

Westwind Elementary



Outdoor Education

Camp Jubilee
October 7, 8, 9, 2026

Westwind Elementary

Outdoor Education Information Package

This package includes the following:

1. Outdoor Education School District Field Trip Letter
2. District Code of Conduct
3. Camp Jubilee Program Description
 - Contact Information for Camp Jubilee
 - Sample Itinerary
 - Important Information: First Aid, Emergency Services, Arrival Day, Required Forms
 - Heat Treatment Room process
 - Food Services
4. Payment information and Timeline
5. WaterSafe Registration Information
6. Packing List

**PARTICIPATION IN AN OVERNIGHT MULTIPLE-DAY HIGHER-CARE FIELD TRIP
OUTDOOR EDUCATION FIELD TRIP LETTER**

January 30, 2026

Dear Parents/Guardians,

This field trip may contain higher-care activities. Please translate.

Information importante: traduisez s'il vous plaît. 重要通告，請找人譯讀。

Mahalagang Pag-uulat: Pakisalin lamang. ଜରୁରୀ ମୁଚନା କିରପା କରକେ ଅନୁଵାଦ କର.

Важное объявление: Пожалуйста переведите.

The purpose of this letter is to inform you about the upcoming field trip that your child will be participating in. Your signature on the attached Consent/Waiver Form confirms that you: 1) are aware of the information provided in this letter, 2) acknowledge the inherent risks of the field trip, 3) waive claims against the School District and 4) give consent for your child to participate in this field trip.

Here are the details:

Destination: Outdoor Education Trip to Camp Jubilee

Student Arrival time at Westwind: 7:00 a.m.

Date and time of Departure: Wed. October 7, 2026 at 7:00 a.m.

Date and time of Return: Fri., October 9, 2026 at ~3:00 p.m.

Transportation types: Charter bus and boat transportation

Cost Estimate: \$340 to be paid online (in 3 installments – by Feb. 27, April 10 and May 8) *Thank you to the PAC for contributing funds to reduce the cost for students!

To pay on School Cash Online, go to: <https://www.schoolcashonline.com/>

As sponsors of this field trip, we have organized an **Outdoor Education Information meeting on Thursday, January 29th at 6:00 p.m. in the school gym**. Parents/guardians are invited to attend to review the educational goals, trip itinerary, modes of transportation, inherent risks/mitigation strategies, Field Trip Consent/Waiver Form (these forms will be provided in separate package) and timeline for payments.

Approximately 130 Grade 6 & 7 students will be participating in the Outdoor Education experience and will be supervised by no fewer than 10 school employees. Please note that your child may not be directly supervised by an adult at all times during this field trip.

On this school-sponsored field trip, your child is expected to behave safely and abide by the District Code of Conduct and we ask that you review these expectations with your child.

If your child is not able to behave safely or abide by the District Code of Conduct, a parent/guardian will be contacted to pick up your child from Camp Jubilee at their own cost.

Students will need to bring a number of items in preparation for the 3-day trip. Please refer to the Packing List included in this information package.

On this field trip, students will be participating in educational activities such as: hiking, archery, kayaking, canoeing, low ropes, high ropes, rock climbing, marine beach study activities, forest activities and a variety of team-building activities. Please note that there are risks and precautions inherent in participation in all of the activities associated with this trip, and there is a possibility of personal injury, death, property damage or loss resulting from the activities. Accidents can be the result of the nature of the activity and can occur with or without any fault on either the part of the student, or the school board or its employees or agents or the facility where the activity is taking place. Some inherent risks and precautions, as outlined in the 2018 YSO/YouthSafe Outdoors Field Trip Resource (Safety First!) include the following:

