

Students at Kandalore

Welcome to Kandalore's winter program for 2006/2007! There are a few things that you should know about Kandalore before you arrive.

LOCATION

Kandalore is located on highway 35, north of Minden and south of Huntsville. Depending on your school's location, driving time to Kandalore is between one to four hours.

ACCOMODATIONS

The cabins are warm and provide you with a comfortable place to sleep. The toilets and showers are nearby, but not inside the cabin.

FOOD

Meals are prepared and served by the GB catering company ([insert link to GB catering company](#)). If you have special dietary needs (allergies, lactose intolerance, vegetarian, etc.) please let your teachers know in advance so that they can notify us and we can prepare alternate meal options for you.

A TYPICAL DAY AT KANDALORE

Most days at Kandalore will take place as outlined below; however, some of the timing may be different, depending on how many schools are using our facility at one time. Kandalore staff will notify you of any such changes so that you can be sure to make it to programs and meals on time.

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|-----------------------|---|
| 7:45am | Students may leave cabins |
| 8:30am | BREAKFAST |
| 9:15am-12:15pm | Morning activities in activity groups |
| 12:30pm | LUNCH |
| 1:15-2:00pm | Free time |
| 2:00-5:15pm | Afternoon activities in activity groups |
| 5:30pm | DINNER |
| 6:15-7:00pm | Free time |
| 7:00-8:30pm | Evening program with entire school |
| 8:30pm | SNACK |

Your teachers will determine curfews and lights out.

PROGRAM

Your teachers will divide you into the activity groups (10 - 14 people per group) that you will remain in throughout your visit. You will do all of the daily activities in these activity group but will have the opportunity to take part in some entire-school activities, usually in the evenings. A Kandalore staff will lead you through a variety of program activities, including cross-country skiing, snowshoeing, rappelling, low ropes, Inuit blanket toss, and group initiative and problem solving challenges.

What To Bring – Equipment List

Here is a list that should give you an idea of what to bring on your trip. Remember that most of what we do takes place outside and the weather can be very cold.

Please bring clothing that you are willing to get dirty and wet!!

- ❑ 1 packed lunch to eat when you arrive on the first day (nut-free please!)
- ❑ 1 winter jacket
- ❑ 1 pair of snow pants
- ❑ 3 pairs of pants (jeans not recommended)
- ❑ 3 long sleeve shirts
- ❑ 2 t-shirts
- ❑ 2 wool or fleece sweaters
- ❑ long underwear (tops and bottoms)
- ❑ underwear
- ❑ 4-6 pairs of socks (wool or fleece will be warmer)
- ❑ 2 winter hats
- ❑ 2 pairs of gloves or mittens
- ❑ 1 pair of good winter boots (these need to be insulated!!)
- ❑ 1 pair of indoor shoes
- ❑ 1 bathing suit (for the sauna)
- ❑ 1 towel
- ❑ 1 sleeping bag
- ❑ 1 pair of pajamas
- ❑ 1 pillow
- ❑ 1 water bottle
- ❑ sun screen
- ❑ flashlight
- ❑ toiletries
- ❑ disposable camera, watch and sunglasses are optional

WHAT NOT TO BRING:

- ❑ food (junk food, candy, items containing nuts)
- ❑ valuables: Discman, walkman, video games, cell phone, knives

Please Note: In the winter, buses are unable to drive up the Kandalore road. This means that you will be carrying your entire luggage into camp. The walk in from the highway is about 1 km, so please pack accordingly. You may wish to use a hiking pack or a knapsack and we suggest that you stick to our “what to bring” list.

We look forward to seeing you soon!