

Day Program Packing List

Please ensure everyone is prepared to be outside for the duration of the day – rain or shine!

- Waterproof rain jacket & pants - *if wet*
 - A limited supply is available to lend
- Warm sweater and insulating layers - *if cold*
- Sunscreen & sun hat - *if warm/sunny*
- Reusable water bottle
- Sturdy walking shoes - *hiking boots or rain boots are recommended if wet*
- Backpack to carry personal items

Overnight Program Packing List

Here is a checklist of suggested items to pack – please adjust based on current forecast. 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. Each participant must be able to carry their own bag.

Sleeping Gear	Clothing
<ul style="list-style-type: none"> <input type="checkbox"/> Sleeping Bag – <i>note: cabins are heated</i> <input type="checkbox"/> Pillow and case 	<ul style="list-style-type: none"> <input type="checkbox"/> Shirts (2) <input type="checkbox"/> Pants (2) <input type="checkbox"/> Toque & mitts - <i>if cold weather</i> <input type="checkbox"/> T-shirts and shorts - <i>if warm weather</i> <input type="checkbox"/> Sweater/fleece (1 or 2) <input type="checkbox"/> Warm/insulating jacket <input type="checkbox"/> Waterproof rain jacket <input type="checkbox"/> Waterproof rain pants <input type="checkbox"/> Socks (2 or 3 pairs) – <i>one warm pair</i> <input type="checkbox"/> Underwear (2 or 3) <input type="checkbox"/> Pyjamas <input type="checkbox"/> Hat <input type="checkbox"/> Sturdy walking shoes - <i>hiking boots or rain boots are recommended if wet</i>
Personal Kit	
<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"/> Toothbrush and toothpaste <input type="checkbox"/> Shampoo/conditioner - <i>optional</i> <input type="checkbox"/> Soap & container <input type="checkbox"/> Lip balm - <i>optional</i> <input type="checkbox"/> Sunscreen <input type="checkbox"/> Book for free time - <i>optional</i> <input type="checkbox"/> Medications – <i>if required</i> 	



**Our programs run Rain or Shine!
Remember to ask yourself, will I be warm and dry?**



If you wish to bring a fitted sheet for the mattress, you may;
however, this is not a requirement

Please do not bring:

Cell phones, other electronic devices, money, knives, aerosols or other highly perfumed products, flashlights, expensive items, food (unless pre-arranged with Cheakamus Centre), or any items containing **NUTS** or nut products.

Thank you!