



TRACKS Youth Program
Trent Aboriginal Cultural Knowledge and Science

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Things to pack:

- BACKPACK! – we walk often, so it's important that campers have their hands free!
- Reusable water bottle – filled with water!
- Lunch + 2 snacks – TRACKS is a nut-free environment, please be considerate!
- Winter boots – waterproof is a great idea
- Snow gear – both a winter jacket and snow pants are ideal
- Extra layers and/or clothes in case clothes get wet – especially socks!

Attire

It WILL be cold outside, but we will still be outdoors for most of the day! Your camper must wear clothing suitable for being outdoors in the cold (i.e. warm hat, mitts/gloves, snow pants, winter jacket, multiple layers, warm socks). Suitable winter footwear is required for many activities.

Lunch

Please pack a healthy lunch (litter-less, if possible, but glass containers are not recommended) and two snacks each day. Ensure that your camper has enough water to keep them hydrated while playing outdoors. IT's hard to remember to stay hydrated in the cold Winter, but it is just as important as during the Summer! **TRACKS is a nut-free environment for the safety of all staff & campers.**

Electronic Devices

We are not responsible for lost/damaged/stolen items. We encourage campers to leave all valuable objects (including cell phones) at home. Electronic items will not be permitted throughout the day.