

# Camp Deen Packing List

As this is an inclusive Muslim Camp, a dress code is necessary to avoid anyone feeling uncomfortable or excluded. We encourage all campers to dress modestly and casually. We won't send anyone home, but shared values build community, even if it's just for a week.

## What To Bring:

- Sleeping bag or two blankets
- Pillow
- 2 towels (one for swimming, one for bathing)
- Pajamas
- Two sweaters or heavy sweat shirts
- 6-8 shirts or T-shirts, (See clothing guide below)
- 1 White T-Shirt to be used for Tye-Dye in Arts and Crafts. Will be dyed!
- 6-8 Trousers or shorts (See clothing guide below)
- Underwear and socks for 7 days
- Special clothes for Jumah prayers, (See clothing guide below)
- Soap
- Toothbrush/toothpaste
- Shampoo, comb or brush
- A hat, Sunglasses and Sun Block
- Insect repellent
- Flashlight
- Rain jacket
- Running shoes
- Hiking boots (optional)
- CROCS OR FLIP FLOPS for shower and waterside
- Swimming wear
- Notebook and pen or pencil

## Clothing guide

Dress Code:

- comfortable, respectable clothing.
- no logos on your rear please!
- no spaghetti straps
- no tight, revealing clothing
- no short-shorts, no crop tops: shirts must cover abdomen
- no "fall off the shoulder" or "cold shoulder tops"
- clothing for prayer should include shorts to the knees for boys. Caps are welcome but not mandatory. Head scarves for girls with leg coverings below the knee.
- For the Jumah prayer, it is nice to have something special and clean. We also do our annual camp picture after Jumah, so look your best!
- Northern Ontario can be buggy & cool. We recommend layering & long pants for protection.

## Electronics

Camp Deen is set in a gorgeous and fascinating environment, and our goal is to make sure our campers learn to respect and value it. The idea is for our campers and staff to have a week of fun and nature in a Muslim community with minimal distractions.

To that end, we ask that you do not bring electronic devices to camp, including laptops, tablets, smart phones, game players, music players and movie players. Some campers may bring them for the trip to camp or accidentally, we can arrange for them to be securely kept by the staff until departure. If any of these are used or found at camp, they will be kept by the staff and returned to the camper on Saturday.

Cameras, binoculars, gps devices or musical instruments are welcome.

# Food guide

Camp Deen provides a wholesome Halal menu, that has been tested and refined over many years. You can download this years menu from the website.

## NOTES OF CAUTION:

Please note that at camp every year we have some children with life threatening allergies to peanuts, nuts, and sesame seeds. This is particularly important because these products are contained in many common snacks as follows:

- peanuts and nuts (found in sweets such as fudge, cookies, chocolates, granola bars, and trail mix)

sesame seeds and sesame oil (found on crackers, breads, buns, and sweets like sesame snaps, baklava, and some granola bars. Also found in Arabic food such as baklava, hommous and babaganouj contain tahini which is made of ground sesame and sesame oil.

**-NONE OF THESE ABOVE MENTIONED FOODS OR INGREDIENTS WILL BE PART OF THE CAMP MENU.**

Camp Deen will provide three full meals and snacks a day so campers will not need to bring any additional food. Personal treats and snacks shouldn't be brought, unless it is to share with all the campers, in that case, please contact the staff in advance. Because of the issues of wildlife and vermin, any food that is brought by a camper cannot be kept in the cabins, it needs to be turned in to the staff and kept in the kitchen.

We look forward to seeing you at camp InshaAllah! ☺