



## Indigenous Cultural Program Packing List

Here is a checklist of suggested items to pack – please adjust based on season/temperature. Remember that this is an outdoor program and students must be dressed and prepared for changing weather. Also, there will be a fire going inside the Longhouse during the day so clothing will get smoky and dirty. It is best to bring older clothing or equipment you already have or can borrow. LABEL all items with name and school.

Overnight Program	
<p><b>Sleeping Gear</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Warm Sleeping Bag</li> </ul> <p><i>*3-Season, or bring an extra blanket</i></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Pillow and case</li> </ul> <p><i>*A foam mattress is provided</i></p> <p><b>Personal Kit</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Wash cloth</li> <li><input type="checkbox"/> Hairbrush</li> <li><input type="checkbox"/> Toothbrush &amp; toothpaste</li> <li><input type="checkbox"/> Water bottle</li> <li><input type="checkbox"/> Sunscreen</li> <li><input type="checkbox"/> Day pack</li> <li><input type="checkbox"/> Personal comfort items (stuffy, etc.)</li> <li><input type="checkbox"/> Plastic bag for wet clothing</li> </ul>	<p><b>Appropriate Clothing</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Long-sleeve shirts (2 or 3)</li> <li><input type="checkbox"/> Sweater/fleece</li> <li><input type="checkbox"/> Old pants (2)</li> <li><input type="checkbox"/> Shorts – <i>warm weather programs</i></li> <li><input type="checkbox"/> T-shirt – <i>warm weather programs</i></li> <li><input type="checkbox"/> Underwear – <i>1 pair/day + extra</i></li> <li><input type="checkbox"/> Warm Pjs</li> <li><input type="checkbox"/> Insulated Jacket</li> <li><input type="checkbox"/> Heavy wool socks – <i>1 pair/day + extra</i></li> <li><input type="checkbox"/> Toque/warm hat</li> <li><input type="checkbox"/> Mitts or gloves</li> <li><input type="checkbox"/> Waterproof Rain Jacket</li> <li><input type="checkbox"/> Waterproof Rain Pants</li> <li><input type="checkbox"/> Waterproof boots – <i>rainy/wet programs</i></li> <li><input type="checkbox"/> Snow boots – <i>winter programs</i></li> <li><input type="checkbox"/> Sturdy, closed-toe walking shoes</li> </ul>
<div style="border: 1px solid black; padding: 10px; margin: 10px auto; width: 80%;"> <p><b>You will not have access to overnight bags until later on Day 1. Make sure you remember to wear on the bus, or have in your day-pack:</b></p> <ul style="list-style-type: none"> <li>- Rain jacket and rain pants</li> <li>- Water Bottle</li> <li>- Sturdy closed-toed footwear</li> <li>- Hat/toque</li> </ul> </div>	
	<p><b>Remember to ask yourself, will I be warm and dry?</b></p> 

### One Day Program

- Warm layers
- Rain jacket
- Reusable water bottle
- Medications (if required)
- Day bag to carry items
- Sturdy, closed toed footwear

*\*Rain boots recommended for wet conditions*

#### *Winter Programs*

- Toque & gloves/mitts
- Insulated jacket & pants
- Insulated snow boots

#### *Summer/Warm Weather Programs*

- Sunscreen
- Hat & sunglasses

### **Please do not bring:**

Cell phones, other electronic devices, money, knives, flashlights, heavily scented products, aerosole sprays (hair spray, body/deodorant spray), expensive/valuable items, food (except bus snack or special diet items pre-approved by Cheakamus Centre), gum, candy, and watches. It has been our experience that these items get in the way of the outdoor educational experience.

As a reminder, we are a nut-restricted site.

Thank you!