



**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 and/or snow gear – and extra clothes in case clothes get wet
- Extra layers and/or clothes in case clothes get wet – especially socks!

**Spring Weather & Attire**

As you all know, Spring weather can be extremely unpredictable. 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. In the Spring, it is especially important to pack rain gear and wear lots of layers, which can be taken on or off for the changing temperatures.

**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.

**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.