



What To Bring To The Lodge

(x)

Items to Bring

- A VALID PROVINCIAL HEALTH CARD IS MANDATORY.**
- Personal Towels**
(hand towels, face clothes, bath towels and bathmats)
- Personal Toiletry Items**
(toothbrush, toothpaste, shampoo, conditioner, hairbrush/comb, razor, shaving cream, feminine hygiene products, deodorant, hand and soap, and all other personal hygiene items)
- 4 Changes of Clothes** is recommended, but not mandatory
(Clothing should be seasonally appropriate and comfortable to wear. Loose, comfortable clothing is recommended for the fitness centre)
- Outdoor Wear** which is seasonally appropriate recommended
- Sweat Lodge Attire** may be required
(women--long dress/skirt, men--shorts and towels for inside the sweat lodge)
- Comfortable shoes** are recommended
- All Medications** currently being used by yourself and/or your family
- Diapers, formula, clothing, comfort items and favourite toys** for families travelling w small children. Please ensure you have enough diapers and formula for the duration of the stay
- Small Amount of Spending Money** is recommended, but not mandatory
- Small Alarm Clock/Radio, Family Photos** is recommended to help your living quarters feel a little more like home and make your stay more enjoyable
- Personal Reading Material**

THE LODGE IS DESIGNATED NON-SMOKING
(Smoking is permitted outside of the building)