



Items you should bring with you in your Backpack or Duffle Bag  
*Please note students may need to carry their bag to accommodations on arrival*

### Clothing

We recommend wool or synthetic over cotton

- Rain Jacket and Rain Pants
- Socks (at least 2, 4 preferred)
- Underwear
- 2 Pairs of shoes (1 pair of closed toed shoes, 1 pair of shoes/sandals that can get wet)
- 1 Pair of pants (comfortable and warm)
- 1 Pair of shorts
- 3 Shirts (long or short sleeve)
- 2 Warm sweaters or sweatshirts
- Swimwear (If doing water activities)
- Hat to protect from sun, Toque for the evening

### Bedding

- Sleeping Bag or bedding for a twin size bed
- Pillow and pillow case

### Personal Care

- |   |  |
|---|--|
| <input type="checkbox"/> Toothpaste/brush                     | <input type="checkbox"/> Hairbrush                 |
| <input type="checkbox"/> Hand & body Soap                     | <input type="checkbox"/> Deodorant                 |
| <input type="checkbox"/> Shampoo & Conditioner                | <input type="checkbox"/> Feminine hygiene products |
| <input type="checkbox"/> Sunscreen (Waterproof, min. SPF 30+) | <input type="checkbox"/> Towel/s                   |
| <input type="checkbox"/> Prescription medication              |  |

*(With the exception of Emergency Life Saving Medication like an Inhaler or Epi-pen, medication must given to the chaperone)*

### Miscellaneous

- Personal items: Cards, instruments, books, journals, camera (waterproof/disposable), sunglasses, water bottle, flashlight (extra batteries)
- Personal snacks (We do not allow any nut products)

### Reminders

- Please leave all valuables at home. Bark Lake is NOT responsible for lost, stolen, or damaged articles.
- Please note that cell phone service is limited and there is no WI-FI available
- Bark Lake is a nut controlled site. Due to the nature of different groups onsite, we cannot be 100% nut free. Please help us do our part and do not bring any products containing nuts to Bark Lake.

If you have any questions regarding what to bring, please feel free to contact Els at [guestservices@barklake.com](mailto:guestservices@barklake.com) or by phoning 1-888-517-9999, ext. 222