

## PACKING LIST FOR THE GANARASKA FOREST CENTRE

Participants will spend most of their time outdoors (each program is approximately three hours). It is important they dress warmly, comfortably, and according to the season!

### WINTER ESSENTIALS

#### Outdoor Clothing

- 1 jacket & 2 pairs of snow pants (Splash pants if mild)
- 1 toque & scarf
- 2-3 pairs mittens
- 1 pair winter boots for outdoor use only (no rubber boots)

#### Clothing

- 2-3 pairs pants
- 1-2 wool/fleece sweater
- 2-3 t-shirts
- 2-3 long-sleeve shirts
- 4-5 pairs socks
- 3-4 pairs underwear
- 1 pair of indoor running shoes for indoor use only
- 1 pair of slippers (Optional)
- 1 pair of pajamas



#### Sleeping

- sleeping bag and/or sheets & blankets
- pillow & pillowcase Teddy Bear or stuffed friend

#### Other

- personal toiletries: toothbrush, toothpaste, soap, shampoo, deodorant, bath towel, face towel
- Favorite low protein snacks should you need an extra bite to eat.
- Your Formula, shaker if needed and any Medications.

**Don't forget a refillable water bottle.**