

Outdoor School Counsellor Packing List and Transportation Information **Counselling Week**

Sleeping Gear

- Warm sleeping bag
(bring an extra blanket if lightweight)
- Pillow and case

Personal Kit

- Day pack
- Water bottle
- Travel mug
- Headlamp or flashlight
- Watch
- Towel and washcloth
- Hairbrush
- Toothbrush and toothpaste
- Shampoo and soap
- Lip salve (optional)
- Sunscreen

Appropriate Clothing *

- Warm shirts (3 or 4)
- Warm pants (2 or 3)
- Toque/warm hat
- Mitts or gloves
- Long-sleeved sweater (1)
- Warm socks (4 or 5)
- T-shirts and shorts (if warm weather)
- Underwear
- Pjs
- Warm jacket (1)
- Waterproof rain jacket (*seam sealed*)
- Waterproof rain pants (*seam sealed*)
- Waterproof head covering
- Warm waterproof boots
- Sturdy walking shoes
- Indoor shoes (to wear at meals)

Please do not bring food items. Please note: **WE ARE A NUT RESTRICTED FACILITY.** Cheakamus Centre assumes no responsibility for loss or damage to personal items, including electronic items such as cell phones, electronic games, etc.



Remember to ask yourself, will I be warm and dry?



* **Appropriate clothing** is very important for your enjoyment, comfort, and safety. A primary consideration is the material from which the item is made. Materials can be divided into three general categories:

1. ~~Cotton: a good fiber for hot, sunny weather but loses all insulating value when wet.~~
2. **Wool:** provides excellent insulation in cold, wet weather and retains insulating value even when wet.
3. **Synthetics** (e.g. pile, polyester, fleece, Polartec, Capilene): also provide excellent insulation in cold wet weather, and retains insulating value when wet - somewhat lighter, more compact and faster drying than wool.

The weather at Cheakamus Centre is often colder and wetter than North Vancouver. Even on warm days, the weather may turn cold and wet in a matter of hours or rain may persist throughout an entire ODS program.

We strongly recommend packing wool or synthetic clothing and waterproof gear (jacket, pants, and boots).

Transportation Information

Arrival Day: you will be leaving for Cheakamus Centre from **Carson Graham Secondary, 2145 Jones Ave, North Vancouver.** Please be there by **7:00 AM** as the bus will be leaving at **7:15**. If you arrive early, the foyer will be open and you can wait inside.

Departure Day: you will be returned to Carson Graham Secondary by 4:30 PM.