



CHEAKAMUS CENTRE

What to Bring for Your Skw'one-was Program

Here is a checklist of suggested items. Please remember: clothing will get smoky and dirty. It is best to bring older clothing and equipment you already have at home. This list includes the clothing worn by the student to the Longhouse. **LABEL all items with name and school.**

Sleeping Gear

- Sleeping bag (extra blanket if bag is light weight)
- Pillow and case
- Stuffy

Clothing

- Warm shirts (3 or 4)
- Old pants (2)
- Shorts (2 or 3)
- Long sleeved sweater (1)
- T-shirt (1 if warm weather)
- Underwear (2)
- Warm Jacket (1)
- Heavy wool socks (3)
- Toque/warm hat
- Water proof head covering
- Waterproof boots (lined and warm)
- Mitts or gloves
- Heavy wool socks (1)
- Rain jacket
- Rain pants
- Sturdy walking shoes

Personal Kit

- Hand Towel
- Hairbrush or comb
- Toothbrush and toothpaste
- Plastic bag for wet clothing
- Water Bottle
- Lip salve (optional)
- Sunscreen lotion
- Snack for bus

**Make sure you remember to wear or have on the bus:

- A rain jacket and rain pants
- Water Bottle
- Sturdy, warm, waterproof boots
- Warm, waterproof head covering

*Remember to ask yourself, will I be warm and dry? It's hard to enjoy learning in the out-of-doors if you are cold, wet and uncomfortable!

Please do not bring:

Money, knives, flashlights, cellphones and other electronic devices, food (except bus snack or special diet items), gum, candy, and watches. It has been our experience that these items get in the way of the outdoor educational experience.