

# ONTARIO SLIPSTREAM

## SEPTEMBER 30-OCTOBER 2, 2022

### CAMP COUCHICHIING, ON

Slipstreams take place in outdoor playgrounds across North America. There are plenty of opportunities to get active and have fun regardless of what Mother Nature throws at us. We always plan for weather to be unpredictable - hot, cold, wet or dry and cooler in the evenings. We can't control the weather, but we can control how we dress. We will plan to be generally active outside for the majority of the weekend. Bring lots of comfy layers, as well as athletic, fast-drying, wicking clothing, along with rain gear just in case! This ain't no fashion show! Layers should include long underwear, warm mid-layers and waterproof outerwear. Wool, nylon, polyester and synthetic fleece are recommended as clothing materials because they provide insulation even when wet. In addition, they dry quickly.

#### CAMP CLOTHES

- Your underwear of choice (a couple of pairs)
- 2 pairs of warm socks
- 1 or 2 long-sleeved shirts (including a quick dry one)
- 1 pair thermal/long underwear (top and bottom)
- 1 t-shirt
- 1 pair of shorts (weather dependant)
- Comfy clothes for lounging - jeans, hoodies, sweats. etc.
- Rain gear (jacket and pants)
- PJ's (hopefully matching plaid flannel)
- Light jacket (insulated)
- Light fleece or hoodie (not cotton)
- Brimmed hat
- Bathing suit & towel

#### SHOES/FOOTWEAR

- Slippers/sandals (indoor shoes)
- Running shoes and/or trail/hiking shoes

#### TOILETRIES

- Shampoo/conditioner/Soap/body wash
- Brush/comb
- Toothbrush/toothpaste
- Personal items
- Towel

#### CAMPING EQUIPMENT

- Sleeping bag/bedding/pillow
- Single bed sized fitted sheet (optional)

#### DIABETES SUPPLIES/MEDS

- Any meds you need, labeled
- Insulin and supplies (enough to last a week) – be sure to pack extra pump sites, reservoirs, pump batteries, syringes, pen caps, etc.
- Glucose meter and supplies
- Your favourite low supplies
- Glucagon Kit (if you have one)

#### OTHER

- Camera
- Flashlight/headlamp (camp gets dark at night!)
- Sunglasses
- Sunscreen
- 1L water bottle
- Small backpack/fanny pack (<--yes, these are cool)
- Glasses/contact lenses
- Bug spray

#### OPTIONAL

- Musical instruments
- Toque/wool hat
- Gloves/mittens (just in case!)
- Yoga mat
- Season specific sport equipment (Think tennis racket, your favourite dodgeball, frisbee)
- Cards/your favourite board game (you never know!)