POTENTIAL HAZARDS/RISKS - CAMPSITE

- Injuries related to motor vehicle incidents en-route to and from campsite and/or activity area
- Becoming lost or separated from the group or the group becoming split up
- Injuries related to slips, trips, and falls in the program area or en-route to/from it
- Suffering an injury while alone on a route/trail
- Injuries related to colliding with another person or with a fixed object
- Injury or delay related to equipment (e.g., poor fit, improper adjustment, malfunction, improper use)
- Injuries related to the physical demands of the activity and/or lack of activity skill
- Other injuries (e.g., blisters, sprains, strains; acute or overuse injuries/conditions)
- Weather changes creating adverse conditions (e.g., extreme temperatures, storms)
- Hypothermia in cold or wet weather due to insufficient clothing
- Loss of hand dexterity in cold or wet weather
- Hyperthermia (overheating) due to overdressing, overexertion and/or poor hydration
- Burns or scalds related to use of fires and/or the handling of hot food/liquid
- Illness related to poor personal hygiene, failure to purify drinking water, or failure to sanitize dishes
- Injuries related to encounters with animals and plants in the environment
- Allergic reactions to natural substances (e.g., wasp or bee stings)
- Psychological injury due to anxiety or embarrassment (e.g., re: lack of skill, body image)
- Complications of an injury/illness due to remoteness and time to emergency services
- Other risks normally associated with participation in the activity and environment

POTENTIAL HAZARDS/RISKS - AQUATICS

- Injuries related to stepping on sharp objects with bare feet
- Injuries if swimming in moving water environments due to foot entrapment in bottom hazards such as rocks or submerged branches
- Environmental hazards such as murky or polluted water, wind, waves, currents, etc.
- Injuries related to collisions with movable (e.g., other swimmers) or immovable (e.g., pool wall) objects
- Drowning or near drowning
- Head or spinal injury related to diving into shallow water
- Injuries related to the physical demands of the activity and/or lack of activity skill
- Injury related to ill-fitted equipment, equipment malfunction, failure to use the equipment properly or becoming tangled in apparatus
- Weather changes creating adverse conditions
- Other risks normally associated with the activity and environment

POTENTIAL HAZARDS/RISKS - ROPES COURSE/CHALLENGE COURSE

- Injuries related to falling off the apparatus
- Injuries related to colliding with a moving object (e.g., another participant) or with a fixed object (e.g., a tree)
- Injuries related to ill-fitting equipment, equipment malfunction, or failure to use the equipment properly
- Injuries related to the physical demands of the activity and/or lack of activity skill
- Weather changes creating adverse conditions
- Other risks normally associated with the activity and environment

POTENTIAL HAZARDS/RISKS - SEA KAYAKING/CANOEING

- Injuries related to capsize of craft or falling out of craft
- Injuries related to collisions with movable (e.g., other boats or paddles) or immovable (e.g., rock) objects
- Injuries related to equipment (poor fit, improper adjustment, malfunction, or becoming tangled in apparatus; e.g., foot snag in bailer cord)
- Injuries related to lifting, carrying, walking with, or putting down the craft and/or packs
- Other injuries (e.g., blisters, sprains, strains; acute or overuse injuries/conditions)
- Drowning or near drowning
- Injuries related to the physical demands of the activity and/or lack of activity skill
- Weather changes creating adverse conditions (e.g., cold, wind, precipitation)
- Hypothermia due to remaining in cool/cold water too long or due to insufficient clothing
- Other risks normally associated with participation in the activity

POTENTIAL HAZARDS/RISKS – ROCK CLIMBING

- Equipment related injury (e.g., due to poor fit, improper adjustment, improper use, and/or malfunction of equipment, and/or entanglement in equipment);
- Weather changes creating adverse conditions (e.g., extreme temperatures, storms);
- Loss of hand dexterity in cold or wet weather;
- Injuries related to the physical demands of the activity and/or lack of activity skill;
- Other injuries (e.g., blisters, sprains, strains; acute or overuse injuries/conditions);
- Other risks normally associated with participation in the activity

POTENTIAL HAZARDS/RISKS – ARCHERY

- Injury or delay related to ill-fitting equipment, equipment malfunction or failure to use the equipment properly;
- Weather changes creating adverse conditions;
- Bruising of the forearm holding the bow (caused by the bowstring on shooting);
- Injuries related to being struck by an arrow
- Other risks normally associated with participation in the activity

We ask that you keep this information package at home and have your child return the completed and signed Field Trip Consent/Waiver Forms to the school no later than **Friday, February 27, 2026**. If you do not wish your child to participate in this field trip, please advise your child's teacher no later than **February 27, 2026**.

