

Hello parents and athletes,

Since the Florida camp is quickly approaching, we would like to communicate some important information.

Important to note:

- 1) Procedure for belongings transported by the club bus;
 - a. **ALL** items **must** be packed in the large transparent plastic bag provided by the Club.
 - b. Bags will be available at the office as of Wednesday, February 14.
 - c. The personal items brought that are not in the plastic bag will **not** be accepted.
 - d. Write the name in capital letters on the bag (with a marker).
 - e. Limit of 1 plastic bag per athlete.
- 2) You must fill up the mandatory documents and give them to Elizabeth by February 23. You have access to these documents on the Website under the Camps tab (Florida).
- 3) If you need a Commissioner of Oaths, Stephanie Kobzan is able to perform this task. Please contact her to make arrangements

What to bring?

Training related and requested by the coach

Water bottle
Hat
Watch
Bungee with tennis balls
Kayak skirt
Sunglasses
Running shoes
Paddle
Boat equipment (make sure everything gets loaded)
Sunscreen
Head lamp
On water and off water training clothes

Stay specific

Bed sheets and pillow
Blanket/Sleeping bag
Towels
Shampoo/Body wash and personal hygiene products
Day and evening regular clothes including pyjama, underwear and socks
Homework/School books
Flip flop/Sandals
Communication device
Bathing suit
Money for snacks + outings
Leisure time items (games, card, books, music,...)
Warm clothes (tuque, warm socks, sweaters, pants and jacket)
Important documentation (passport, medical card, travel insurance card)
Medication if needed.
Suggestion: Bug spray and after bites product, (Benadryl and polysporin), acetaminophene and ibuprofene.