

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)
underwear
T-shirts
long sleeved shirts
sweatshirt/fleece wear
jeans/sweatpants
pyjamas
hat
1 pair of rubber boots
1 pair of hiking/walking shoes
1 pair of indoor footwear
rain gear (jacket and pants if available)

towel
soap
brush/comb
toothbrush
toothpaste
sunscreen
flashlight
water bottle
***sleeping bag** (*Bring either one sleeping bag good to -15°C or two bags to sleep one inside the other.)
***pillow** (*We do not supply pillows for camping out.)

insulated jacket
mitts or gloves
toque
long underwear
turtlenecks
hooded sweatshirts

OPTIONAL ITEMS

shampoo
reading book
camera
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.

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