



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!