

**GENERAL ITEMS ALL PARTICIPANTS SHOULD BRING
TO MAKE YOUR WEEKEND MOST COMFORTABLE**

All classes will be outdoors so you should bring clothing and footwear for Nova Scotia Fall weather, i.e. layers, rain gear, rubber boots, warm weather clothes, etc.
Bring a backpack or carryall bag and a water bottle and/or coffee mug for your off-site classes.
Nutritious snacks will be available.

Sleeping bag/blankets, pillow, extra sheet to cover mattress, additional bedding for cooler nights. Alarm clock	Personal toiletries, including towels & facecloth, shampoo, soap, toothpaste, tissues, hand sanitizer. Medications	Long pants, long sleeve/warm shirts or sweatshirts and/or warm weather clothes, i.e. shorts & t-shirts. Pyjamas, slippers, bathrobe	Camp chair or waterproof seating, backpack or fanny pack, bedside or head lamp/flashlight (batteries)
Water bottle & insulated mug for hot drinks	Rain jacket and water proof pants, windbreaker, extra socks	Sunglasses, hat, sun block, bug spray/jacket, toque	Sturdy, waterproof shoes/boots

WE ALSO SUGGEST BRINGING

Field guides	Camera/binoculars	Fireside musical instrument	Walking stick/poles
Cash or cheque for BOW merchandise		Sense of humour and willingness to try new things!	