



Overnight Packing Recommendations

The following is a list of items to bring for an overnight visit to OELC to ensure that everyone will be comfortable during their stay. Please be sure to bring enough clothing for the entire duration of your visit.

ESSENTIAL ITEMS

- Sleeping bag or bedding
- Pillow and pillowcase
- Reusable water bottle
- Sunglasses
- Sunscreen (SPF 30+)
- Bug spray and/or bug net
- Flashlight/headlamp
- Watch
- Health card
- Prescribed medications (if required)
- Notebook, pen and pencils

PERSONAL HYGIENE ITEMS

- Hairbrush/comb
- Toothbrush and toothpaste
- Shampoo and conditioner
- Soap
- Shower towel / beach towel
- Shower shoes / sandals

*Mark your possessions with your name and address.
DO NOT bring jewellery, valuables or items that will be missed if lost.*

CLOTHING

- Shorts (depending on weather)
- T-shirts (no tube tops)
- Swim suit (seasonal)
- Long pants
- Long sleeved shirts
- Sweater (wool, fleece or sweat shirt)
- Pajamas
- Underwear
- Socks (extra pairs)

OUTER GEAR (SEASONAL DEPENDANT)

- Running shoes
- Rubber boots
- Water shoes
- Light or warm jacket /coat
- Brimmed hat
- Toque and mitts

MUSICAL INSTRUMENTS, DANCE CLOTHING/SHOES AS REQUIRED FOR ARTS COURSES

*It is important that you pack warm clothes at all times of the year.
Rain gear and several layers of clothing are especially recommended for Spring and Fall visits.*

MEDICATIONS

Prescription medication should be kept in the prescription bottle with label and directions for use (please don't put several different medications in one container).
The medical facilitator collects and dispenses all medications and needs them individually labelled.