

APPENDIX B: PACKING LIST

The following list is a guideline of items to bring for a 2½ day visit to the Centre so that everyone is prepared to fully participate in activities and will be comfortable during your stay. It is important that you pack warm clothes at all times of the year. **Rain gear is essential for Spring and Fall. Several layers of clothing are best for cold weather.**

Essential Items:

- sleeping bag or sheets & blankets (twin bed size)
- pillow
- pajamas
- underwear, socks
- 2 T-shirts
- 2 long sleeved shirts
- 2 sweaters (wool or wool blend)
- 2 pairs of long pants
- warm jacket
- outdoor shoes
- indoor shoes for use in Dining Hall/Rotary Hall
- slippers for use in cabins
- rain jacket (must have for Spring & Fall)
- rubber boots (must have for Spring & Fall)
- sun hat & sun screen (SPF 20 or higher)
- insect repellent (no aerosol please)
- flashlight and extra batteries
- water bottle, a strap or hip belt is useful

Personal Hygiene Items

- towel, facecloth and soap
- hairbrush and comb
- toothbrush and toothpaste
- deodorant, chapstick
- shampoo and conditioner

Cold-Weather Gear ❄️

- water-resistant winter coat
- water-resistant snow pants
- insulated snowboots
- winter hat/wool toque
- scarf or knit mask to cover face & mouth
- several pairs of mitts (wool is best)
- several layers of clothing
- long underwear

Writing Materials

- journal/notebook or writing pad
- pencils and pens

Optional Items

- daypack (knapsack)
- alarm clock
- books
- small travel games
- camera and film
- rainpants, or k-way pants
- cross country ski equipment (winter)
- whistle

Suggestions: From experience, gym/duffle bags, suitcases and backpacks are more easily recognized and withstand the rigors of transportation much better than garbage bags.

All personal articles should be labeled with your name to aid identification.

Guests should **check cabins and washrooms before departure** for any items left behind.



NO food or snacks are allowed in the cabins because it poses a health risk to guests (and students through the week) with allergies & it will attract insects & animal visitors! Water bottles are ok.

**** IT IS IMPERATIVE THAT YOUR GROUP DOES NOT BRING ANY FOOD OR SNACKS ONSITE THAT CONTAIN NUTS OR TRACES OF NUTS.**

Dressing for Winter Weather

When the weather is cold and the winds are blowing, you can still enjoy the beauty of winter. At the Kawartha Centre, we want guests to experience the joys of winter, from exploring animal tracks to seeing the northern lights flicker among the stars. However, you will only be able to enjoy winter when you are comfortable. Below are tips on how to dress to protect you and your children from the cold.



Essential cold-weather gear for everyone includes:

- Water-resistant winter coat
- Water-resistant snow pants
- Insulated snow boots
- A winter hat/wool toque
- A scarf or knit mask to cover face and mouth
- Several pairs of Mittens (wool is best)
- Several layers of loose-fitting clothing, extra socks
- long underwear

Tips:

The outer layer of your clothing should be tightly woven, preferably wind resistant, to reduce body heat loss caused by wind. Wool, silk, or polypropylene inner layers of clothing will hold more body heat than cotton. Among the most essential gear is a warm winter hat, fully covering your head. You lose up to 80% of your body heat through the top of your head. So don't forget to cover up! A wide scarf can cover your face on those days when there is a strong gusting northern wind.

Think like an onion! Dress in layers, having extra sweaters and layers of fleece on hand to pile on under your jacket. Make sure you stay dry. When your clothing gets wet, it chills your body rapidly. Remember, excess perspiration will also increase heat loss, so remove extra layers of clothing whenever you feel too warm.

A good pair of boots makes all the difference. Snowmobile boots with a rubber or nylon exterior and insulated inner lining work the best. At night, take the liner out and allow it to dry thoroughly before the next day's activities (**Note: do not place anything on the heaters - fire hazard!**). Have a pair of indoor shoes handy so that your socks stay nice and dry.

Mittens should be well insulated and should fit snugly around the wrists. Bring an extra pair in case your first pair becomes wet.

Remember, the key to enjoying the winter is to dress warm and stay warm!