



TRACKS Youth Program
Trent Aboriginal Cultural Knowledge and Science

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Things to pack:

- BACKPACK! – we walk often, so it's important that campers have their hands free!
- Reusable water bottle – filled with water!
- Lunch + 2 snacks – TRACKS is a nut-free environment, please be considerate!
- Running shoes – closed toes, no sandals!
- Rain gear – and extra clothes in case clothes get wet
- Extra Layers – it can be cool in the woods and in the air-conditioned University

Attire

Regardless of the weather, each day will have outdoor time scheduled. Your camper must wear clothing suitable for outdoor activities and play. Suitable closed toed footwear is required for all activities. Please no sandals. Please pay attention to the weather forecast, and plan outfits/pack clothes accordingly.

Lunch

Please pack a healthy lunch (litter-less, if possible, but glass containers are not recommended) and two snacks each day. Ensure that your camper has enough water to keep them hydrated while playing outdoors. **TRACKS is a nut-free environment for the safety of all staff & campers.**

Sun Protection

Sun safety is extremely important. On days when the sun is shining bright, we require that all campers cooperate in protecting themselves from the sun during outdoor activities. If necessary, please apply sunscreen prior to the start of each day & ensure your camper brings sunscreen & a hat to camp. **This is especially important for Summer camp programs.**

Electronic Devices

We are not responsible for lost/damaged/stolen items. We encourage campers to leave all valuable objects (including cell phones) at home. Electronic items will not be permitted throughout the day.

Knives, Multi-tools & Other Sharp Objects

At no point during a camp day will your camper be expected or allowed to use their own personal knife or multi-tool. For the safety of your camper and all other campers, please do not pack knives, multi-tools or any other sharp objects.