If you have any questions about this overnight, multiple-day higher-care field trip, please contact your child's teacher, Mrs. Tse or Ms. Reid by calling the school office at **604-668-6497** or by email at **stse@sd38.bc.ca** or **ereid@sd38.bc.ca**.

Please keep a copy of this letter for your records and return the consent forms.

Thank you for your support!

Mrs. Susan Tse
Principal, Westwind Elementary

Ms. Ellen Reid
Vice-Principal, Westwind Elementary

DISTRICT CODE OF CONDUCT

HOW WE LEARN AND WORK TOGETHER

The Board of Education recognizes its obligation to provide all members of our school district community with a positive climate and a safe, healthy environment.

As we learn and work together, we will...

- 1 Show respect for the diversity of the members of our school and district community.**
- 2 Behave in a safe, considerate and courteous manner.**
- 3 Not threaten, harass, intimidate or assault, in any way, any person within our school district community, through physical violence, print or electronic media.**
- 4 Not be in possession of weapons, dangerous articles, alcohol or illegal drugs while in school or work.**
- 5 Show respect and pride in our school district buildings and equipment through care and appropriate use of school district property.**
- 6 Respect the non smoking environment of our schools and school district facilities.**



Our expectations for how we learn and work together shall apply to everyone in our schools and at school functions.

The complete code of conduct

is available online at:

sd38.bc.ca/codeofconduct



WESTWIND ELEMENTARY SCHOOL

Outdoor Education Program

Who: Grade 6 & 7 Students (2026/2027 school year)
When: October 7, 8, 9, 2026 (3 days, 2 nights)
Where: Camp Jubilee

In October 2026, Grade 6 and 7 students at Westwind will be attending Camp Jubilee. Going to camp together at the beginning of the school year is a very positive and wonderful way to get to know each other and develop a sense of community with our student leaders. Providing an Outdoor Education experience early in the year offers an amazing opportunity for us to build upon the experiences, skills and relationships developed at camp to help create a positive school experience that lasts through the entire school year and beyond.

Camp Jubilee is located on the Indian Arm (a 45-minute boat ride from Cate's Park, North Vancouver). We will be traveling by chartered bus and then boat to and from the camp. Westwind staff members will accompany our Grade 6 and 7 students to supervise and support the Outdoor Education Program offered by the staff of Camp Jubilee.

During the day, students will be involved in activities such as: hiking, kayaking, archery, high and low ropes courses, rock climbing, marine beach study, and forest activities. Students who have the City of Richmond's "WaterSafe" certification will participate in water or small craft activities such as canoeing or kayaking as part of the activity rotations. Those who do not have this certification will be involved in alternate activities on land. Students will be given opportunities to obtain WaterSafe certification prior to camp. At night, students will be sleeping in heated lodges or cabins. Westwind staff members will sleep in a lodge close by to the student rooms and will monitor the lodge and cabin areas after "lights out."

Camp Curriculum

Outdoor Education is an important part of the Grade 6 and 7 curriculum and provides positive experiences and learning that extends beyond the regular classroom setting. Camp will provide students with the opportunity to learn and practice important academic skills outlined in the Ministry of Education and guidelines for Grade 6 and 7 students. Some general areas of study that will take place at camp are:

1. Forest Habitat
2. Marine/Beach Study
3. Outdoor Survival



While working on activities connected with these topics, students will be observing, predicting, experimenting, and interpreting. They will be using skills which are critical not only in science, math and social studies, but also in life.

Spending a few days away from a familiar environment will encourage independence in students. We believe that Outdoor Education positively impacts students' core competencies, providing opportunities to improve their communication, creative and critical thinking, collaboration, and personal and social skills. Outdoor activities provide a great learning experience and students will have opportunities to practice sensible decision making, teamwork and leadership skills. Lessons learned in the outdoors help build a deeper understanding of the world around them.

