

THINGS TO BRING (F)

Please make sure that you have the following items with you before you depart for Canada:

- Your medical insurance policy/ insurance card: You must provide us with a copy upon your arrival in Canada. Please bring an extra copy along!**
- Any personal medication** you are required to use. You must state this on your application form, tell the program director and your homestay family.

- Long sleeved polyester, lightweight fleece, and wool or nylon shirt.
- Cotton t-shirt (warm weather), polyester t-shirt for colder weather.
- Hat and sunglasses (for sun protection).
- Woolen or fleece hat (for cold nights in the mountains)
- Waterproof and wind resistant jacket.
- Waterproof pants.
- Sturdy hiking shoes (worn in) or trail runners.
- Warm wool or fleece sweater.
- Insulated gloves (not mittens or wool gloves).
- Bathing suit, swimming trunks or shorts.
- Casual-wear shorts.
- Warm pants for after hiking, **NO JEANS.**
- Cotton socks and thick wool or synthetic (nylon) socks.
- Small towel.
- Toothbrush and personal hygiene effects.
- Flashlight
- Sleeping Bag (minimum insulation to minus 10^C).
- Backpack (internal frames only; (You can rent a backpack, but we recommend you to bring one or buy one in Vancouver, because we go hiking very often the cost of renting one will be almost the same if not more than buying one. There are places in Vancouver where you can also buy used camping and outdoor gear. Eg: <http://sportsjunkies.com>

- Optional: Pocket knife (with retractable blades) (Don't forget **MUST GO INTO YOUR CHECKED IN LUGGAGE. DO NOT BRING IT INTO THE CABIN**)

- Optional: Money belt.

WE WILL PROVIDE YOU WITH

- A sleeping pad, pots and a camping stove
- A first aid kit (each team will have one and will be trained in its use)
- A compass (for use only)
- A tent (shared with other participants)
- Any applicable or necessary camping or outdoor equipment (not included are sleeping bag, back bag, shoes and clothes)

- Room and board for the duration of the program
- Courses & training
- An experience of a lifetime
- New friends for life

We recommend that you do not bring large sums of cash, expensive equipment (such as cameras or jewelry) or fragile items. **Please do not bring any food items with you to Canada as this may cause delays at Canada Customs.*

FINAL CHECK OF ALL FORMS WE NEED FROM YOU

Form A1 “Application Form Program” with short answers

You must submit Form A with answers to one of the 4 topics to register.

Form A2 “Application Form Homestay “

Form B Medical Certification from a doctor accompanying Form A1.

Forms C to F can be submitted at a later date but must be in our files 4 weeks before the start of the program.

FORM C Parental Permission & Waiver

FORM D Activity Waiver

FORM E Trailblazer waiver FORM E1 Cliffhanger waiver

FORM F What to bring final check list

Trailblazers International Outdoor Adventure Program

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