



**Inside Education  
Professional Development Program  
*Suggested To-Bring List***

- One suitcase or backpack
- Casual clothes for all program and social events
- Outdoor gear (rain jacket, toque, mitts, layers - don't forget we go out rain, snow, or shine!)
- Comfort items for the bus ride
- Small pack for day trips (for water bottle, snacks, medications, comfort items, etc.)
- Travel mug (if you like your coffee to-go)
- Water bottle
- Writing utensils & a notebook
- Sunscreen, hat, & sunglasses
- Personal Medications - don't forget that some programs include long journeys on a bus that can get a bit bumpy, so bring meds for motion sickness if you need them! Many of our tours are outside, so be prepared with environmental allergies as well.
- Personal items - for the comfort of all of our participants please keep perfumes, after-shaves, and other highly scented products to a minimum
- For site tours:
  - Sturdy close-toed shoes for indoor site visits
  - Weather-appropriate shoes for outdoor site visits (consider muddy or slippery conditions)
  - Long pants may be required for all site tours - check your participant email for details
- Willingness to learn, listen, and laugh with new friends from across the province!

**Due to the amount of travel, and limited storage space, we appreciate it if you keep your belongings to a reasonable minimum!**

See you soon!