



Radiant Girls

# Radiant Girls

## Overnight Retreat Packing List

Get ready for a week of amazing experiences, new adventures, new friendships, and tons of fun! Prepare for both hot and cool days, and possibly wet soggy days too. Stay hydrated, and be ready to hike, swim, stretch and lounge in the summer sun! Check the list for unique items for some of our crafts too!

### **What to Bring - Labels Recommended**

Refillable water bottle

Sunscreen, Bug spray & After-bite

Beach Towel and face cloth (bed linens are NOT required).

Yoga mat

Hiking/running shoes are mandatory

Bathing Suit

Water Shoes and/or Flip Flops (good for shower area too)

Change of clothes for 4 days - bring extra clothes in case you get wet or muddy. Bring light clothes for hot days and warm clothes for fireside chats.

Pyjamas and/or robe

A raincoat and/or umbrella (hopefully, we'll never need these)

A flashlight

A hat

Toiletries in a bag to bring to showers - toothpaste, shampoo, facewash, etc.

Printed pictures of things you aspire to be, do, achieve, or have (or a few great magazines)

A single tube sock. Choose a cute, clean one ;)

### **Meals:**

All of our campers will have meals included from Monday evening to Friday lunch. We can accommodate allergies and intolerances when communicated in the registration package. There is always something for everyone - even the pickiest of eaters.

### **No Nuts, Junk Food, or Candy!**

It is imperative that campers do not bring nuts, snacks, or candy to camp. Candy brought to camp poses a serious health risk to other campers with allergies, causes jealousy, and will attract unwanted bugs, rodents, and animals to the cabins!

### **Phone & Electronics Policy:**

We are committed to preserving the spirit of camp - in our opinion, a cell phone, personal media players, and other electronic devices inhibit a person's link with camp experiences and diminish the capacity to grow within a team and camp environment. For these reasons, we will only be allowing cell phones for picture taking, music playing, and calling home during specifically scheduled times. Phones will be turned off and kept with the camp counsellor outside of these times.





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### **Prohibited Items:**

(Prohibited items will be confiscated.) No hair dryers, curling irons, candles, electronic devices, matches, lighters, vapes, knives, weapons, etc. Please refrain from wearing perfumes or aerosol deodorants (irritants to those with allergies and attract bugs!).

### **No Valuables**

Do not bring jewelry, money, or anything that will be missed terribly if lost! We are not responsible for replacing items that are lost or damaged during camp.

### **Medications:**

No medications of any kind are permitted in the cabins. Any pharmaceutical medications, epi-pens, etc. need to be checked in with the Head Camp Director during drop-off registration. If medication is to be administered, we must have specific instructions and permission in writing from a parent with a signature.

### **Drop Off Location**

Our overnight camp is held at Sugar Ridge Retreat Centre 5720 Forgets Rd, Wyebridge, ON L0K 2E0. This area is also known as Midland. As you drive into Sugar Ridge, look for our Radiant Girls Signs. Our Welcome Team will be at a picnic table outside of the main pavilion to greet you and get you checked in. I'll be personally checking in each of your registrations, reviewing your emergency contact info, and confirming pick-up arrangements. Please make sure to review all allergies and medications at this time.

### **Drop Off & Pick Up Times**

Check-in is Monday, August 7th, between 4- 5:00 pm. Campers will check in, make themselves at home in their cabin, then gather together for dinner. Pick-up is Friday, August 11th. at 4:00 pm.

### **Radiant Girls Facebook Group for this Event**

During our week we'll be sharing photos, videos, and messages of all the fun, friends and growth these girls will be experiencing! There will be an opportunity to connect with other families before the retreat if you'd like to consider carpooling. Watch for emails inviting you to join closer to the start of the event!

### **Covid Symptoms, Positive Results**

In the event a camper has symptoms before camp, they will be asked to stay home. If a camper develops symptoms during camp, they will be isolated with a staff member, and families will be called to ask the camper to be picked up promptly. In the event campers are exposed to Covid, the facility will undergo a deep clean, and families will be notified.

### **Emergency Contact**

Gina can be reached at (905) 335-9591. If it's urgent, you may send a text so that it can be seen during the day in between activities. For non-urgent matters email [gina@radiantgirls.ca](mailto:gina@radiantgirls.ca). SugarRidge's number is (705) 528-1793.

**Lastly, bring your smile and the intention that this will be The Best Week Ever! :)**