

## What to Bring for Your Program

Here is a checklist of suggested items. Please remember that this is an outdoor program and students must be dressed and prepared for changing weather. Our programs run rain or shine! It is best to bring older clothing or equipment you already have at home or can borrow. Each individual must be able to carry their own bag.

### Sleeping Gear

- Sleeping Bag
- Pillow and case

### Personal Kit

- Towel and wash cloth
- Hairbrush
- Toothbrush and toothpaste
- Shampoo/conditioner
- Water Bottle
- Soap and Container
- Flashlight
- Sunscreen

### Clothing

- Shirts (3 or 4)
- Sweater
- Shorts
- Warm pants (2 pairs)
- Hat
- Mitts
- Sturdy walking shoes
- Indoor shoes
- Socks and underwear (1/day + extra)
- Pyjamas
- Warm Jacket (with hood)
- Rain Boots
- Waterproof raingear (jacket + pants)



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



### Please do not bring:

Cell phones, money, knives, other electronic devices, expensive items or food. As a reminder, we are a nut-restricted site.

Thank you!