2022 NOVA PACKING LIST

Note: Pack everything into a large duffel bag, and include an additional small duffel bag that will be left at camp with those items needed just for time in camp. Please do not include anything that is not on this list—we will be moving a lot and cramming everything into small spaces. Excess stuff is a hassle! Your camper will do laundry a few times in Nova Scotia.

PASSPORT – IF YOU ALREADY HAVE A PASSPORT, PLEASE CHECK THE EXPIRATION DATE (IT MUST BE VALID FOR 6 MONTHS BY THE LAST DATE OF THE TRIP) AND IF YOU DO NOT HAVE ONE, PLEASE APPLY NOW!!

FOR USE ON ACTIVE PORTIONS OF THE TRIP:

REQUIRED ITEMS	#Needed	Notes	#packed
Sports Bras	2-4	Quick dry, no cotton	
Underwear	6-8	Quick Dry synthetic underwear comes in all styles. 2 cotton pairs are nice for sleeping in.	
*quick-dry t-shirts	2	No tank tops, all shirts must have shoulders for sun protection please	
quick-dry shorts	2	With liners are preferable. NO mesh athletic shorts	
*Lightweight Long Underwear (top and bottom)	2 sets	No cotton. For active use on chilly days and keeping warm at night. A top which zips up to cover part of your neck is preferable.	
*fleece pants	1	NO sweatpants	
*heavy fleece top	1	NO sweatshirts	
*mid-weight fleece top	1	Look for breathable material that is warm and compact (avoid thick fleece jackets).	
*quick-dry pants	1	Athletic style joggers or hiking pants are a great option! No cotton!	
Really good raincoat	1	breathable with a hood; big enough to fit **all** your warm layers under (Mid range rain gear from LL Bean, REI, etc.)	
rain pants	1	NO track pants/windbreaker pants- **real, waterproof rain pants!**	
bathing suits	2	1 one-piece and 1 two-piece (two-piece can be a sports bra and quick dry shorts specifically allocated as bathing suit i.e. extra from above count, or an **active** full coverage non-string bikini style)	
*Long-sleeve sunshirt	1	For extra sun protection! Can be an old thin button up dress shirt (the only time cotton is okay because you will only be wearing it when it is very sunny!) or a more athletic quick-dry option with a hood.	
*warm hiking socks	5	Wool, medium weight.	
*active socks that fit into sneakers	2	not cotton	
*sneakers	1		
water shoes	1	Keen or Chaco type - closed toe is ideal. NOTE: no flip-flops and no crocs - they are very slippery when wet	
warm hat	1	Wool or synthetic. No Cotton.	
rowing gloves	1		
headlamp	1	with extra batteries for almost each week ~6 sets of extras	
bandanas	2	Great for all sorts of sun protection and hygiene.	

Polarized sunglasses w/case & **straps**	2	Polarized eye protection is a must on the water!!	
sunhat	1	with brim all the way around—make sure you like it because you will have to wear it a lot!	
baseball hat	1	optional	
mosquito head net	1		
medium size quick-dry towel	1	Your camper will want it big enough to wrap around her waist and cover front and back	
Lightweight Cotton Sarong	1	Optional. For changing under. Again, large enough to wrap around the waist.	
daypack	1		
heavy-duty water bottles	2	32 oz ***Wide-mouth*** nalgene-type preferred	
sleeping bag	1	Compressibility is super important, the smaller the better. Synthetic fill, NO DOWN, we recommend a 20℉ (-5℃) temperature rating	
Waterproof compression stuff sack	1	for sleeping bag: Must compress to a size no bigger than 10 L, again the smaller the better. A Waterproof compression stuff sack such as the Sea to Summit Ultra-Sil Compression Dry Sack is ideal	
sleeping pad	1	Thermarest or Ridgerest types work best, no absorbent open-cell foam	
journal/stationery/cards/book		*A note about books and summer reading: campers should plan to complete any summer reading assignments before or after the trip. Due to the intensive nature of the trip, there is not time to read on a regular basis, and campers need to be fully present and engaged in the Sea School program. You may bring a book for the van ride.	
sunscreen	LOTS	SPF lotion, not spray	
Lip Balm WITH SPF	3-5	With at least SPF 15	
bug repellent		lotion, not spray	
bug head net	1		
Dry Bags	5 total: 2 20L 1 15L 1 10, 1 5L	These waterproof dry bags are what your camper will be packing all of their stuff in for the sea kayaking portion-they MUST be waterproof - with a folding top and NO drawstring closures.	
Stuff sacks (optional)	Varying sizes	Campers can bring stuff sacks, of varying colors and sizes to help with organization inside bigger bags (ie. putting all socks in a green stuff sack, undergarments in another color, and toiletries in another, So all the small items are organized and not free floating in a bigger duffle) Plastic ziplocks can also be used.	
Extra zip lock bags or Reusable ziplock bags	Sandwich and Gallon size	To help with storage organization and extra waterproofing! Reusable sandwich bags that would be super sweet to have to avoid the plastic disposables.	
toiletries		small bottle of skin lotion, chapstick with SPF, toothbrush/paste, wet-wipes, tampons, face cream and face wipes if desired, hairbrush, detangler, foam earplugs (if your camper is a light sleeper)	
Large duffel bag	1		
Camera (optional) With waterproof case!		Disposable cameras are convenient. Digital cameras may be brought as well but you run the risk of getting it wet or running out of batteries. If	

		you bring a GoPro or similar camera, you should bring enough spare batteries.	
For Travel/Rest/Town Days:			
Cotton Underwear	2 pairs		
Bra	1		
Cotton T-shirts	2	Long or short sleeved	
Shorts	1	casual, sport-short types	
$125 Spending money		Campers will exchange the money once they arrive in Canada	

PERMETHRIN

We highly recommend that you treat certain items of clothing with permethrin before arriving at camp. This is a spray on or wash in chemical that deters ticks from crawling onto your clothing. There are "*" on the items we suggest treating with permethrin above and here is the list written out:

- Sneakers
- Socks
- Quick dry pants
- T-shirts
- Long sleeve sun shirt
- Long underwear top and bottom
- Fleece jackets
- Fleece pants

Click here for more information about Permethrin

FOR USE IN CAMP

1 small duffel bag
1 pair ALC blue shorts
1 ALC white shirt
1 ALC blue shirt
2 pair cotton underwear
1 bra
ALC sweatshirt
1 pair jeans

PLEASE DO NOT HESITATE TO CONTACT WHITNEY PANDER, WHITNEY@ALFORDLAKECAMP.COM, WITH QUESTIONS OR CONCERNS ABOUT ANY OF THE ABOVE INFORMATION. WE KNOW THE LIST CAN BE SOMEWHAT OVERWHELMING, BUT IT IS ALL NECESSARY! BORROWING GEAR FROM PAST NOVA CAMPERS IS A GREAT ECONOMICAL OPTION AND WE CAN HELP FACILITATE THIS.