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**CKBC Girls Camp Checklist**

* Camping chair
* Sleeping bag
* Pillow
* Air Mattress
* \*Tents will be provided
* Eating utensils
* Plate/bowl
* Water bottle/Mug
* Watch(for training/alarm)
* Lots of clothes for all types of weather
  + Rain gear/cold weather gear/warm weather gear
* Running shoes/Sandals
* Bug Spray
* Bathing Suit
* Sunscreen
* Towel
* Flashlight/headlamp
* Money for cafe
* Money for drier- $2.50/cycle
* Money for shower- $1/5min
* Toiletries
* Snacks (granola bars, cookies etc.)
* Life Jacket
* Paddle
* Boat
  + There will be team boats available at Fort Langley Canoe Club but athletes should try and bring a single to paddle