

# School/Group Overnight Packing List



**The Canadian Ecology Centre**  
**Centre écologique du Canada**

The following list is a guideline of items to bring for an overnight visit to the CEC so that everyone is prepared to fully participate in activities and will be comfortable during your stay. Substitutions may be made, but please ensure that you have something suitable for all articles listed under the essential section. It is important that you pack warm clothes at all times of the year. Rain gear is essential in Spring and Fall. Several layers of clothing are best for cold weather and may even be needed in warmer seasons.

***Dress according to the weather! We are outside rain or shine or snow!***

<b>ESSENTIAL ITEMS (ALL SEASONS)</b>	<b>ESSENTIAL CLOTHING (ALL SEASONS)</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Reusable water bottle (<i>water on site is good to drink</i>)</li> <li><input type="checkbox"/> Sunglasses and Sunscreen (SPF 30+)</li> <li><input type="checkbox"/> Flashlight/headlamp</li> <li><input type="checkbox"/> Watch</li> <li><input type="checkbox"/> Prescribed medications (<i>if required</i>)</li> <li><input type="checkbox"/> School supplies requested by the teacher.</li> <li><input type="checkbox"/> Small Daypack/backpack</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Underwear</li> <li><input type="checkbox"/> Socks (<i>extra pairs!</i>)</li> <li><input type="checkbox"/> Long Pants (<i>Preferably NOT jeans as they get cold if wet</i>)</li> <li><input type="checkbox"/> Long sleeved shirts</li> <li><input type="checkbox"/> Sweater (<i>wool, fleece, or sweatshirt</i>)</li> <li><input type="checkbox"/> Pajamas</li> <li><input type="checkbox"/> Slippers or indoor shoes</li> </ul>
<b>OPTIONAL ITEMS</b>	<b>PERSONAL HYGIENE ITEMS</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Camera or Cell phone for taking pictures (<i>rules on phone use are up to the discretion of each visiting group's supervisors</i>).</li> <li><input type="checkbox"/> Garbage bag (<i>for dirty and/or wet clothes</i>)</li> <li><input type="checkbox"/> Personal first aid kit</li> <li><input type="checkbox"/> Books/Magazines</li> <li><input type="checkbox"/> Cabin Snacks (<i>please bring nut/peanut free and ensure they are in airtight containers to avoid unwanted guests</i>)</li> <li><input type="checkbox"/> Thermos or Travel mug</li> <li><input type="checkbox"/> Bug spray and/or bug net (<i>depending on season</i>)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Hairbrush/comb</li> <li><input type="checkbox"/> Toothbrush and toothpaste</li> <li><input type="checkbox"/> Shampoo and Conditioner</li> <li><input type="checkbox"/> Bath Towel</li> </ul>
	<b>PROHIBITED ITEMS</b>
	<ul style="list-style-type: none"> <li>✗ Tobacco/cannabis products, matches or lighters.</li> <li>✗ Alcohol or drugs</li> <li>✗ Knives, hatchets, or weapons</li> <li>✗ Jewelry or valuables</li> <li>✗ Flip flops and open toed shoes (<i>NOT permitted during any CEC program</i>).</li> </ul>
<b>WINTER ESSENTIALS</b>	<b>SPRING/FALL ESSENTIALS</b>
<b>CLOTHING</b>	<b>CLOTHING</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Long underwear</li> <li><input type="checkbox"/> Warm pants (preferably NOT jeans)</li> <li><input type="checkbox"/> Sweaters / sweatshirts (<i>Wool and fleece preferred</i>)</li> <li><input type="checkbox"/> Several layers of clothing and extra socks</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Light weight pants and/or Shorts (preferably not jeans)</li> <li><input type="checkbox"/> Light weight long sleeve shirt and/or T-shirts (<i>loose fitting light long sleeve and long pants are the best way to avoid insect bites and protect from the sun</i>)</li> </ul>
<b>OUTERWEAR</b>	<b>OUTERWEAR</b>
<ul style="list-style-type: none"> <li><input type="checkbox"/> Insulated snow boots</li> <li><input type="checkbox"/> Water resistant winter coat and snow pants</li> <li><input type="checkbox"/> Winter hat or toques</li> <li><input type="checkbox"/> Several pairs of mitts or gloves (<i>mitts are warmer</i>)</li> <li><input type="checkbox"/> Scarf or neck warmer</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Sturdy pair of outdoor running or hiking shoes</li> <li><input type="checkbox"/> Rubber boots</li> <li><input type="checkbox"/> Full rainsuit (<i>raincoat AND rain pants</i>)</li> <li><input type="checkbox"/> Light or Warm jacket... (<i>depending on the weather</i>)</li> <li><input type="checkbox"/> Brimmed hat</li> </ul>
<b>For ACTIVITY SPECIFIC programs</b>	
<b>(ONLY if part of schedule – check with organizer/teacher)</b>	
<ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Aquatic Study (wetland, river etc.):</b> <ul style="list-style-type: none"> <li>○ Wet shoes or rubber boots (<i>old running shoes are okay – NO flip-flops! – crocs with back strap are permitted</i>)</li> </ul> </li> <li><input type="checkbox"/> <b>Canoeing:</b> <ul style="list-style-type: none"> <li>○ Wet shoes (<i>old running shoes are okay – NO flip-flops! – crocs with back strap are permitted</i>)</li> <li>○ PFD or Lifejacket (<i>if you have one; we have some here</i>)</li> </ul> </li> <li><input type="checkbox"/> <b>Swimming:</b> <ul style="list-style-type: none"> <li>○ Swimsuit and beach towel (<i>if applicable to your program</i>)</li> </ul> </li> </ul>	

*For everyone's health and safety, those who do not dress properly for their activities will not be able to participate. Think about clothing that is "functional" for the activities you are participating in.*

*We are not responsible for lost, stolen or broken items, please leave your valuables and prized possessions at home.*