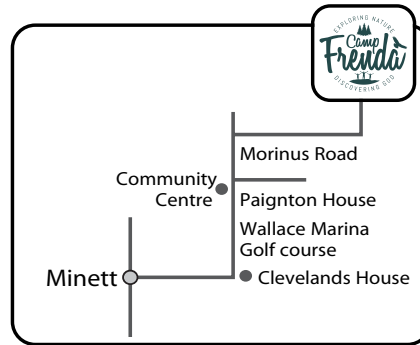
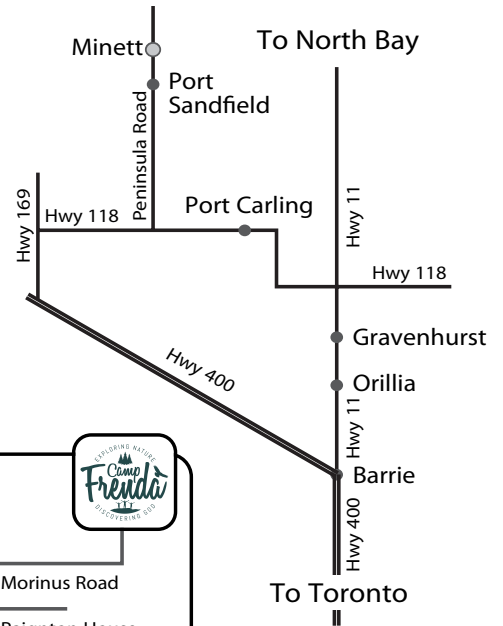




How to get there



Directions: Follow Peninsula Rd. (Muskoka Region #7) to Minnett. Turn right at Minnett Corner Store. Follow road past Cleavelands House, golf course, Wallace Marina, Community Centre, and Paignton House entrance. Go as far as Morinus Rd. (there is a house on the corner). Turn right and follow Morinus Rd. to the end. Turn left at the Camp Frenda sign.

What to Bring

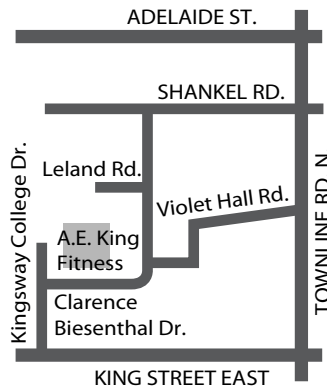
- | | |
|--|---|
| ✓ Bible | ✓ Wool or flannel shirt—long sleeve |
| ✓ Bug repellent | ✓ Hiking shorts |
| ✓ Flashlight/batteries | ✓ Socks—2 of these wool |
| ✓ Laundry bag with name on outside | ✓ Pajamas |
| ✓ Suitcase or duffel bag to carry gear | ✓ One piece swim suit |
| ✓ Toilet articles—soap, comb, toothbrush, etc | ✓ Towels/face cloth |
| ✓ Sleeping bag—(Sheets, blankets, and pillows, if desired. We suggest a set of blankets and sheets plus a sleeping bag for those who might have a bed-wetting problem) | ✓ Sneakers |
| ✓ Rain gear | ✓ Hiking boots (especially for horsemanship) |
| ✓ T-shirts | ✓ Wind breaker type jacket—hooded |
| ✓ Underwear | ✓ Sweatshirt |
| ✓ Washable pants—sturdy | ✓ One set of good clothes for banquets and special events |
- Personal items must be properly marked. We regret we cannot be responsible for missing items.

What Not to Bring

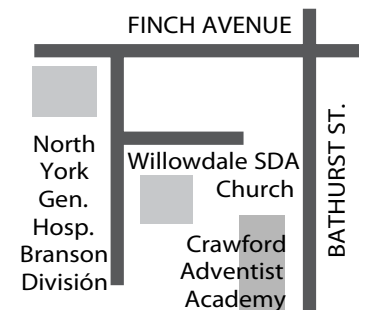
- ✓ Tobacco
- ✓ Alcoholic beverages
- ✓ Narcotics
- ✓ TV's, cassette or CD players
- ✓ Fireworks or weapons
- ✓ Electronic games
- ✓ Knives
- ✓ Walkmans
- ✓ All valuables, jewelry, etc.
- ✓ iPods & MP3 players

Sunday Bus Pickup Schedule

Oshawa
Time: 1:00 pm sharp!
1200 Leland Drive.
Oshawa
A.E. King Fitness



Toronto
Time: 2:00 pm sharp!
531 Finch Ave. W.
Willowdale
Crawford
Adventist Academy



Camp Frenda

1110 King Street East, Oshawa, Ontario L1H 1H8

Phone: (905) 571-4211 • Fax: (905) 571-4781 • www.campfrenda.com