

Day Program Packing List

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

- Waterproof rain jacket and pants (a limited supply is available to lend)
- Warm sweater and insulating layers + a warm hat or toque
- Sunscreen and a sun hat
- Reusable water bottle
- Sturdy, closed toed footwear. Hiking boots or rain boots are recommended if wet.
- Backpack to carry personal items

Overnight Program Packing List

Sleeping Gear	Appropriate Clothing *
<input type="checkbox"/> Warm sleeping bag (bring an extra blanket if lightweight)	<input type="checkbox"/> Shirts (2)
<input type="checkbox"/> Pillow and case	<input type="checkbox"/> Pants (2)
Personal Kit	<input type="checkbox"/> Toque/warm hat
<input type="checkbox"/> Day pack	<input type="checkbox"/> Long-sleeved sweater/fleece (1 or 2)
<input type="checkbox"/> Water bottle	<input type="checkbox"/> Warm socks (2 or 3)
<input type="checkbox"/> Towel and washcloth	<input type="checkbox"/> T-shirts and shorts (if warm weather)
<input type="checkbox"/> Toothbrush and toothpaste	<input type="checkbox"/> Underwear (2)
<input type="checkbox"/> Shampoo and soap	<input type="checkbox"/> PJs
<input type="checkbox"/> Lip salve (optional)	<input type="checkbox"/> Warm jacket (1)
<input type="checkbox"/> Sunscreen	<input type="checkbox"/> Waterproof rain jacket
<input type="checkbox"/> Flashlight	<input type="checkbox"/> Waterproof rain pants
<input type="checkbox"/> Book for free time (optional)	<input type="checkbox"/> Sturdy closed-toe shoes or boots

Please do not bring electronic devices, money, knives, or flashlights.

Cheakamus Centre assumes no responsibility for loss or damage to personal items, including electronic items such as cell phones, electronic games, etc.

WE ARE A NUT RESTRICTED FACILITY.

Please do not bring food items unless previously arranged with our kitchen staff for restrictive diets. All food items brought to site that are not previously arranged will be confiscated to minimize food attractants for wildlife.