Provincial learning outcomes for Physical Education will be accommodated through a variety of physical activities such as rock climbing, hiking, low or high ropes activities and canoeing or kayaking. Many of these activities are generally not available to students in a school setting and providing new experiences may encourage students to develop alternate ways of keeping fit and healthy.

At Westwind School, we endeavour to provide programs for our students that will enhance their learning experience. Our aim is to provide a well-balanced curriculum that meets the learning outcomes for Grade 6 and 7 students in accordance with Ministry guidelines. Our activities will be well planned with the goal of providing your child with meaningful and enjoyable learning experiences.

We realize that the Outdoor Education experience will require a commitment of time, energy and resources from our school staff, parents and students. We feel that the potential gains are well worth the effort. Students who participate in camp engage in learning that is authentic and meaningful, and build memories that will last a lifetime.

This package will provide information about Outdoor Education for you and your child. You may also go to: <http://www.campjubilee.ca> for more information about Camp Jubilee. Please feel free to contact the school if you have any questions or concerns. We look forward to participating in this experience with your children!





Welcome to Camp Jubilee

Camp Jubilee is a boat access only camp, located on 128 acres of forest and 1/2 mile of Indian Arm waterfront. We are a 45 minute boat ride from Cates Park, North Vancouver

To help you prepare for your stay, we have put together an information package with everything you need to know for camp!

CONTACT INFORMATION
WWW.CAMPJUBILEE.CA
STAY@CAMPJUBILEE.CA
604-937-7388

Overnight Program



At Camp Jubilee, we understand that every class and school has its own distinct requirements and objectives. That's why our school programs are specifically designed to be flexible and customizable, catering to the unique needs of your students. From kindergarten to grade 12, we offer a range of tailored programs that promote learning, growth, and adventure. Our outdoor school programs at Jubilee aim to immerse students in nature and outdoor activities in a way that is both enjoyable and educational.

PROGRAM INCLUSIONS

- Includes boat transportation between Cates Park and Camp Jubilee.
- Student accommodations in cabins/yurts which are equipped with heating, electricity and a two-piece washroom.
- Adults-only lodge rooms/cabins for the organizers in your group.
- Meals, snacks, meeting space and full activity program instruction.
- Nightly campfire program led by our enthusiastic Jubilee Staff.
- Unless booking exclusive use, you will be sharing the site with 1-2 other groups.

SAMPLE 2-NIGHT/3-DAY

DAY 1

- AM/PM Check in at Cates Park
- Boat departs Cates Park (45 min ride)
- Welcome/Bags to Heat Room
- 11AM - 12:30 PM Eat bagged lunch from home
- 12:30 - 2:00 PM Free Time
- 2:00 - 3:30 PM Activity Rotation #1
- 3:30 - 5:00 PM Activity Rotation #2
- 5:00 PM Teacher Supervised Time
- 5:30 PM Dinner
- 6:30 PM Teacher Supervised Time
- 8:00 PM Campfire
- 9:00 PM Snack
- 9:40 PM Suggested Lights Out

DAY 2

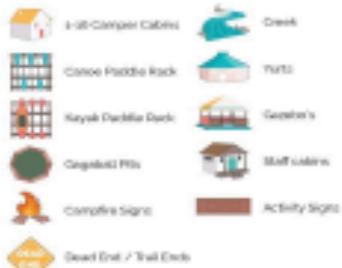
- 7:30 AM Wake Up
- 8:30 AM Breakfast
- 9:30 - 11:00 AM Activity Rotation #3
- 11:00 - 12:30 PM Activity Rotation #4
- 12:30 PM Lunch
- 2:00 - 3:30 PM Activity Rotation #5
- 3:30 - 5:00 PM Activity Rotation #6
- 5:00 PM Teacher Supervised Time
- 5:30 PM Dinner
- 6:30 PM Teacher Supervised Time
- 8:00 PM Campfire
- 9:00 PM Snack
- 9:40 PM Suggested Lights Out

DAY 3

- 7:30 AM Wake Up
- 8:30 AM Breakfast
- 9:30 AM Pack/Clean
- 10:00 AM Group Photo
- 10:15 AM Prepare Bagged Lunches
- AM/PM Prepare to load boats
- AM/PM Boats Depart Camp Jubilee
- 45 Minute Boat Ride to Cates Park
- Allow 15 minutes to unload boat

Please note, these times are only a sample. Please refer to your official itinerary for your school's boat times and activity schedule.

