

## 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