Congratulations! You have been accepted into the Spiritual & Mental Wellness 5 Week "On the Land" Healing Camp at Jackson Lake

The following is a list of the **only** items that you can bring. Leave everything else at home. If you do forget and bring other items, they will be put in safe keeping for you until the end of the 5-week camp.

Personal Items

- ☐ Shampoo, soap, shavers and shaving cream etc.
- ☐ Towel and facecloth (provided, but you may want your own)
- ☐ Sun screen to prevent sun burn
- ☐ insect repellant (bug dope)
- ☐ Enough tobacco/rolling papers/cigarettes for a five-week camp

Prescription Medication

- ☐ Prescription medication in blister packs prescribed by your doctor/nurse and approved for use in the program by the doctor doing your medical examination

Footwear and Clothing

- ☐ Enough clothes for at least 7 days **
- ☐ Hiking boots
- ☐ Running shoes
- ☐ Rubber boots (optional)
- ☐ Easy slip-on shoes or moccasins
- ☐ Warm socks
- ☐ Warm jacket and boots (Jackson Lake is between 5 to 10 degrees colder than Whitehorse)
- ☐ Lighter jacket or fleeces/sweatshirts for layering
- ☐ Rain jacket and rain pants
- ☐ Hat for sun or rain
- ☐ Regalia or clothing for the Welcome Home ceremony
- ☐ Appropriate clothing for Sweat Lodge (Cotton)

Equipment and Craft Materials

- ☐ Flashlight
- ☐ Drum, rattle, musical instruments
- ☐ Personal art or craft materials

Optional - you may want to bring an additional blanket or sleeping bag for added warmth

(Sheets, pillow, and a quilt are provided)

**There is a washer and dryer at camp to do laundry