

# LIST OF MATERIALS

*SUMMER - (7 nights)*

**Base de Plein Air**  
**Mont-Tremblant** 

## CLOTHES

- 2 warm sweaters
- 5 T-shirts
- 2-3 Pants
- 2 Swimsuits
- 3 Shorts
- 8 Underwear
- 8 Pairs of stockings
- 2 Pajamas

## ACCESSORIES

- 1 bottle of water
- 1 pair of sports shoes
- 1 Pair of water shoes, crocs or old shoes
- 1 Raincoat
- 1 Hat or cap
- 1 hand towel and 2 beach towels
- 1 Toiletry kit (washcloths, toothbrush/hair, toothpaste)
- 1 Shampoo, soap, etc.
- 1 box of tissues (if needed)
- 1 Tube of sunscreen
- 1 mosquito repellent and 1 antihistamine (Benadryl)

## CAMPING

- 1 backpack
- 1 sleeping bag
- Flashlight, decks of cards, books (as needed)

## OPTIONAL

- 1 outfit for the party (jeans, shirt, dress, etc.)
- Accessories, old-time style costumes for the theme of the week.
- Bedding for single bed. (BPA provides: 1 sheet, 1 pillow, 1 pillowcase)

## MEDICATION

**\*All medications (melatonin, Tylenol, Advil, etc.) must be given to the reception upon your arrival.**

- Prescription drugs, if necessary. (Return to Home)

## PROHIBITED

Electronic games, cell phones, MP3, candy, chips, knife, etc.

**THE OUTDOOR BASE IS NOT RESPONSIBLE FOR THEFT AND LOST ITEMS  
WE ADVISE YOU TO IDENTIFY YOUR CHILDREN'S ITEMS**