



Saskatchewan Brain Injury Association

Mailing Address: P.O. Box 3843 | Regina, SK | S4P 3R8
Suite 322 – 310 Main St. N | Moose Jaw, SK | S6H 3K1
230 Avenue R South, SPH Residence, C-Wing, Room 422 | Saskatoon, SK | S7M 2K1
Phone: 1.888.373.1555 | Website: www.sbia.ca | Email: info_sbia@sasktel.net

SBIA Survivor & Family Camp/Conference & AGM Arlington Beach

**** Please note that we are NOT staying in a hotel and we are 1.5hrs out of town. All supplies are absolutely necessary as there are NO supplies available. ****

Camper Packing List

- Blankets or sleeping bag, pillow & pillow case and a double sized flat sheet
- Towels & face cloth
- Toothbrush & toothpaste
- Soap, Shampoo, Conditioner, comb/brush and any other toiletries you may need for the weekend
- Clothing for 3 days – pack various clothes (warm & cool) to change with the weather conditions
- Personal items like pads, special utensils, medications and anything needed for your personal care needs
- Sunscreen & insect repellent
- Hat or umbrella: if you plan on being outside in the sun
- A duffle bag for gear, rather than a garbage bag
- A positive attitude!

SBIA Camp Rules

- Show respect to other campers, staff, volunteers and the Arlington Beach grounds
- Relax and enjoy the company of others and the beautiful surroundings around you
- Look after yourself – rest when you need to
- Engage in acts of Kindness – offer help to others
- Smoke only outside in permitted areas
- No drinking or illegal drugs are allowed on the premises
- **ALL Medications & Medicinal Licenses MUST be submitted to the camp nurse**
- Participate in any way you're able
- Have fun, try new things, be positive and enjoy yourself!