

# TWC Youth Windsurfing Camp

## What to Bring - Updated for COVID-19

For a fun day on the water at camp, everyone **MUST** bring a few things with them:

- A **personal flotation device (PFD)** or “lifejacket”
- A FULL refillable water bottle (2 if you have a spare)
- A packed lunch (please **NO NUTS!**)
- Water resistant sunscreen
- A sun hat (inexpensive sunglasses are optional)
- A swimsuit or swim shorts
- A sun shirt - long or short sleeve cotton t-shirt
- **Water shoes** - old running shoes are fine but wetsuit booties/slippers are better
- A “shortie” **wetsuit** (short arms and legs)
- A big towel or a **changing poncho** (highly recommended)
- A change of clothes including a sweater or hoodie or a rain jacket

**Update for COVID-19:** Because of the pandemic, we can no longer lend PFD’s, water shoes or wetsuits so all kids must bring their own.

**Personal Flotation Devices (PFD’s)** or lifejackets must be government approved, sized correctly and labelled with the camper’s name. There are lots of economical choices at Canadian Tire, discount retailers, sporting goods stores and online.

**Wetsuits** are often not necessary in July and August but we recommend them anyway since the water temperature can sometimes drop unexpectedly. They also provide extra buoyancy and some kids like the extra warmth in all weather. A basic “shortie” (short arms and legs) is the best choice and can be purchased for under \$100 at Canadian Tire, Walmart or Costco. Upgrades are available at MEC, Fogh Marine, Board Sports or Silent Sports. A snug fit is best so we recommend that you try it in person.

**Watershoes** can be found in the same places as wetsuits. We recommend these:

<https://www.mec.ca/en/product/5021-650/Bubba-Neoprene-Slippers>

Finally, because we cannot use the clubhouse change rooms, we strongly recommend that kids bring a **changing poncho**, also known as a surf poncho, beach poncho or hooded towel etc. Kids should also arrive in their windsurfing clothes or at least wear a bathing suit under their regular clothes

**July 14, 2020**