

GENERAL ITEMS ALL PARTICIPANTS SHOULD BRING - WINTER 2023

All classes will be outdoors, so you will need to bring appropriate clothing and footwear for Nova Scotia Winter weather, i.e. layers, snow pants, warm jacket, warm winter boots (not dress boots), wet weather clothes, mitts/gloves, toque/winter hat, extra warm socks, etc. Bring a backpack or carryall bag and a water bottle or coffee mug for your off-site classes.

Nutritious snacks will be available

Accommodations are dorm style with 2-3 people assigned per room. Bedding is provided; however, you may wish to bring an extra blanket. Washroom and shower facilities are located in each room.

Bedding is provided. Alarm clock, bedside or head lamp/flashlight. (spare batteries)	Personal toiletries, including towels & facecloth, shampoo, soap, toothpaste, tissues, hand sanitizer. Medications	Long underwear, long pants, long sleeve/warm shirts or sweatshirts, fleece. Pyjamas, slippers, bathrobe	Sturdy, waterproof shoes/boots Indoor shoes/slippers
Camera/binoculars	Water bottle & insulated mug for hot drinks	Sunglasses, hat, sun block	Snowshoes, walking stick/poles if you have them

WE ALSO SUGGEST BRINGING

Fireside musical instrument

Cash or cheque for BOW merchandise, auction
e-transfer is available

Sense of humour and willingness to try new things!