

Packing List

The OFAH will provide all necessary equipment for all meals and activities while you are at the Women's Outdoor Weekend; however, there are a few things that you will need to bring on your own.

What to bring: Please do not come without these critical items

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| <input type="checkbox"/> Sleeping Bag | <input type="checkbox"/> Warm sweater | <input type="checkbox"/> Suitable outdoor footwear |
| <input type="checkbox"/> Pillow | <input type="checkbox"/> Change of clothes (3 days' worth) | <input type="checkbox"/> Extra pair of shoes |
| <input type="checkbox"/> Toothbrush | <input type="checkbox"/> Rain gear | <input type="checkbox"/> Sun screen |
| <input type="checkbox"/> Toothpaste | <input type="checkbox"/> Swim suit | <input type="checkbox"/> Day pack |
| <input type="checkbox"/> Suitable toiletries | <input type="checkbox"/> Towel | <input type="checkbox"/> Hat |
| <input type="checkbox"/> Shampoo | <input type="checkbox"/> Wash cloth | <input type="checkbox"/> Water bottle!!! |
| <input type="checkbox"/> Soap | | <input type="checkbox"/> Flashlight |
| <input type="checkbox"/> Long pants | | |

Some optional items include:

- Camera and film (batteries as needed)
- Sunglasses
- Mosquito head net
- Insect repellent
- Water shoes/sandals

Please keep in mind:

The Kinark Outdoor Centre does have showering facilities if you wish to use them, however you will need to provide your own toiletries and towels.