

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:

- Sleeping Bag
- Pillow
- Long pants
- Warm sweater
- Change of clothes (3 days')
- Rain gear
- Suitable outdoor footwear
- Extra pair of shoes
- Hat
- Water bottle!!!
- Day pack
- Sun screen
- Flashlight
- Towel
- Wash cloth
- Suitable toiletries
- Toothbrush
- Toothpaste
- Shampoo
- Soap



Some optional items include:

- Camera
- Sunglasses
- Insect repellent
- Sandals
- Shower shoes/sandals
- White 100% cotton t-shirt for tie dye activity on Friday
- **Don't forget cash for raffles and draws**

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.