LEGEND



Upper High Ropes	Compton Wealth Archery
Lower High Ropes	Creditlside Archery
Lower Ropes 1	Shelter Building 1
Lower Ropes 2	Shelter Building 2
Barrelshot 1	Rock Climbing
Barrelshot 2	





Important Information

FIRST AID & MEDICATION

A school staff member will be the sole person responsible for first aid and dispensing of any medication. A Camp Jubilee staff member will be available to provide back-up first aid support. All medication will be placed in a lockable cabinet for your exclusive use. All Camp Jubilee program staff have standard first aid and CPR certifications.

ARRIVAL DAY

Lunch on the day of arrival is NOT INCLUDED. Parents and guests are responsible for sending a bagged lunch with them/their child. We advise to pack a slightly larger lunch than usual, as guests tend to be hungrier with activity.

**DO NOT PACK ITEMS WITH NUTS.
WE ARE A NUT MANAGED FACILITY.**

EMERGENCY SERVICES

Camp Jubilee provides a 24/7 emergency boat to Deep Cove if a guest/staff requires transport out of camp to visit a walk-in clinic or hospital. The boat ride is approximately 15 minutes. Our camp is also reachable by coast guard and helicopter. Lions Gate Hospital is the closest medical facility.

REQUIRED FORMS

In order to streamline the process and eliminate the need for paper forms, we kindly request that each guest attending, including any adults, fill out the online Waiver Form. Your school will be responsible for distributing an individualized link to access the form. Forms are due at least 3 weeks prior to arrival at camp.

Heat Treatment Room Process



HEAT ROOM

At Camp Jubilee we are aware of bed bugs in the Lower Mainland and have proactively taken steps to avoid problems. A bed bug heat chamber is onsite to treat all belongings of the guests and staff.

This process takes about 2 hours or more upon arrival. The room gets as hot as the high setting on a dryer.



WHAT CAN GO IN

- CLOTHING
- BEDDING
- BAGS WITH ZIPPERS
- TARPS
- THICK PLASTIC BAGS



WHAT CAN'T GO IN

- TOILETRIES
- FLASHLIGHTS
- BATTERIES
- ELECTRONICS
- LIQUIDS

Pack the above in a separate bag that can be removed from your main bag



-Food, glorious food!

Food Services

We pride ourselves on providing nutritious and delicious meals and snacks of exceptional quality. Your meals will start with dinner on your school's day of arrival continuing through to a bagged lunch on your day of departure. Refreshments between meals consist of coffee, tea and seasonal fruit to keep all our guests well-nourished throughout their stay.

Please note: Lunch on the day of arrival is not included and parents are responsible for sending a bagged lunch with their child. Please pack a slightly larger lunch than usual, as students tend to be hungrier with increased activity. Please do not bring nut products as we are a nut managed facility.

Meal times:
8:30 AM Breakfast - 12:30 PM Lunch - 5:30 PM Dinner
After the evening campfire,
a Jubilee staff member will serve the evening snack.

Special Diets

Our professional catering staff are able to accommodate a number of special diet requests such as vegetarian, vegan, gluten intolerant and egg allergy. Special diet meals are organized by pre-arrangement at no additional charge.

Although we can accommodate most dietary restrictions, we suggest that those with severe allergies or severe diet restrictions bring their own meals. A guest fridge and microwave is available for your use.

Please have guests complete the WAIVER FORM and indicate any special diet requests.

Nut Policy



DO NOT BRING NUTS!

This includes: Peanuts, Almonds, Hazelnuts, Cashews etc.

