure that you label everything your camper is bringing to camp.

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DO NOT BRING:

- digital or electronic devices to camp (cell phones, iPods, iPads or gaming devices etc.).
- expensive jewelry
- candy/junk food
- costumes/dance dresses
- tobacco products

Campers and staff coming to Reels in the Rockies Irish Dance Adventure Camp are making a choice to be 'in the moment' with their group and with their surroundings. If your camper is found to have any of the above items at camp, we will keep them in a locked office until the end of the camp session and they could be forced to sit out of activities as a consequence.

Lost and Found: Please consider keeping expensive valuables and other items that would be greatly missed at home. Reels in the Rockies is not responsible for lost, broken or stolen items. We highly recommend labeling all of your child's items

-Consider sending a list of packed items with your camper that they can double check as they pack

-Reels in the Rockies is happy to keep, for 2 weeks following each session, labeled lost & found items such as backpacks, water bottles, pairs of shoes, quality clothing, and rain gear. Please contact us at info@ReelsintheRockies.com with a description of the lost item. We will contact you if it has been found. Items such as socks and toiletries will not be kept.

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