

CHEAKAMUS
CENTRE
Student Packing List

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

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.



Remember to ask yourself, will I be warm and dry?



* **Appropriate clothing** is very important for your enjoyment, comfort, and safety. A primary consideration is the material from which the item is made. Materials can be divided into three general categories:

1. ~~Cotton: a good fiber for hot, sunny weather but loses all insulating value when wet.~~
2. **Wool:** provides excellent insulation in cold, wet weather and retains insulating value even when wet.
3. **Synthetics** (e.g. pile, polyester, fleece, Polartec, Capilene): also provide excellent insulation in cold wet weather, and retains insulating value when wet - somewhat lighter, more compact and faster drying than wool.

The weather at Cheakamus Centre is often colder and wetter than North Vancouver. Even on warm days, the weather may turn cold and wet in a matter of hours or rain may persist throughout an entire Cheakamus Centre program.

We strongly recommend packing wool or synthetic clothing and waterproof gear (jacket, pants, and boots).