



WHAT TO BRING

Transportation:

1. You will be taking a bus. You will be on the bus for approximately 3 hours, so make sure you eat a good meal before you go and your water bottle is full with you on the bus.
2. The departure date is **Friday July 6, 2018**. Time to report to bus stop is on the third page.
3. If you need help getting there on time, call your sponsor.

Personal Gear: (you will be hiking with your gear)

What to Bring:

1. Rain gear, shorts and heavy jacket
2. 3 days supply of clothes, bathroom supplies
3. Bathing suit and Towel
4. A tightly rolled and compact sleeping bag (no oversized bedding or blankets)
5. A small thermarest / foam sleeping mat (small and thin)
6. Hiking Boots and a second pair of footwear (flip flops for going to the lake, flip flops do not count as a second pair of shoes)
7. Water Bottle (Full for the bus ride)
8. Plate, Mug, Utensils
9. Flashlight
10. Sun Hat, Long sleeve shirt
11. Prescription Medications (if any)

What NOT to Bring:

1. Weapons
2. Buck Knives
3. Electronic devices (iphones, androids, MP3 players, tablets, etc.)
4. Tobacco / Vapor Cigarettes / Alcohol
5. Illegal drugs
6. Tents or tarps
7. Bug spray (it will be supplied for you)
8. Lighters / matches

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Creating healthy communities by building strong, spirited young men who can become great husbands, fathers, and leaders.



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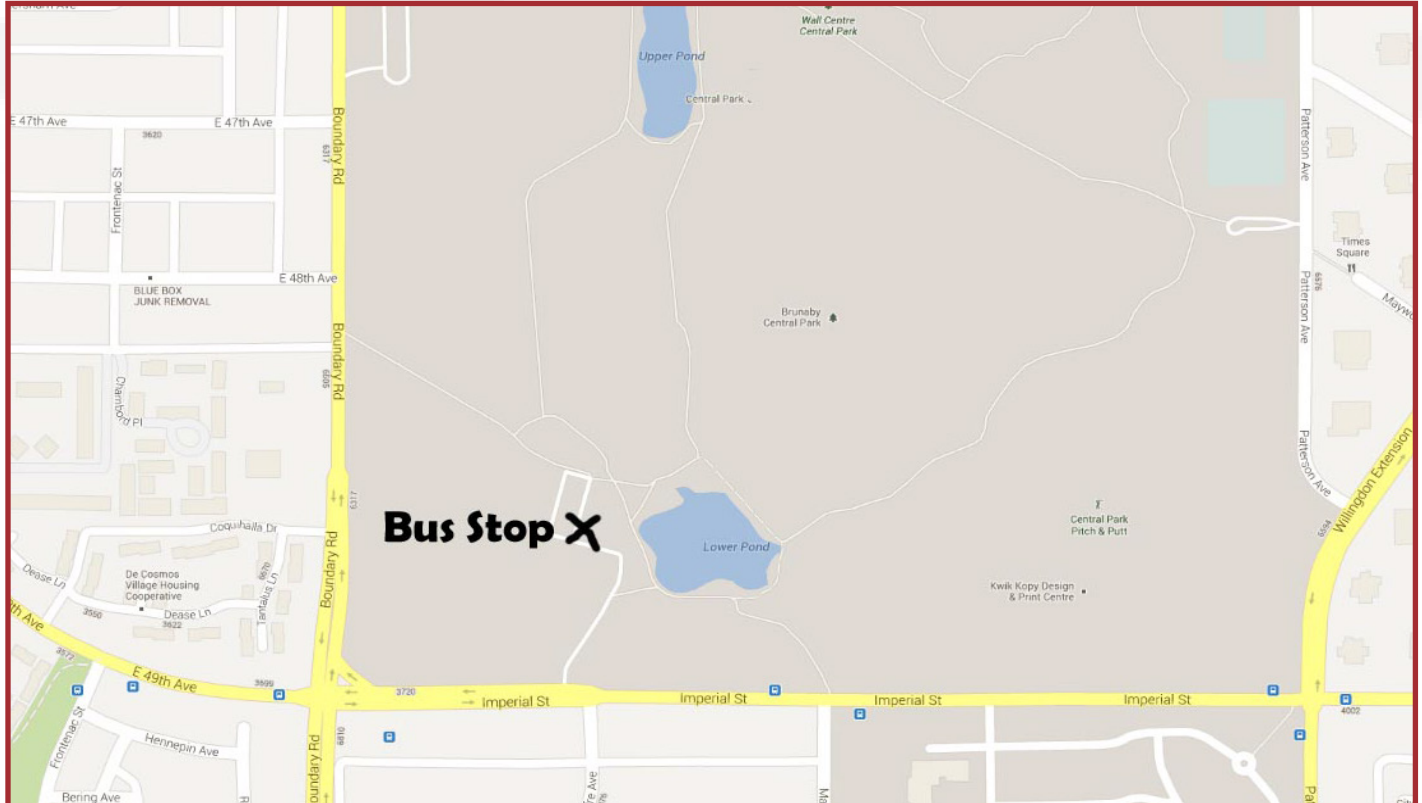
Young Men's Departure Point Number 1

