

What to Bring to Gould Lake Each Day

You should bring the following items to Gould Lake each day.
Your program staff will let you know when you need to bring your Clothing/Gear for trip.

Item	Use/Type
Lunch & Snacks	Please ensure all food is peanut and tree nut free.
2-4L of Water	We do not have running water at Gould Lake. However, we do keep jugs of water on hand as well as water purification equipment (i.e. water pumps)
Personal Floatation Device (PFD)	Canadian approved - proper fit with all buckles & straps in working order. If you do not have a PFD, you can borrow one of Gould Lake's Note: Outdoor Escape Students - we will provide you with a PFD/Lifejacket to use. If you have one at home, feel free to bring it.
Running Shoes	For fitness activities (including portaging) *not sandals*
Swim Suit & Towel	We recommend students opt for durable, functional one-piece bathing suits or swim shorts/swim shirt sets.
Sunscreen, Lip-block, Sunglasses	Minimum SPF 15 / UVB/UVA (broad spectrum) sunglasses with UV protection
Insect Repellent	Optional
Hat	For sun protection
Rain Gear & Warmer Clothes	In case it rains &/or is cold
Change of clothes	In case the others get wet
Program Manual	If your program has a manual you will receive it on Day 1.

The Gould Lake Outdoor Centre will provide each student with a paddle and all other equipment required for the days spent at Gould Lake.

DO NOT BRING

Any alcohol, cigarettes or any other non-prescribed drugs- you will be sent home and/or evacuated from the course.