

## Outdoor School Student Packing List

### Sleeping Gear

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

### Personal Kit

- Day pack
- Water bottle
- Towel and washcloth
- Hairbrush
- Toothbrush and toothpaste
- Shampoo and soap
- Lip salve (optional)
- Sunscreen
- Book for free time (optional)
- Pencil / other teacher requested items

### Appropriate Clothing \*

- Warm shirts (3 or 4)
- Warm pants (2 or 3)
- Toque/warm hat
- Mitts or gloves
- Long-sleeved sweater/fleece (1 or 2)
- Warm socks (4 or 5)
- T-shirts and shorts (if warm weather)
- Underwear (4 or 5)
- 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 note:** Above quantities of supplies vary depending on the length of the students stay.

**Please do not bring electronic devices, money, knives, or flashlights.**

Cheakamus Centre assumes no responsibility for loss or damage to personal items, including electronic items such as cell phones, electronic games, etc.

**WE ARE A NUT RESTRICTED FACILITY.**

**Please do not bring food** items unless previously arranged with our kitchen staff for restrictive diets.

All food items brought to site that are not previously arranged will be confiscated to minimize food attractants for wildlife.



**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).**