

SUGGESTED CLOTHING LIST

You are outside in all weather. Be prepared!
name on them!

ALL SEASONS

- sleeping bag or blankets & sheets (pillow)
- underwear for each day
- running shoes (2 pair if possible)
- sweater & light jacket
- 2 trousers or sweat pants

- 2 short sleeve & 2 long sleeve shirts
- 3 pairs of socks
- pajamas
- toothbrush, toothpaste
- soap, towel, face cloth, bath towel

- **2 pencils**

Optional

- flashlight
- camera & film
- indoor games

Avoid mosquito bites by wearing light-coloured, tightly woven, long-sleeved shirts and long pants, especially at dusk

Identify your belongings by putting your

Spring/Fall Only: add

- rubber boots
- rainwear
- shorts
- light jacket, hat
- non-aerosol insect repellent (containing DEET)
- water bottle

Winter Only: add

- mittens (2 sets), hat, scarf
 - warm winter boots
 - thermal underwear
 - lots of extra warm socks (wool is best)
 - series of light layered clothing (undershirt, shirt, light sweater, pants, coat/ski jacket)
 - track, wool or corduroy pants
- Jeans are **not** warm in winter.*

DO NOT BRING: candy, food, gum, beverages, knives, radios, electronic games, televisions/DVD players, cellular phones, MP3 players etc.

Note: *There are no facilities for doing laundry.*

A Typical Daily Schedule

TIME	S c h e d u l e
7:30 a.m.	WAKE-UP
7:50 a.m.	Set-up crew reports to kitchen
8:00 a.m.	BREAKFAST
8:45 a.m.	Clean-up Crew
9:20 a.m.	PROGRAM
11:45 a.m.	<i>Personal Time</i>
11:50 a.m.	Set-up crew reports to kitchen
12:00 p.m.	LUNCH
12:45 p.m.	Clean-up Crew
1:30 p.m.	PROGRAM
4:15 p.m.	<i>Personal Time</i>
4:50 p.m.	Set-up crew reports to kitchen
5:00 p.m.	SUPPER
6:00 p.m.	Clean-up Crew
6:15 p.m.	<i>Personal Time</i>
6:45 p.m.	EVENING PROGRAM
8:00 - 8:30 p.m.	SNACK
9:15 - 10:15	Prepare for bed - in rooms – lights out