EQUIPMENT AND CLOTHING CHECKLIST

* **Lunch for the first day** Do not include peanuts, nuts and nut products in this lunch. The lunch should be a ready-to-eat, cold, waste-free lunch.

# Bedding

* sleeping bag or two sheets

(we provide a clean pillowcase, pillow and blankets only)

# General clothing

* pyjamas
* slippers or indoor shoes
* underwear (2)
* socks (4-6 pairs)
* long sleeved shirt (2)
* sweatshirt (1)
* warm jacket
* long pants (2)

# Winter Items

* hat
* warm, waterproof mitts
* scarf
* winter coat and boots
* snow pants
* insulated winter boots
* turtleneck
* sweater
* long underwear (or spare pyjama bottoms or tights)
* wool socks (2 pairs)

# Toiletries

* toothbrush and toothpaste
* soap
* shampoo
* towel and washcloth
* deodorant/antiperspirant
* hair brush and comb
* sunscreen
* lip balm

# Optional

* camera
* books, magazines
* watch
* sunglasses
* playing cards
* bag for dirty laundry
* moisturizing cream

# Fall and Spring Items

* shorts
* sun hat with brim
* t-shirts (2)
* insect repellent (DEET–less than 10 %, liquid or stick, not aerosol)
* running shoes/hiking shoes
* water bottle
* rain gear

The centre has a supply of rain ponchos and rain boots or winter boots for those who need to borrow them.

**DO NOT BRING:**

* snacks, gum, candy, drinks
* electronic games, cell phones
* money, valuables, knives, matches
* perfume, cologne