

# What to Bring to an Overnight BGI Program

**Weather in the Rockies is very unpredictable.** Be sure your student is prepared for mountain weather, which means many layers. The following is a recommended list of clothing and equipment. If your child doesn't have all of the outerwear, please don't buy it – try borrowing it from friends. We have extra jackets/rain pants and enough rubber boots to fit most sizes if you don't have your own.

## Clothing

- 1 warm sweater
- 1 rain jacket or winter jacket depending on season
- 1 pair of rain pants or snow pants if coming in winter
- 1 warm hat (even if you're coming in spring!)
- 1 baseball hat and/or sunglasses
- warm, water proof winter gloves (more than one pair) for winter program
- 1 pair of walking/hiking shoes
- Indoor shoes or slippers
- Winter Program**-1 pair of waterproof winter boots (NOT UGGS) for DEEP snow
- Spring/Fall Program** - 1 pair of rain boots at least calf height

## Personal Items

- 1 day-pack – no string backpacks, purses or messenger bags
- water bottle** or thermos
- pencils + calculator
- NUT-FREE lunch– pack more than you think you need
- Garbage free lunch
  - Re-Useable Lunch bag & Tupperware
- Any required medication – **epi-pens**, Benadryl, prescriptions...
- Toothbrush and toothpaste
- Bathroom things i.e.; shampoo, body wash, deodorant etc
- Pyjamas
- Extra socks!
- Extra pants!

**NOTE: You DO NOT need a sleeping bag or pillow**