

YMCA Cedar Glen Outdoor Centre

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Packing List

Whether you're staying overnight or just visiting for the day, it is essential to dress appropriately for the weather and outdoor activities. When packing, the most important thing to know is that **all programming takes place outdoors, rain or shine, barring thunderstorms or other extreme weather.** In order to enjoy a comfortable experience, please review this information and consider the daily weather forecast, as you prepare for your visit.

Seasonally Appropriate Outdoor Essentials		
SPRING & FALL	WINTER	SUMMER
 Water bottle Hat & sunscreen Closed-toe shoes (such as running shoes or hiking boots) Rain jacket (and pants if possible) Warm jacket (for cool evenings) Insect repellant 	 Winter jacket Winter hat Waterproof mitts or gloves Scarf or neck warmer Snow pants Long underwear Insulated winter boots Warm socks Water bottle Sunscreen 	 Water bottle Hat & sunscreen Closed-toe shoes (such as running shoes or hiking boots) Rain jacket Swimsuit & towel Sweater or light jacket Insect repellant

Overnight Essentials

- Socks, underwear & t-shirts (one per day + one extra)
- Extra pants and sweaters
- Pajamas
- Pillow and sleeping bag or bedding (bed linens & pillows are not provided)
- Toothbrush, toothpaste, deodorant, toiletries & personal hygiene items
- Towel (towels are not provided)
- Second pair of shoes
- Books, cards, board games
- Medication (if required and direction's provided to group's chaperone *youth groups*)

Other Essentials

- Hand sanitizer
- Mask/face covering (mask/face covering use is voluntary)

Quick Tips

- Dress in layers so that if you are warm, you can take a layer off or if you are cold, you can put a layer on.
- Bring old clothing that you do not mind getting dirty.

What not to Bring?

- As a nut aware facility, we ask that you do not bring any nuts or nut products
- Alcohol or non-prescription drugs
- Cannabis or other illicit drugs

We cannot be held responsible for the loss or theft of items.