

## Indigenous Cultural Program Packing List

### Sleeping Gear

- Warm sleeping bag  
(3-season, or bring an extra blanket)
- Pillow and case

### Personal Kit

- Hand Towel
- Hairbrush
- Toothbrush, toothpaste
- Water Bottle
- Flashlight or Head Lamp
- Sunscreen
- Day pack
- Book for free time (optional)

**\*\*Make sure you remember to wear on the bus, or have in a day-pack, the following:**

- Rain jacket & pants
- Water bottle
- Sturdy, warm, waterproof boots
- Warm Toque/Hat

### Appropriate Clothing

- Warm shirts (3 or 4)
- Old pants (2)
- Toque/warm hat
- Mitts or gloves
- Long-sleeved sweater/fleece (1 or 2)
- Warm socks (4 or 5)
- T-shirt and shorts (if warm weather)
- Underwear
- PJs
- Warm jacket (1)
- Waterproof rain jacket
- Waterproof rain pants
- Waterproof head covering
- Warm waterproof boots
- Sturdy walking shoes



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



### Please do not bring:

Cell phones, money, knives, other electronic devices, expensive items, food (unless pre-approved by Cheakamus Centre), gum, candy, perfume, matches/candles, alcohol.

As a reminder, we are a **nut-restricted** facility.