Central Park South Parking Lot Burnaby, BC

You must be at this location **Friday, July 6th at 2 pm**

Click here to view map and directions online

Pick up your Young Man at this location **Sunday July 8th at 6:30pm**



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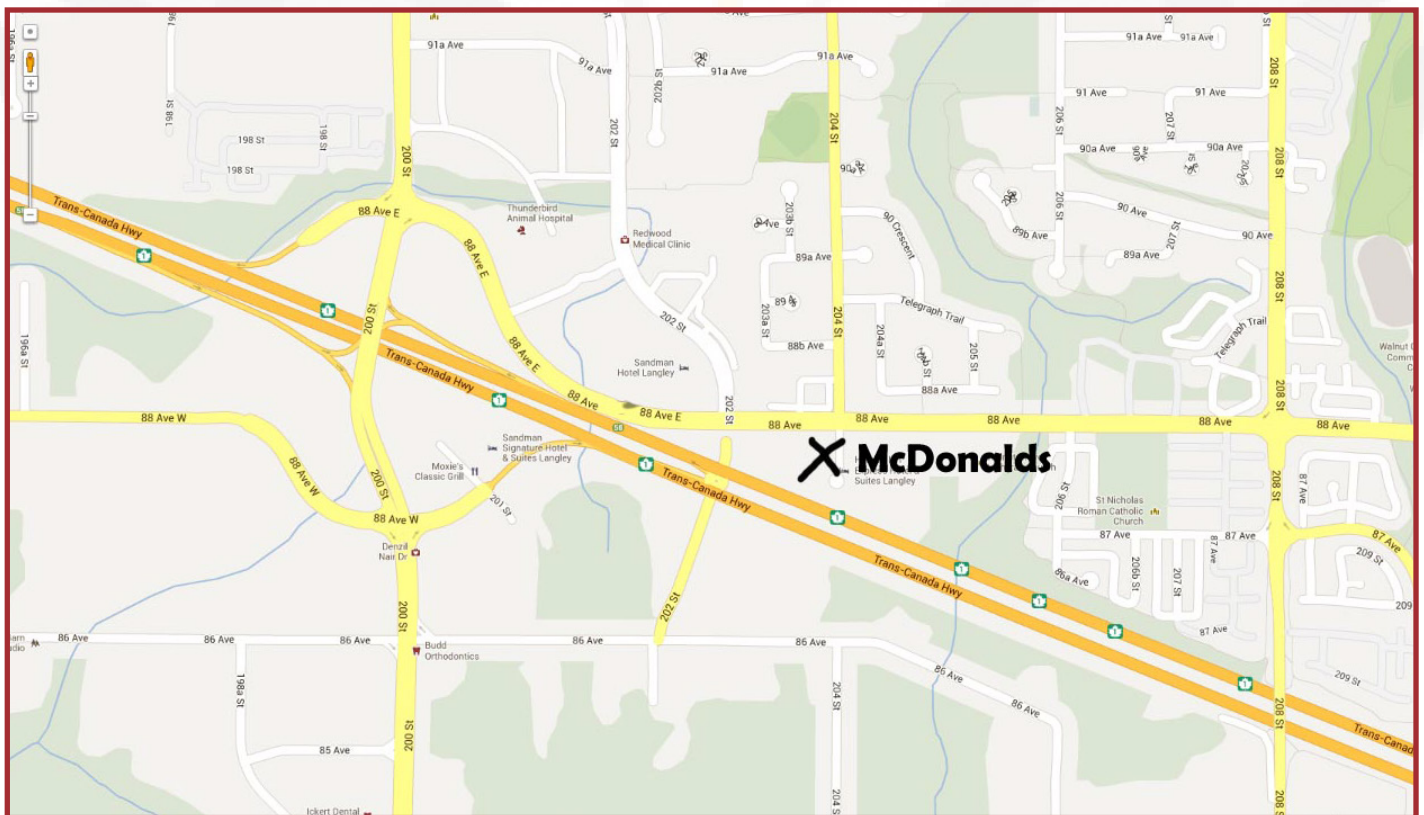
Young Men's Departure Point Number 2

McDonalds at 20394 88 Ave. Langley BC

You must be at this location **Friday, July 6th at 3:00 pm**

Click here to view map and directions online

Pick up your Young Man at this location **Sunday July 8th at 5:30pm**



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Note: Work with your sponsor to make sure you have all the required gear. Items from the “Do not bring” list may be confiscated and may be returned to you at the completion of the event.

In case of emergency call: **Brenda Beck** (H) 604-575-3193 (M) 604-785-2785
(Emergency line in effect from Friday 10am till Sunday 6pm)

Sponsor's Name: _____

Phone Number: _____

Email Address: _____



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