



# 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	PERSONAL HYGIENE ITEMS
<ul style="list-style-type: none"> <li><input type="checkbox"/> Sleeping bag or bedding</li> <li><input type="checkbox"/> Pillow and pillowcase</li> <li><input type="checkbox"/> Reusable water bottle</li> <li><input type="checkbox"/> Sunglasses</li> <li><input type="checkbox"/> Sunscreen (SPF 30+)</li> <li><input type="checkbox"/> Bug spray and/or bug net</li> <li><input type="checkbox"/> Flashlight/headlamp</li> <li><input type="checkbox"/> Watch</li> <li><input type="checkbox"/> Health card</li> <li><input type="checkbox"/> Prescribed medications (if required)</li> <li><input type="checkbox"/> Notebook, pen and pencils</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"/> Soap</li> <li><input type="checkbox"/> Shower towel / beach towel</li> <li><input type="checkbox"/> Shower shoes / sandals</li> </ul>

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

CLOTHING	OUTER GEAR (SEASONAL DEPENDANT)
<ul style="list-style-type: none"> <li><input type="checkbox"/> Shorts (depending on weather)</li> <li><input type="checkbox"/> T-shirts (no tube tops)</li> <li><input type="checkbox"/> Swim suit (seasonal)</li> <li><input type="checkbox"/> Long pants</li> <li><input type="checkbox"/> Long sleeved shirts</li> <li><input type="checkbox"/> Sweater (wool, fleece or sweat shirt)</li> <li><input type="checkbox"/> Pajamas</li> <li><input type="checkbox"/> Underwear</li> <li><input type="checkbox"/> Socks (extra pairs)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> Running shoes</li> <li><input type="checkbox"/> Rubber boots</li> <li><input type="checkbox"/> Water shoes</li> <li><input type="checkbox"/> Light or warm jacket /coat</li> <li><input type="checkbox"/> Brimmed hat</li> <li><input type="checkbox"/> Toque and mitts</li> </ul>

**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.