

What to Bring to Gould Lake Fall/Spring

You should bring the following items to Gould Lake for your visit.

Item	Use/Type
Lunch & Snacks	Please ensure all food is peanut and tree nut free.
2L of Water	We do not have running water at Gould Lake.
Running Shoes	No sandals please
Rubber Boots (optional)	Recommend for some programs (for example Pond Study)
Swim Suit & Towel (For early Fall and late Spring classes)	We recommend students opt for durable, functional one-piece bathing suits or swim shorts/swim shirt sets.
Sunscreen, Lip-block, Sunglasses	Minimum SPF 15 / UVB/UVA (broad spectrum) sunglasses with UV protection
Insect Repellent	Optional
Hat	For sun protection
Rain Gear & Warmer Clothes	In case it rains &/or is cold
Change of clothes	In case the others get wet

We encourage students to leave electronic devices at home or school and not bring them to the outdoor centre. For all on water activities the Gould Lake Outdoor Centre will provide each student with a paddle, lifejacket and all other required safety equipment required for the days spent at Gould Lake.