



## 4<sup>th</sup> Annual Neuroblastoma Family Retreat September 24 – 26, 2010

We will provide your accommodations, meals, and activities for the weekend. The following is a list of items that you will need to bring along.

Please note that Camp Ooch is a **peanut and gum free environment**, and that **smoking is not allowed anywhere on the grounds**.

### WHAT YOU NEED TO BRING:

<b>BEDDING (beds are all singles) sheets/pillows/sleeping bags</b>
<b>TOWELS</b>
<b>ALL PERSONAL TOILETRIES</b>
<b>HAIR DRYER</b>
<b>WARM CLOTHING</b>
<b>HIKING/STURDY SHOES</b>
<b>OUTDOOR JACKET</b>
<b>RAIN COAT &amp; BOOTS, UMBRELLA</b>
<b>PYJAMAS, ROBE &amp; SLIPPERS</b>
<b>INSECT REPELLANT</b>
<b>CAMERA</b>
<b>FAVOURITE SNACKS</b>
<b>FLASHLIGHT</b>
<b>MEDICATIONS</b>
<b>ALARM CLOCK</b>
<b>AT LEAST 1 ITEM (CLOTHING, ACCESSORY) PER FAMILY MEMBER IN THE THEME OF “PIRATES AND PRINCESSES”</b>
<b>MUSICAL INSTRUMENT (optional)</b>