

BOARDING STUDENTS – WHAT TO BRING

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

Personal Items (Personal hygiene items and other personal items are readily available locally)

- Toothbrush, toothpaste and dental floss
- Shampoo and conditioner
- Deodorant (unscented)
- Soap
- Hair dryer
- Hairbrush
- Bedding – Pillows, sheets (2 sets) and comforter/duvet (twin) – not down-filled due to allergies
- Bath towels, face cloths
- Gym/beach towels
- Bath/shower mat
- Water bottle
- Gym bag
- Laundry basket and/or laundry bag – large enough to hold one week of laundry
- Laundry soap and fabric softener (unscented)
- Clothes hangers
- Nail clippers, nail file
- Razors and shaving cream
- Sewing kit (needle, thread)
- Extra shoe laces



In consideration of those with environmental sensitivities, Landmark East School strives to be a SCENT-FREE 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.

Optional Items

- Foam mattress pad (twin/single)
- Laptop, Tablet
- Cell phone
- MP3 player
- Camera
- Batteries
- Sports equipment (in season) — skates, skis, baseball glove, tennis racket
- Bicycle and helmet (Nova Scotia law requires that helmets be worn)
- Sports safety equipment (mouth guard, knee pads, etc.)
- Sunscreen, insect repellent

School Uniform Clothing:

- 3 white and/or light blue oxford dress shirts/blouse (wrinkle resistant)
- 5 white, light blue and/or navy golf shirts (polo shirts)
- 4 pairs navy and/or khaki pants (wrinkle resistant)
- 2 navy and/or khaki skirts, skorts or jumper dresses (or hunter green/navy blue plaid from Lands' End)
- 2 navy sweaters (cardigan or pullover)
- 1 navy tie (or hunter green/navy blue plaid from Lands' End)
- 2 black or brown belts (at least 1 black)
- 2 pair navy and/or khaki Bermuda shorts
- 5 pairs navy tights and/or knee socks (must be worn with skirt, skort or dress)
- 5 pairs black socks (must be worn with pants)
- 2 pairs black shoes (loafers or lace up) – closed toes, closed heels

Other Clothing:

- 1 pair sneakers for outdoor use
- 1 pair sneakers for indoor use
- 3 pairs pants (e.g., jeans)
- 5 T-Shirts
- 5 tops/shirts
- 3 sweaters (includes jerseys, sweatshirts, hoodies)
- 2 pairs shorts
- 10 pairs socks
- 10 pairs underwear
- Pyjamas
- Bathrobe
- Swimsuit
- Light jacket (spring and fall)
- Winter coat
- Winter boots
- Snow/ski pants
- Winter gloves and hat

Note: Winter clothing is available locally in season

Students do their laundry once a week.