



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*

- Snow Jacket and Snow Pants
- Socks (at least 3, 4 preferred)
- Underwear
- Pyjamas
- Thermal underwear (2 pairs of pants/long sleeve tops)
- 2 Pairs of shoes (1 pair of Winter boots and a pair of comfortable/clean indoor shoes)
- 2 Pairs of pants (comfortable and warm)
- 3 Shirts (long sleeve preferred)
- 2 Warm sweaters
- Toque and scarf
- 2 pairs of winter gloves/mitts (1 warm, 1 waterproof)

### 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 (min. SPF 30+) | <input type="checkbox"/> Towel/s                   |
| <input type="checkbox"/> Prescription medication  |  |
- (With the exception of Emergency Life Saving Medication such as 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