

M.A.C. HIGH School Supplies

Parents - Please ensure that your camper(s) pack all of the required items, so that they will be able to fully participate in the camp program. *Please label all clothing and personal items - including bug spray, sunscreen, and water bottles.* We can not be held responsible for any lost or damaged items. If there are items that your child requires and you would like some assistance in purchasing them, please contact Director Ceilidh at 1-902-997-1835.



PACK!

- Sweatshirt and/or coat
- Raincoat/Poncho and rain boots
- Sneakers, water shoes
- Sleeping bag and pillow; Twin bed sheets, sleeping mat or foam pad is optional
- 2-3 pairs of long pants; 4 t-shirts
- 2-3 pairs of shorts; P.J.'s
- SOCKS AND UNDERWARE
- One pair of cool socks for Sock Hop
- Pink Tshirt for Antibullying
- Bathing Suit, Beach Towel
- Normal Hat / Silly Hat / Cowboy Hat
- Towel, Facecloth, soap, toothbrush, toothpaste, hairbrush, shampoo, etc.
- Flashlight, Reading Book/Journal
- Sunscreen/Bugspray
- Water bottle
- Outfit for Prom - Theme – **Sock Hop**



DON'T PACK!

- **CELL PHONES, iPods, iPads, DS's, and all other electronics are to be left at home**
- Money – There will be no opportunity for your child to spend money at camp.
- Food / Snacks – There will be plenty to eat at camp. Food in the cabins will invite unwanted animals, bugs and pests.
- Valuables – Any expensive clothing, jewelry, etc. are better left home
- Knives – Pocket knives and hunting knives are NOT allowed at camp
- Lighters are NOT allowed at camp
- Squirt guns and other toys, are not needed at camp

Campers are responsible for bringing their own factor and supplies with them to camp; and be sure to take extra. Parents are to be reminded that all factor/drugs should be packed properly, clearly marked with your child's name. Also, Sneakers are a MUST, campers that arrive without sneakers, WILL be sent out to buy a pair.

Directions to Camp:

Take Exit 8 off of Highway 102. If traveling from Truro direction, hang a left. If traveling from Halifax direction hang a right. Drive through the set of lights at the mall. After approx. 1 km you will reach another set of lights. Drive straight through those set of lights. At this point the road turns into Hwy 224. Follow this road for 20 – 30 minutes, roughly 26 kms, and you will see the sign and campground on your right.

Do not go towards Coldstream and if you reach Middle Musquodobit you have gone too far.

For more detailed directions please call me @ 902 997-1835. If coming from Truro, there are short cuts.

You can get further details if you Google your own map by searching 14015 Hwy 224 in Cook's Brook Nova Scotia. That is the physical address for the Camp Site.

You can also go to www.mountraber.org and view directions under the "About Us" Tab.