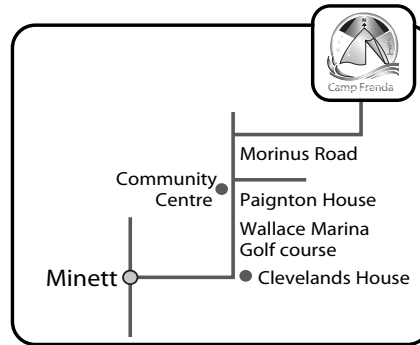
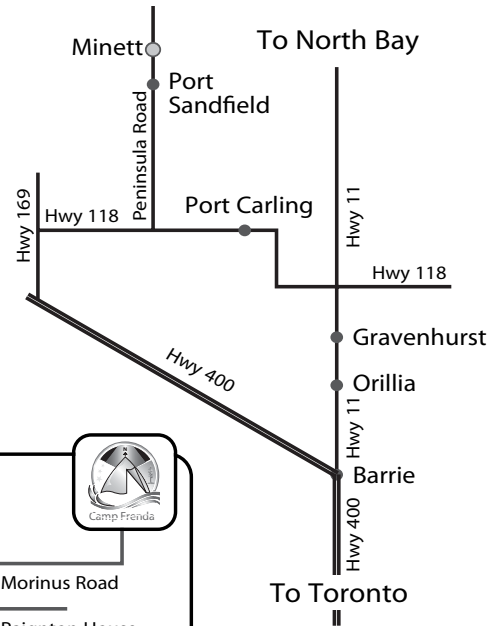


How to get there



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

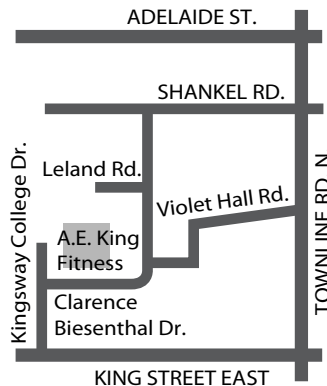
- ✓ Bible
 - ✓ Bug repellent
 - ✓ Flashlight/batteries
 - ✓ Laundry bag with name on outside
 - ✓ Suitcase or duffel bag to carry gear
 - ✓ Toilet articles—soap, comb, toothbrush, etc
 - ✓ Sleeping bag—(Sheets, blankets, and pillows, if desired. We suggest a set of blankets and sheets plus a sleeping bag for those who might have a bed-wetting problem)
 - ✓ Rain gear
 - ✓ T-shirts
 - ✓ Underwear
 - ✓ Washable pants—sturdy
 - ✓ Wool or flannel shirt—long sleeve
 - ✓ Hiking shorts
 - ✓ Socks—2 of these wool
 - ✓ Pajamas
 - ✓ One piece swim suit
 - ✓ Towels/face cloth
 - ✓ Sneakers
 - ✓ Hiking boots (especially for horsemanship)
 - ✓ Wind breaker type jacket—hooded
 - ✓ Sweatshirt
 - ✓ 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

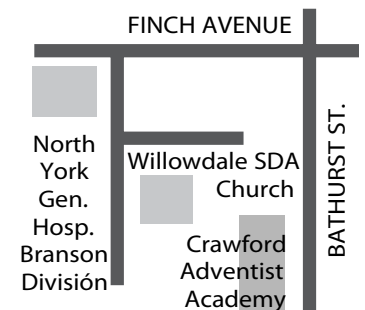
- ✓ Tobacco
- ✓ Alcoholic beverages
- ✓ Narcotics
- ✓ TV's, cassette or CD players
- ✓ Fireworks or weapons
- ✓ Electronic games
- ✓ Knives
- ✓ Walkmans
- ✓ All valuables, jewelry, etc.
- ✓ iPods & MP3 players

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