

Sheldon Centre for Outdoor Education

Student Packing List

Please ensure that adequate and suitable clothing are packed for the program. As most activities are outdoors, students should not bring new clothes. Please check the weather link on the home page of our website for current weather conditions for your trip. If possible, please pack bedding and clothes in two separate small bags.

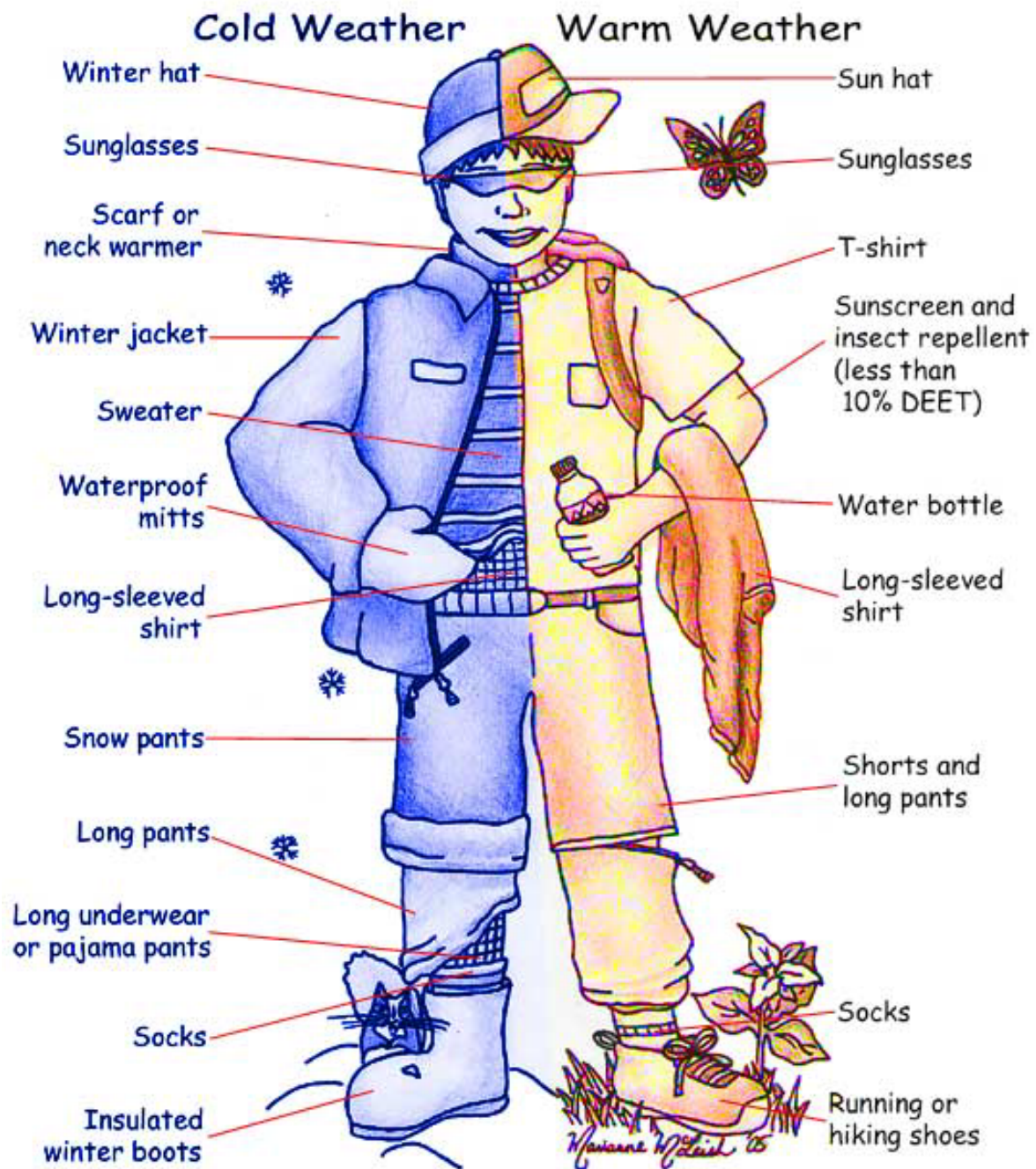
ESSENTIALS:	<u>If Possible Pack in Soft Sided Duffle Bag</u>
<u>Pack in a small backpack or reusable bag (carry-on)</u>	
☐ litterless lunch for 1 st day	☐ 1 pair pajamas
☐ medications as noted on health form	☐ 4-5 pairs of socks
☐ 1 reusable water bottle	☐ underwear
☐ 1 pair indoor shoes (slippers, sandals etc.).	☐ 3 pairs old pants
☐ In colder weather a hat and pair of mitts/gloves the students can have available for when they arrive.	☐ 2 shirts
☐ In warmer weather, sunscreen	☐ 1 sleeping bag or 2 single bed sheets, and pillow case freshly washed and dried on high heat, bagged in sealed plastic bag
☐ Bring a plastic or reusable grocery bag to put in last minute items (put name on bag)	☐ sweater(s)
	☐ 1 towel and face cloth
	☐ toothbrush and toothpaste
	☐ shampoo
	☐ soap in plastic container
	☐ hair brush/comb
	☐ deodorant
	☐ plastic bags for wet/dirty clothes

SEASONAL CLOTHING:	WINTER
<u>SPRING OR FALL</u>	
☐ raingear (raincoat and rain pants)	☐ long underwear/leggings
☐ sunscreen	☐ 1 pair waterproof winter boots
☐ 1 pair rubber boots	☐ 1 warm coat
☐ 1 pair running/hiking shoes	☐ snow pants or slush pants
☐ 1 hat	☐ 1 warm hat and scarf/neck warmer
	☐ 2 pairs warm mitts/gloves
	☐ multiple warm wool socks

OPTIONAL:	***DO NOT BRING***
☐ digital camera/polaroid	☐ cell phones/ electronic devices
☐ money for Sheldon souvenirs	☐ pillows
☐ books or board/card games	☐ knives
☐ insect repellent (labelled)	☐ candy, gum, snacks (other than lunch for Day 1)
☐ tissues	☐ hair dryers, curling irons
☐ sunglasses	☐ body sprays (i.e. axe, tag etc.)
☐ CSA helmet for biking	
☐ Snowsport/hockey helmet -sledding	

Note: We do have some clothing and boots we can lend to students during their stay. We have a full complement of bike and snowsport helmets at Sheldon if required.

DRESSING FOR THE WEATHER



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