



# What to Bring: Lake Park Society Programs

While LPS will provide safety equipment and group gear, we rely on each participant to arrive prepared. This will help ensure that we have a fun day together! We will be spending the full day outside, rain or shine. It is often colder at Cumberland Lake Park than other parts of the Comox Valley. There are limited covered spaces, and no heated spaces. Please review the list below, and pack accordingly. We also encourage you to review this [“What to Wear for Outdoor Teaching and Learning”](#) graphic (created by the Child and Nature Alliance of Canada).

## Each participant must have:

- Fully completed **consent form** (informed consent form for minors, waiver for adults)
- A comfortable and appropriately-sized **backpack**
- A **rain jacket** (\*down jackets are not usually waterproof)
- Rain pants** (\*these make a HUGE difference in a wet forest or canoe ride!)
- Comfortable, **closed-toe shoes** that you can hike, run, play, and get wet in. (\*gumboots or waterproof hikers/runners are a must on rainy days)
- Clothes that can get adventurous** and come home dirty
- Warm layers** (\*preferably wool or fleece - cotton gets cold when wet!)
- A full, **750+ mL water bottle**.
- A **picnic lunch**. Lunch is not provided and we may eat in the forest or on the shore. Lunch deliveries after the start of the program, including hot lunches, are not possible.
- A **snack**. We stop to eat around 10:30 AM.
- A **warm hat and warm gloves** on cold days (even if it is sunny!)
- Sunscreen, sunglasses and a hat with a brim** on hot days
- Any necessary **medication(s) or other personal items**. Participants with any known anaphylactic allergy must bring an **EpiPen**, stored in a waterproof container/bag.

## Please don't bring:

- Electronic devices such as phones and cameras (except for teachers/adults). They risk getting wet and we aim to enjoy a day without screen time.
- Swimsuit - we will not be swimming during any LPS School Program