

PACKING LIST FOR BOARDING STUDENTS

STUDENT'S NAME SHOULD BE ON ALL ITEMS, INCLUDING CLOTHING.

Personal Items

Please Note: Hygiene products, laundry detergent, etc. can be purchased locally and charged to the student's expense account.

- Toothbrush, toothpaste and dental floss
- Shampoo and conditioner
- Deodorant (unscented)
- Soap
- Hairbrush
- Bedding – Pillows, sheets (2 sets) and comforter (twin)
(pillows and/or comforters should not be down-filled due to allergies)
- Bath towels, face cloths, hand towels, shower puff
- Gym/beach towels
- Water bottle
- Alarm clock
- Back pack
- Laundry basket or laundry hamper
- Laundry detergent (unscented)
- Nail clippers, nail file
- Razors and shaving cream
- Flashlight/headlamp

SCENT SENSITIVE SCHOOL

In consideration of those with environmental sensitivities, Landmark East School strives to be a *Scent Sensitive School*.

Products that contain chemicals that negatively affect those with environmental sensitivities include perfume, cologne, body spray, hair products, deodorant, aftershave, soap, laundry detergent and fabric softener.

Clothing Items (at least seven days worth)

Please Note: ALL clothing must be School Appropriate (see "Dress Code" document)

- Pants
- T-shirts, tops and/or shirts
- Sweaters (includes jerseys, sweatshirts, hoodies)
- Shorts
- Socks
- Underwear
- Pyjamas
- Swimsuit

Students do their laundry once a week.

PACKING LIST FOR BOARDING STUDENTS (continued)

STUDENT'S NAME SHOULD BE ON ALL ITEMS, INCLUDING CLOTHING.

Footwear and Outdoor Wear

- 1 pair of sneakers for outdoor use
- 1 pair of sneakers for indoor use
- Rubber boots/hiking boots
- Light jacket (spring and fall)
- Rain jacket/rain pants
- Ball cap/sun hat
- Winter coat
- Winter boots
- Snow/ski pants
- Winter gloves and hat

Note: Winter clothing is available for purchase locally in season

Optional Items

- Laptop, Tablet
- Cell phone
- Camera
- Sports equipment (in season) — ice skates, skis, ski boots, ski helmet
- Bicycle and bicycle helmet (Nova Scotia law requires that helmets be worn)
- Sun glasses
- Sunscreen
- Insect repellent