Camp Jubilee has been identified as a "nut managed" camp, which means we avoid the use of nut or nut-related products. However, we cannot guarantee that nuts or nut products are not present as guests may bring a restricted product without our knowledge. Additionally, some of our food products contain the warning "may contain traces of nuts" or "produced in a factory in which contains nut and/or nut products."

PAYMENT INFORMATION

The first deposit of **\$120** is due on or before **Friday, February 27, 2026**. The second payment of **\$120** is due on or before **Friday, April 10, 2026**.

The third and final payment of **\$100** will be due on **Friday, May 8, 2026**. Due to a generous contribution from the PAC, the total cost for camp has been reduced for every student. Thank you to the PAC for their fundraising efforts! Payments can be made using your School Cash Online account.

No student should be precluded from camp due to financial reasons. If you are in need of financial assistance for camp, please contact Mrs. Tse or Ms. Reid at the school and we will make a plan together.

TIMELINE

January 29	Outdoor Education Information Meeting for Parents/Guardians in Westwind gym @ 6:00 pm (students are welcome)
January 30	Outdoor Education Information Meeting for all Grade 5 and 6 students Information Package emailed to Parents/Guardians Registration Package sent home with students
February 27	Deadline to Submit Registration Package 1 st payment of \$120 is due on SchoolCashOnline
May 29	Deadline to submit WaterSafe Certification (a copy can be made at the office)
April 10	2 nd payment of \$120 is due on SchoolCashOnline
May 8	3 rd and final payment of \$100 is due on SchoolCashOnline
Oct 5	Gear Check (bring your packed belongings to school)
Oct 7-9	Camp Jubilee Outdoor Education Field Trip to Camp Jubilee

WATERSAFE

Water Safety Program at Watermania or Minoru Centre of Active Living

Students must have a district-approved level of swimming in order to participate in water activities (kayaking, canoeing, etc.) during our Outdoor Education trip. If your child would like to participate in water activities at Camp Jubilee, they must complete and pass the session of Water Safety Education Training called "WaterSafe" offered by the City of Richmond.

Only WaterSafe Certificates will be accepted for your child to participate in water activities (e.g. canoeing and kayaking) at Camp Jubilee. The Richmond School Board approved implementation of this program in their Field Trip policy as part of the requirement for Outdoor Education.

PLEASE NOTE that students who have completed Red Cross Swim Kids 5 and/or Swim for Life Swimmer 4 or higher in the last 5 years DO NOT need to take the WaterSafe course. To be excused from taking the WaterSafe course, please provide your child's Red Cross Swim Kids 5/Swim for Life Swimmer 4+ report card and we will photocopy it for our files. If you have misplaced the report card, students can purchase an equivalency card at either Watermania or Minoru Centre.

There are many WaterSafe sessions that are offered at Minoru Centre and Watermania (see next pages). We ask that you please complete the session by May 31, 2026 and bring your child's WaterSafe certificate to school once your child has received one so that we can photocopy it for our files. **If we do not have a WaterSafe Certificate on file for your child, they will not be permitted to participate in any water activities at camp.**

How to Register:

- Call the registration call centre at: 604-276-4300.
- Go to Minoru Centre or Watermania to register in person.
- Please reference the Event ID when registering (see next 2 pages).
- Any cancellations must be done directly with the City of Richmond at least 72 hrs prior to the scheduled course start date.

Cost: \$14.75 for a 1.5 hour session
\$3.75 for an Equivalency/Replacement Card

Please feel free to contact the office if you have any questions. Thank you!

