

To ensure early delivery of **CAMP T SHIRTS** and **CAMP SWEATSHIRTS**, **We must receive your order for these items prior to June 1st.** This applies to all campers, whether they are going in JULY or AUGUST.

When ordering clothing **always choose to go larger** when in doubt about sizing. Also take shrinkage, (5 - 8% ) into account. We recommend you order the youth hoodies one/two sizes up from the tee. Boys grow fast and will gladly wear an item slightly large rather than one that is too small.

**These are the Tee shirt garment measurements.**

<b>Youth</b>	<b>Width</b>	<b>Length</b>
Medium	18"	23.5"
Large	19"	25"
XLarge	20"	26.5"

<b>Mens</b>	<b>Width</b>	<b>Length</b>
Small	18"	28"
Medium	20"	29"
Large	22"	30"

The youth hoodies are the same width but 1" shorter than the youth tees.  
The adult hoodies are 2" wider and 2" shorter than the adult tees.



12-220 Clements Rd. W, Ajax, ON L1S 3K5  
Tel: 905-428-3525 Fax: 905-428-3527  
or email: sales@wearables.ca

**TO PARENTS**

- Please send clothing & equipment already on hand, if possible.
- Every article should be labelled with a permanent marker or a name tag (including footwear)
- A compact sleeping bag is essential for canoe trips.
- Most boys carry their belongings in a hockey bag and / or small trunk.
- Please leave extra space in the bag for packing at the end of your son's stay.
- A second light sleeping bag is advised if your son experiences enuresis.
- Have your son help with the packing so he is familiar with what he has brought.
- Enclose this clothing list inside the trunk or bag. It will be used by your son and his counsellor on packing day.
- The camp will supply lifejackets, paddles, dry sacks and other items for overseas campers.

**MANY GOOD SHOES AND OTHER ITEMS OF CLOTHING ARE LEFT AT CAMP DUE TO LACK OF IDENTIFICATION.**

If your son has left an item of importance at camp, please contact us at **613-332-4125.**

Please label all footwear with a **Permanent Marker.**

**CAMP PONACKA**

**Building Better Boys**



**SINCE 1947**

**CLOTHING and EQUIPMENT REQUIREMENTS**

Please contact us at [info@ponacka.com](mailto:info@ponacka.com) with any questions.

**\* Please label EVERYTHING \***  
 ENCLOSE this list  
 inside luggage

QTY.	Required Articles	TO Camp	FROM Camp
2	* CRESTED NAVY OR GREEN CAMP T-SHIRT		
1	* CRESTED GREEN CAMP HOODED SWEATSHIRT		
4	PAIRS OF SHORTS		
6	* T-SHIRTS		
1	* WARM SWEATER (FLEECE)		
3	PAIRS OF LONG PANTS		
2	BATHING SUITS		
7	PAIRS OF UNDERSHORTS		
2	PAIRS OF PYJAMAS		
10	PAIR OF SOCKS (more for younger campers)		
2	LONG SLEEVE SHIRTS		
2	HATS (Windproof Fit)		
1	RAINSUIT or PONCHO		
3	PAIRS WELL-FITTING SHOES		
1	PAIR SANDALS or AQUA SOCKS (well-fitting)		
1	RUBBER BOOTS		
4	BATH TOWELS		

\* Items available at Wearables.ca

**\* Please label EVERYTHING \***  
 CAMPERS FULL NAME (please print)

QTY.	Required Articles	TO Camp	FROM Camp
1	LAUNDRY BAG		
1	NYLON MESH SOCK BAG (Zipper Closure)		
1	25-30 LITRE WATERPROOF SACK for canoe trip (4 week campers only)		
1	BOTTLE OF INSECT REPELLANT		
1	Each of KNIFE FORK SPOON CUP and WATERBOTTLE		
1	FLASHLIGHT (with spare batteries) and/or HEADLAMP		
1	LIFE JACKET- Govt. Approved vest type P.F.D. (Whistle Attached)		
1	* KNAPSACK (DAY PACK)		
1	PADDLE - Reaching to Forehead		
	<b>Bedding</b>		
2	PILLOWCASES		
1	PILLOW		
1	<b>COMPACT SLEEPING BAG</b>		
1-2	BLANKETS		
1	SINGLE FITTED SHEET (as mattress cover)		
1	TOILET BAG, with soap, shampoo toothbrush, toothpaste, hairbrush sunscreen, chapstick & nail clippers		
1	BOX OF TISSUES		

\* Items available at Wearables.ca

**\* Please label EVERYTHING \***  
 DO NOT LOCK CAMP TRUNK

QTY.	Required Articles	TO Camp	FROM Camp
1	WRITING KIT (pen, pencil writing paper, & stamped envelopes)		
	<b>Optional Articles</b>		
	BOOKS-GAMES-DECK OF CARDS (No Electronic Games)		
	CAMERA (Labelled)		
	TEDDY BEARS		
	MUSICAL INSTRUMENTS		
	FOOTBALL, BASEBALL and GLOVE		
	SWIMMING MASK or GOGGLES SNORKEL, FINS and SWIMSHIRT		
30 feet	CLOTHESLINE ROPE (4 week campers)		
	CASTING FISHING ROD		
	MASQUERADE COSTUME or donation to Camp Costume box		
1	BELT		
	WARM FLEECE HAT		
	QUICK DRY TOWEL		

**EVERY CAMPER MUST BRING PADDLE AND LIFE JACKET**

**NO IPODS, COMPUTERS CELL PHONES OR ELECTRONIC GAMES PLEASE**