



Children at Risk, Ottawa

Camp Kaleidoscope

Helping autistic children and their families – Have a fun Summer Camp Experience!

Quick Guide to Camp Kaleidoscope Camper Supplies

What your Camper needs to bring to Camp each Monday: All marked up with their name.

- **Wet Bag** - This can be a dedicated re-usable Drawstring bag that they have in the Dollarama or a white/blue/clear garage bag that we can use for sending home wet items such as swim wear, towels, soiled clothes etc.
- **Change of clothing** - complete set of underwear, socks, T shirt, shorts (all labelled)
(For those not toilet trained – send extra underwear/shorts, diapers, wet wipes plus swim diapers. Youth & Adult disposable and re-usable diapers can be purchased at Quality Life Services, 2220 Gladwin Crescent, Call 613- 247-7554 to check sizes in stock. Online purchases of Tranquility Swimmates™ can be sourced at www.healthwick.ca)
- **Foot Wear** - Flip Flops are not suitable at all for Camp. Campers need suitable footwear for walking and the school hard floors.
- **Swim wear** - 2 Sets and 2 x large towels – there can be different water activities on the same day and no one likes putting back on wet gear! We will be setting up outside drying areas to help with this. If your child burns easily – a UV Top for water activities is also suggested
- **Water shoes** for outside water play
- **Light weight Rain Jacket** - Just in case but we have booked only Sunny days from Mother Nature!
- **Hat & Sunscreen** - with your Camper's name on inside of hat and on bottle
- **Water Bottle** - with your Campers name on it
- **Lunch** - Cool bagged and two snacks - All Nut Free - All Nuts not just Peanuts (sesame seeds too!)
- **Backpack** – For Outings and Walks to Splash Pads/Parks
- **Paperwork & Medications** - in original bottles, clearly labelled with dosage and times
- **Noise Cancelling Headphones** – we keep some in supply but it is preferable if your Camper needs this that they be sent – labelled as well. Check Princess Auto for supply