



Professional Development Program To-Bring List

- One suitcase or backpack for clothes
- Small pack for day trips (carry extra sweater, camera, water bottle, snacks, medications...)
- Outdoor gear (rain jacket, toque, mitts, layers) -- very important, we go out rain or shine
- Sturdy shoes or hiking boots (runners are okay, but can get dirty)
- Casual clothes for all program and social events (keep yourself comfortable!)
- Long pants and closed-toed sturdy footwear are required for all site tours
- Slippers or warm socks (optional -- for inside the hotel/dorm/common areas)
- Travel mug &/or water bottle - for those of you who like your coffee to-go!
- Writing utensil(s) & a notebook
- Camera and/or small video camera
- Sunscreen & Sunglasses
- Personal items (toothpaste, shampoo, etc.); for the comfort of all of our participants please keep perfumes, after-shaves and other highly scented products to a minimum
- Personal Medications - (Some programs include flights and bus travel that may be a bit bumpy, so if you're one to get a little queasy don't forget to the bring the gravol!)
- Cell phone and/or calling card

Due to the amount of travel, and limited storage space, we appreciate it if you keep your belongings to a reasonable minimum. Things we don't have room for: fishing rods, golf clubs, bicycles, and children/spouses/friends/tag-alongs.

Don't forget your smile! See you soon ☺