

The Shad Carleton Packing List

To Bring:

Personal Items

- Bio-tile (MUST HAVE)
- ShadSpeak (MUST HAVE)
- Cultural Item for Cultural Night
- musical instrument if you play one with sheet music (optional)
- Cell Phone (optional)
- Laptop (optional)
- Toiletries (Shampoo, conditioner, soap, toothbrush/paste, deodorant, etc.)
- Reading material

Footwear

- Running Shoes (need to have one pair that are closed toe)
- Sandals or Flip/Flops
- Hiking Shoes (optional)
- Water Safe Shoes (optional)

Clothing

- Clothes that can be permanently soiled
- Casual/Comfortable Clothing
 - o Hoodie/Sweater
 - o Long pants
 - o Shorts
 - o A few Long Sleeve T-shirts
 - o At least 10 Short Sleeve T-shirts (Weather in July in Ottawa is on average 33 degrees Celsius)
 - o Undergarments
 - o Sleepwear
 - o Socks
 - o Swim Suit
- [Professional Business Attire](#)
- Light Jacket (wind/rain)
- Hat (sun/rain)



SHAD
CANADA



Documents and Medications

- Photo ID
- Health Card
- Medical Insurance Card (if applicable)
- Bank Card (optional)
- Medication (if needed)
- Prescription Refill Note (if applicable)
- Extra pair of glasses/contact (if applicable)

Outdoor Gear

- Sleeping Bag
- Reusable Water Bottle
- Sun Screen (minimum SPF 30)
- Sunglasses
- Insect Repellent
- Flashlight (preferably a headlamp NOT your phone)
- Beach Towel
- Backpack
- Foam sleeping mat (NOT an air mattress)

DO NOT Bring

- Tents
- **Air Mattress**
- Automobile
- **Bed Linen (they will be provided)**
- **Shower Towels and face clothes (they will be provided)**
- Passport (unless international)
- Gaming systems
- Piano (we have an electric piano)
- Pets
- Cigarettes (or anything that looks like cigarettes)
- Energy Drinks
- Any dangerous goods or weapons
- Perfumes, colognes or other strong scents
- Expensive jewelry or other valuables