

Field School Packing List

Here is a checklist of suggested items to pack – please adjust based on season/temperature.

Overnight Field School

<p>Sleeping Gear</p> <ul style="list-style-type: none"> <input type="checkbox"/> Sleeping Bag – <i>note: cabins are heated</i> <input type="checkbox"/> Pillow and case <p>Personal Kit</p> <ul style="list-style-type: none"> <input type="checkbox"/> Day pack <input type="checkbox"/> Water Bottle <input type="checkbox"/> Towel and wash cloth <input type="checkbox"/> Hairbrush <input type="checkbox"/> Toiletries – <i>toothbrush and toothpaste, shampoo/conditioner, soap, lip balm, sunscreen, etc.)</i> <input type="checkbox"/> Personal medication – <i>if required</i> <input type="checkbox"/> Book for free time – <i>optional</i> <input type="checkbox"/> Flashlight <input type="checkbox"/> Plastic bag for wet clothes <input type="checkbox"/> Personal comfort items (stuffy, etc.) 	<p>Clothing</p> <ul style="list-style-type: none"> <input type="checkbox"/> Warm shirts - 3 or 4 <input type="checkbox"/> Warm pants – 2 or 3 <input type="checkbox"/> Toque/warm hat <input type="checkbox"/> Mitts or gloves <input type="checkbox"/> Long-sleeved sweater/fleece – 1 or 2 <input type="checkbox"/> Warm socks – 1 pair per day plus extra <input type="checkbox"/> T-shirts and shorts – <i>if warm weather</i> <input type="checkbox"/> Sun hat & sunglasses – <i>if sunny</i> <input type="checkbox"/> Underwear – 1 per day plus extra <input type="checkbox"/> Pyjamas <input type="checkbox"/> Warm jacket <input type="checkbox"/> Waterproof rain jacket with hood <input type="checkbox"/> Waterproof rain pants – <i>consider snow pants in winter</i> <input type="checkbox"/> Warm waterproof boots – <i>consider snow boots in winter</i> <input type="checkbox"/> Sturdy walking shoes <input type="checkbox"/> Sturdy walking shoes <input type="checkbox"/> Indoor shoes – <i>to wear at meals/in cabins</i>
<p>Please note:</p> <ul style="list-style-type: none"> - Students must be able to carry their overnight bag - Quantities of above items vary depending on length of program - Remember that this is an outdoor program and students must be dressed and prepared for changing weather. It is best to bring older clothing or equipment you already have or can borrow. - Always check the Squamish, BC forecast prior to your program and pack accordingly. 	

One Day Field School

<ul style="list-style-type: none"> <input type="checkbox"/> Warm layers <input type="checkbox"/> Rain jacket <input type="checkbox"/> Reusable water bottle <input type="checkbox"/> Medications (if required) <input type="checkbox"/> Day bag to carry items <input type="checkbox"/> Sturdy, closed toed footwear - <i>rain boots recommended for wet conditions</i> <p>Winter Programs: Toque & gloves/mitts, insulated jacket & pants, insulated snow boots</p> <p>Warm Weather Programs: Sunscreen, hat & sunglasses, t-shirt & shorts</p>
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**Our programs run Rain or Shine!
Remember to ask yourself, will I be warm and dry?**

<p style="text-align: center;">Please do not bring:</p> <ul style="list-style-type: none"> × Perfumes or other heavily scented products – <i>potential allergen</i> × Aerosoles – <i>spray deodorant, hairspray</i> × Electronics/cell phones, money, knives × NUTS – <i>we are a nut-restricted facility</i> × Outside food items (unless pre-arranged) <ul style="list-style-type: none"> ○ <i>If you wish to send food with your child, please communicate through your school representative who will connect with Cheakamus Centre for approval.</i>
