

Appendix B: Packing List

The following list is a guideline of items to bring for a 2½ day visit to the Centre so that everyone is prepared to fully participate in activities and will be comfortable during your stay. Substitutions may be made but, please ensure that you have something suitable for all articles listed under the Essential Items section. It is important that your group members pack warm clothes at all times of the year. Rain gear is essential for Spring and Fall. Several layers of clothing are best for cold weather.

Essential Items:

- sleeping bag or sheets & blankets (twin bed size)
- pillow
- pajamas
- socks & underwear for 3 days
- 2 T-shirts (no tube tops or spaghetti straps)
- 2 long sleeved shirts
- 2 sweaters (wool or wool blend)
- 2 pairs of long pants
- warm jacket
- running shoes for outdoor use
- indoor shoes for use in Dining Hall/Rotary Hall
- slippers for use in cabins
- rain jacket (must have for Spring & Fall)
- rubber boots (must have for Spring & Fall)
- sun hat & sunscreen (SPF 20 or higher)
- insect repellent (no aerosol please)
- flashlight and extra batteries
- water bottle, a strap or hip belt is useful
- Wed-Fri groups need to eat lunch prior to arrival

Cold-Weather Gear ❄️

- water-resistant winter coat & snow pants
- insulated snow boots
- winter hat/wool tuque
- scarf or knit mask to cover face, mouth, neck
- several pairs of mittens (wool is best)
- several layers of clothing, extra socks
- long underwear

Suggestions: From experience, gym/duffle bags, suitcases and backpacks are more easily recognized and withstand the rigors of bus transportation much better than garbage bags.

All personal articles should be labeled with your name to aid identification. Teachers and parents should **check cabins and washrooms before departure** for any items left behind.

Personal Hygiene Items

- towel, facecloth, and soap
- hairbrush and comb
- toothbrush and toothpaste
- deodorant, lip balm

Writing Material

- journal/notebook or writing pad
- pencils and pens

Optional Items

- shampoo & conditioner
- daypack (knapsack)
- alarm clock
- books
- small travel games
- camera
- rain pants
- cross country ski equipment (winter)
- sunglasses

Prohibited Items:

- ✗ no cigarettes, matches, or lighters
- ✗ no alcohol or drugs
- ✗ no knives, hatchets, or weapons
- ✗ no electronic devices
- ✗ no student cellphones
- ✗ do not bring jewelry, valuables or anything that will be missed terribly if lost!
- ✗ no food or snacks in cabins **