WATERSAFE SESSIONS

Schedule “A”

MINORU CENTRE FOR ACTIVE LIVING WATERSAFE SESSIONS

Minoru Centre for Active Living
7191 Granville Ave, Richmond, BC V6Y 1N9

Event ID	Dates	Times	Max # of Students	# of Sessions	Cost per Student
484574	Saturday February 7 th , 2026	2:00 – 3:30pm	10	1	\$14.75
484576	Friday February 13 th , 2026	2:00 – 3:30pm	10	1	\$14.75
454579	Saturday February 14 th , 2026	2:00 – 3:30pm	10	1	\$14.75
484580	Sunday March 8 th , 2026	3:30 – 5:00pm	10	1	\$14.75
484581	Sunday March 15 th , 2026	2:00 – 3:30pm	10	1	\$14.75
484582	Sunday March 15 th , 2026	3:30 – 5:00pm	10	1	\$14.75
484583	Saturday March 21 st , 2026	1:00 – 2:30pm	10	1	\$14.75
484584	Saturday March 21 st , 2026	2:30 – 4:00pm	10	1	\$14.75
484585	Sunday March 29 th , 2026	3:30 – 5:00pm	10	1	\$14.75

Schedule “B”

WATERMANIA WATERSAFE SESSIONS

Watermania
14300 Entertainment Blvd, Richmond, BC V6W 1K

Event ID	Dates	Times	Max # of Students	# of Sessions	Cost per Student
484543	Sunday February 8 th , 2026	3:30 – 5:00pm	10	1	\$14.75
484544	Sunday February 15 th , 2026	3:30 – 5:00pm	10	1	\$14.75
484546	Saturday February 28 th , 2026	1:00 – 2:30pm	10	1	\$14.75
484547	Sunday March 1 st , 2026	3:30 – 5:00pm	10	1	\$14.75
484549	Saturday March 7 th , 2026	1:00 – 2:30pm	10	1	\$14.75
484551	Saturday March 14 th , 2026	1:00 – 2:30pm	10	1	\$14.75
484552	Saturday March 14 th , 2026	2:30 – 4:00pm	10	1	\$14.75
484553	Sunday March 22 nd , 2026	2:00 – 3:30pm	10	1	\$14.75
484555	Sunday March 22 nd , 2026	3:30 – 5:00pm	10	1	\$14.75
484559	Saturday March 28 th , 2026	1:00 – 2:30pm	10	1	\$14.75

PACKING CHECKLIST

The following is a suggested list of items the students may need. Please do not go to any needless expense, but rather, send older clothing and equipment that you might already have around your home, or borrow equipment from family or friends. Be sure the clothes chosen will keep your child warm and dry; synthetic materials and wool are best for outdoor activities.

Proper footwear is probably the single most important item on the list - an extra pair of old shoes is suggested in case shoes get wet or feet get sore. Extra socks are a great idea too.

Please keep baggage to a minimum as your child will need to be able to carry all belongings on their own.

PLEASE LABEL ALL BELONGINGS WITH YOUR CHILD'S NAME

CLOTHING

- 3 t-shirts
- 3 pants or sweatpants
- 4 pairs of socks
- 3 underwear
- pyjamas
- warm jacket
- warm hoodie or fleece
- warm hat and gloves
- waterproof raincoat with hood or a rain poncho
- waterproof pants (*optional*)
- swimsuit, sun hat
- 2 garbage bags for laundry/wet clothes

GENERAL EQUIPMENT

- daypack (small backpack)
- water bottle*
- sunscreen*
- flashlight* and batteries*
- watch* (*optional*)
- insect repellent* / anti-itch cream* (*optional*)
- disposable camera* (*optional*)

FOOTWEAR

- running shoes or hiking boots
- shoes that can get wet (e.g. crocs, water shoes or a pair of old running shoes)
- extra pair of old shoes or rubber boots

SLEEPING GEAR

- warm sleeping bag
- pillow and pillowcase
- bedsheet (*for the mattress - optional*)
- extra blanket (*optional*)

PERSONAL KIT

- bath and hand towel
- brush or comb
- tissue (Kleenex)
- soap* and container
- shampoo*
- deodorant*
- toothbrush & toothpaste*
- medication** (*if needed*)

* These items should be packed separately and placed at the top of your bag so that they can be removed easily before Heat Room Treatment.

** All medication should be handed to Mrs. Tse before boarding the bus.

DO NOT BRING any electronic devices (e.g. phones, iPods, iPads, Fit Bits, Apple Watches), electronic games, matches, knives or pocket tools, drinks (except for water), food (including candy and gum) or money.



ALL valuables should be left at home.