

Personal equipment (mandatory)	
Article	Quantity
Back pack / sports' bag	1
Full water bottle	1
Paper and pencils	1
Black garbage bag	3
Large "ziploc" bag	1
CARTE D'ASSURANCE MALADIE or photocopy	1
Glasses security cord	1
Personal essential toiletries	1
- Washcloth	1
- Soap	1
- Shampoo	1
- Towel	1
- Tooth brush and tooth paste	1
- Kleenex packs	2
Female personal articles	
- Sanitary napkins	N/A
- Hair elastics and hair pins	N/A
- Hair brush	1
Male personal articles	
- Shaving kit (if necessary)	1
EpiPen, asthma pumps and other medication	N/A
Prescription for medication	N/A
Rain suit (top and bottom)	1
Warm fall/winter coat	1
Warm mittens or gloves	1
Hat	1
Scarf or neck warmer	1
Pair of warm walking boots	1
Warm sweater	2
Pair of warm pants	2
T-shirt or undershirt	3
Underwear	2
Pair of wool socks	3
Winter underwear (long johns)	1

Personal equipment (optional)	
Article	Quantity
Winter sleeping bag	1
Ground mat	1
Small pillow	1
Pair of sunglasses	1
Pair of work gloves	1
Pocket knife (blade less than 4 in) (Level 3 and +)	1
Whistle	1
Flashlight and batteries	1
Roll of rope	1
Radio "cobra" (Level 5 and +)	1
Small shovel	1
Small Ax or Saw (Level 5 and +)	1
Tarpaulin	1

Personal equipment (forbidden)	
Article	
Suitcase (any size)	
Jeans	
Matches	
Lighters	
Cigarettes	
Alcohol	
Drugs	
MP3 / I-pod	
Cell phone	
Food	