

Eastbound - What to Bring

The \$300 fees **covers all meals and accommodations** (except bagged lunch on the first day). Students will need pocket money for recreational time and any extra meals/snacks. Please pack a bagged lunch for the first day. **We are expecting that students will be responsible to read labels of food they consume and clarify orders at restaurants if they have any food allergies or concerns.** Please plan a budget for your student and a way for them to be accountable to you for what they spend (i.e., turn in receipts). Our main concern is that they do not spend all their money on the first day.

For luggage students can have **one medium suitcase or bag and one carry on.** The following items are necessary:

****Medications / inhalers etc.** (please inform Ms. Phillips of all medical supplies)**

Food:

- Bagged lunch for first day
- Snacks (cheaper than buying)
- Refillable Water bottle***

Clothing:

- School appropriate clothes for 3 days (please include spares if needed and plan for a variety of weather)
- Pajamas
- Swim suit and personal towel
- Comfortable footwear for hiking / indoor running shoes for gym
- **Rubber boots**
- Rain coat / jacket
- Hat
- Sunglasses
- Sunscreen and bug spray

School Work / Entertainment:

- Sketchbook with pencils and/or pens or tablet / phone etc. for project work and journaling
- Camera / Camera on Phone or iPod

Accommodations:

- Toiletries - toothbrush, toothpaste, deodorant, face wash etc.
- Towel (for dorms)
- Sleeping bag and pillow (no linen provided at Medicine Hat College)
- Foamie or air mattress (some students will be sleeping on the floor in the dorms)

Please no skateboards, scooters or roller blades.

The school is not responsible for lost or stolen items.