

## Muskoka Woods Kit List

**Print this page and cross-off each item once packed.**

- **HEALTH CARD!!**
- 1-2 pairs of civilian clothing
- 2-3 sets of outdoor weather appropriate clothing (ie. Light coloured, synthetic materials)
- 4-5 pairs of socks
- 4 pairs of underwear
- Sweater
- Sleepwear
- **Outdoor** running shoes (\*\*all outdoor activities require close-toe footwear)
- **Indoor** running shoes (for activities in the gym)
- Sandals
- Hygiene kit (ie. toothbrush, toothpaste, deodorant, shampoo, soap, etc.)
- Towel
- Water bottle
- Pillow
- Sleeping bag
- Hat
- Sunglasses
- Sunscreen
- Insect repellent
- Flashlight
- Backpack
- Rain jacket

Please leave anything of value at home!