

# CANADA

- Athletic/Gym Shorts (long, to your knees) for practicing the drama, sleeping in, and under your costume
- T-Shirts
- 1 Pair regular jeans, **no skinny jeans**
- Undergarments & socks
- Sweatshirt or jacket (**it could be cold**)
- WHITE LONG SLEEVE T-SHIRT**
- Black Tennis Shoes - You will wear these for the drama and walking.
- Clothing to sleep in (shorts and T-shirt or long sleeper pants)
- Girls - long dress or skirt and shirt (loose) for church
- Boys - casual pants and polo style shirt for church
- Rain poncho or rain jacket
  
- Pepto-Bismol or Imodium (tablets preferable to liquid)
- Tylenol or Ibuprofen (**whatever you are used to taking**)
- Sinus medicine for changes in climate
- Medication prescribed from your doctor. Please let your leader know you have them.
  
- Toothbrush and Toothpaste
- Shampoo
- Soap - If liquid put in plastic bag, bar soap is easier
- Towels & washcloths 2-3 (If they are light weight they will dry faster)
- Deodorant
- Girls: Feminine products (**bring extra**)
- Sunscreen
- Toilet paper - 1 roll (take the cardboard out and smash it down)
- Lip Balm
  
- Sleeping bag and pillow
- Alarm clock (battery operated)
- Water Bottle - 1 liter
- Bible, paper (notebook) pens
- Small Flashlight or headlamp
- Passport

## *Suggested Items*

- Camping pad or pool size air mattress. You might be on the floor. Nothing big.**
- 1-2 small packages of Kleenex**
- 1 small hand sanitizer**
- Shower shoes (flip flops)**
- Camera**
- Granola bars, trail mix, etc.**
- Band Aides**