

## **WHAT TO BRING FOR A WEEKEND at ALBERTA APHASIA CAMP**

- **Clothes** for both warm and cold weather. **Comfortable clothes** for activities such as yoga, canoeing, and walking. A warm **jacket** for the evening.



- **Sturdy shoes** for outside



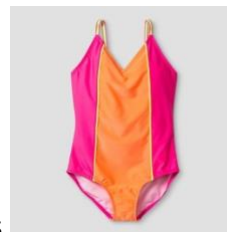
- **Indoor shoes** for your cabin and/or in the lodge



- **Flip flops** for shower or lake if you would like



- **Swimsuit & towel** if you will participate in water activities





□ Rain gear – **Umbrella, rain boots** and rain jacket



□ **Bedding** - such as sheets, blankets or sleeping bag & **pillow**



□ Your **medications**



□ **Toiletries**



□ **Towels** (bath towel, hand towel and washcloth)



□ Sunscreen, bug spray & **hat!**

- **Flashlight**...for ease of getting around after dark!



- Personal snack items if you want (**we serve breakfast, lunch and dinner**) There will be some access to the kitchen fridge if you need to bring any special food items. All snack items must be **nut free**.



- Personal **conversation book** or **Augmentative and Alternative Communication device**



- **iPad/iPhone/Smart phone/Tablet** if you want to take photographs or if you will be participating in our “apps and technology” session



- Camera if you want to take photos

Please note: we will be taking photos, printing them and providing them to campers throughout the weekend

- **A few 4 x 6 photos** of pets, family members, special events, etc. to add to photo / conversation books provided to you at camp. Please write details on the back of each photo!

