

PACKING LIST

*Please be aware that the ERU training takes place in a rural setting with accommodation in shared cabins (bunk beds). For this reason, it is **CRITICAL** that you plan your wardrobe accordingly. This is not a comprehensive list of items since we can not predict the weather during the week of training. Temperatures in Ottawa at this time of year may vary from 9-20°C. Layers of clothes are best to allow for easy removal during the day or variations in temperature. Keep in mind that you will be sleeping in cabins without heat, therefore plan to bring a sleeping bag.*

NOTE: Non-reimbursable expense: excess baggage or personal storage of items (with exception of existing contract arrangements, up to 1 piece of luggage where airline fees apply, and extra items preapproved and requested to carry)

Please also bring the following to the training:

NB Hand luggage should have sufficient items to keep you going for 2 days in the event of lost luggage

- Rain gear
- Sleeping-bag
- Pillow
- Wind / Water breaking shell
- Layers of casual clothing that you can work and move easily with
- Sturdy, waterproof footwear
- Items for cooler night-time temperatures: light gloves, warm head covering or hat, etc.
- Flashlight/headlamp
- Towel
- Sufficient personal hygiene items/toiletries and other personal items (eyeglasses, contact solution, etc.)
- Insect repellent
- Sunscreen, sunglasses
- Mobile phone – if you have one, please bring it and the charger
- Laptop – although this is not mandatory, delegates in past trainings have found it useful to have their own during the week. This being said, we can not be held responsible for any damage that might occur to your personal laptop during field-based training, so the decision is up to you. There will be a limited number of team laptops available for training purposes, but do not expect to be able to use these for personal email communication with friends/family.

One last thing..... WE ARE NOT RESPONSIBLE FOR YOUR PERSONAL ITEMS DURING TRAINING SO PLEASE LEAVE ANY VALUABLES AT HOME.