



LEARNING BY THE LAKE SINCE 1966

Eagle Crest Outdoor Centre Program Packing List

Provided is a list of items that will help make your son or daughter's experience at Eagle Crest Outdoor Centre (ECOC) more enjoyable. Participants are encouraged to pack according to the current weather conditions, so please check the day's forecast before packing for your trip.

([Local Weather for ECOC](#))

ECOC will provide all sports and activity equipment needed to ensure a safe and enjoyable experience for every student!

Things to Bring - Everyone

All participants should bring:

- **A packed lunch, snacks, and refillable water bottle (NUT FREE snacks only, refer to your school's allergy policy).**
- Bug jacket & repellent.
- For water activities: bathing suit, towel, (water shoes or sandals are optional).
- Sun-safe items: hat, sunglasses, sunscreen (SPF 30).
- Light jacket or sweatshirt.
- Rain jacket & pants - all activities run in rainy conditions (rubber boots optional).
- Sturdy running shoes (closed-toe). Crocs do not count as closed-toed shoes.

Things to Bring - Overnight Groups

In addition to the items listed above, overnight program participants should also bring:

- Warm sleeping bag, single fitted sheet & pillow. Cabins are not heated and can be chilly in the early and late seasons.
- Change of clothes for each day and personal care items (toiletries).
- Flashlight.
- Extra layers and warm clothes if the trip is forecasting poor weather conditions.

THINGS NOT TO BRING...

- Large amounts of money
- Aerosol spray cans.
- Video games, iPods (may be used on the bus ride here), tablets, cell phones etc.
- Any type of knife or weapon.
- Matches or lighters.



EAGLE CREST OUTDOOR CENTRE

Box 448 Sundridge ON, P0A1Z0

Website: www.ecoc.ca

