

NORVAL OUTDOOR SCHOOL RECOMMENDED CLOTHING LIST Foundation Year / Form 7 – Spring Season Overnight

This clothing list is offered as a guide to students packing for a trip to the Norval Outdoor School. Please take into account the time of the season and current weather conditions when packing. All items should be identifiable and packed in a single large bag to facilitate loading on the bus. **PLEASE KEEP THIS IN A SAFE SPOT UNTIL THE TIME OF YOUR TRIP.**

ESSENTIAL ITEMS

Socks (wool is a better insulator for cold weather)	towel	insulated jacket
underwear	soap	mitts or gloves
T-shirts	brush/comb	toque
long sleeved shirts	toothbrush	long underwear
sweatshirt/fleece wear	toothpaste	turtlenecks
jeans/sweatpants	sunscreen	hooded sweatshirts
pyjamas	flashlight	
hat	water bottle	OPTIONAL ITEMS
1 pair of rubber boots	*sleeping bag (*Bring either one sleeping bag good to -15°C or two bags to sleep one inside the other.)	shampoo
1 pair of hiking/walking shoes		reading book
1 pair of indoor footwear		camera
rain gear (jacket and pants if available)	*pillow (*We do not supply pillows for camping out.)	musical instrument

Students will be sleeping out in unheated tents or cabins.

PROHIBITED ITEMS

The Prep and Upper School Family Handbooks clearly list those items which are not permitted on the College grounds in Toronto and Norval. Items such as pocketknives and matches are unnecessary and too often have resulted in injury to inexperienced users. All equipment for program purposes not listed above will be provided with the appropriate supervision.

The menu at the Norval Outdoor School is varied and substantial. Additional snacks are unnecessary and discouraged, as they may be dangerous to visiting students with food allergies.



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The Norval program is full and demanding. **Students should not bring valuables, or electronics such as cell phones, iPods or portable gaming systems.** Parental assistance and support in these matters is sincerely appreciated