

What to Bring

Each participant will receive a Summer Program T-shirt to be worn for the duration of the program. In addition, please bring the following items:

Recommended items:

- Prescribed medicine
- Wristwatch
- Alarm clock
- Rain coat
- Backpack
- Sunscreen
- Insect repellent
- Toothbrush and toothpaste
- Soap and shampoo
- Towel and facecloth
- Enough clothes for 5 days (long and short pants, long and short sleeves, socks, jacket, sweater / fleece)
- Nice set of clothes for banquet and for your presentations
- Running shoes
- photos of family
- extra blanket
- a plastic shower basket for carrying your supplies to and from the shower
- hair dryer
- slippers
- flip flops for the shower
- sandals, sneakers, and dress shoes
- bathing suit and extra towel if you intend to swim
- Bathing cap (required for swimming in the pool)
- Gym clothes - you will have access to all fitness facilities
- Gym shoes - absolutely no outdoor footwear allowed in the gymnasium
- Power adapter so you can use your cords in Canada
- Water bottle
- Hair ties, comb
- Stationary and Journal
- Camera
- Health card
- Bag for dirty laundry