



WHAT TO BRING:
PACKING INSTRUCTIONS

All sleeping bags, and suitcases must be clearly labelled. Luggage should be secured tightly and sleeping bags rolled and tied. A hockey bag makes packing easier if you have one or can borrow one.

FALL AND SPRING	
Lunch for the first day Small day pack Water bottle <ul style="list-style-type: none"> • Towels • Facecloth • Comb, brush • Toothbrush, toothpaste • Soap in container • Kleenex or handkerchiefs 	Sleeping bag/pillow Pyjamas 2 pair heavy socks Supply of underwear and socks 2 pair pants 1 shirt or pullover 1 Sweater 1 Jacket rain coat, rain pants 1 pair shoes, 1 pair slippers Watch (for orienteering)

WINTER	
Lunch for the first day Small day pack Water bottle <ul style="list-style-type: none"> • Towels • Facecloth • Comb, brush • Toothbrush, toothpaste • Soap in container • Kleenex or handkerchiefs 	Sleeping bag/pillow Warm pyjamas 3 pair woolen socks 3 days supply of underwear and socks 2 pair pants 2 shirts or pullovers 1 sweater 2 pair mittens (not gloves) hat, scarf Long underwear or tights winter coat Winter coat and slush/snow pants Winter boots 1 pair of slippers

OPTIONAL

- Bathrobe
- Extra blanket
- Shorts
- Camera and film book

PLEASE DO NOT BRING
<ul style="list-style-type: none"> • Cell Phones / I Pods • Knives • Radio, electronic games • Money • Flashlight • Candy, Gum