

## **Westbound - 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. Wunsch of all medical supplies.**

### **Food:**

- Bagged lunch for first day
- Snacks (cheaper than buying)
- Re-fillable 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 climbing wall
- **Rubber boots**
- Rain coat
- Warm jacket
- Hat/Mitts/Toque
- Sunglasses
- Sunscreen /Bug Spray

### **School Work / Entertainment:**

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

### **Accommodations:**

- Toiletries - toothbrush, tooth paste, deodorant, face wash etc.
- Towel (for Elevation Place)

Please no skateboards, scooters or roller blades.

**The school is not responsible for lost or stolen items.**