

ECHO POND ENVIRONMENTAL EDUCATION CENTRE

KIT LIST

Students will be outdoors for much of the time, so it is essential to pack according to the weather forecast for Placentia (e.g. go to www.weather.gc.ca).

Each student should take the following (labeling your child's belongings is encouraged):

- Sleeping bag, or sheets and blankets, small pillow, slippers or warm socks
- Warm pajamas
- Any medication (please refer to medical form)
- Small towel, toothbrush & toothpaste, soap, brush/comb
- Extra socks, underwear, shirt, pants and warm sweater
- Sneakers or hiking boots
- Rubber boots or snow boots (weather dependant)
- Warm jacket or rain jacket or both
- Snow pants or rain pants (weather dependant)
- Sun hat, sunscreen, bug spray and water bottle (weather dependant)
- Warm hat and mittens (often needed for the campfire all year round)
- Flashlight for evening hike (preferred, but optional)
- Students are encouraged to bring items such as board games and musical instruments. The Centre has balls, Frisbees etc. for free time
- Small backpack

Please do not bring any food or drinks because of concerns with allergic reactions.

Students with diabetes may pack peanut-free and nut-free snacks and those with celiac disease can bring their own bread products.

Students can bring cell phones if you and their teacher give permission. This year we will be asking teachers to collect phones when students arrive at Echo Pond and give them back when they leave or if they need to make a quick check in at home in the evening. Over the years, we've found that when students leave their phones at home, the whole group enjoys a richer, more connected experience. Plus, it helps avoid privacy concerns, especially in spaces where students are sleeping or changing. While cell service at camp is spotty, phones can still be a distraction. They can also be easily lost in the woods during activities, which can cause unnecessary stress and disrupt the fun.