



NL ATHLETE LEADERSHIP SUMMIT

PACKING LIST

April 24th – 26th, 2020

- **Medications** - Should be clearly marked and in blister packs with athlete’s name and scheduled times medications are to be taken. If medication is a spray/drops etc. must be in original packaging and clearly marked, then sealed in Ziplock bag.

Note: Medications (including over the counter medications), and MCP Card must be given to Mentor upon arrival of pick up Friday April 24th, 2020)

Toiletries and Clothing	
Toiletries	General Clothing/other items
<input type="checkbox"/> Toothbrush/toothpaste	<input type="checkbox"/> Pajamas
<input type="checkbox"/> Comb or brush	<input type="checkbox"/> Socks
<input type="checkbox"/> Deodorant	<input type="checkbox"/> Shirts (Special Olympics Shirts if available)
<input type="checkbox"/> Shaving supplies	<input type="checkbox"/> Underwear
<input type="checkbox"/> Feminine products (if necessary)	<input type="checkbox"/> Pants
<input type="checkbox"/> Hair dryer for those who need one	<input type="checkbox"/> Outfit for social activity
<input type="checkbox"/> Soap / Body wash	<input type="checkbox"/> Comfortable shoes/sneakers
<input type="checkbox"/> Shampoo / Conditioner	<input type="checkbox"/> Flashlight
<input type="checkbox"/> Mesh Laundry Bag if preferred	<input type="checkbox"/> Laptop - Athletes Using Power Point Workshop
<input type="checkbox"/> Shower Cady/Bag for Toiletries	<input type="checkbox"/> Dress Outfit for final Presentations if desired
<input type="checkbox"/>	<input type="checkbox"/>
Optional Items	
<input type="checkbox"/> Athletes may bring a game/music device and/or magazine(s)/novel(s) if they wish	
<input type="checkbox"/> Camera (athlete responsible for its safe keeping)	
<input type="checkbox"/> DVD Movie, there is a 1 DVD player on site in main lounge	

ALL clothing/articles/ should be clearly marked with athlete's full name.

This packing list is to be used as a reference guide to assist athletes and mentors.

Cell phones are permitted; however, their use will be subject to only scheduled times during the event. Cell phones will be held by mentors during activities and returned to the athlete for permitted times.

Please note – if an athlete brings any personal electronic devices such as iPad, iPod, etc., we cannot guarantee the safety of these devices. These items will be the responsibility of the athlete to secure.

There is a NO SMOKING POLICY and a NO ALCOHOL/SUBSTANCE POLICY for the duration of the event.

All athletes will be staying at Emmanuel Convention Centre April 24th-26th, 2020

IN CASE OF EMERGENCY, YOU CAN CONTACT YOUR ATHLETE BY CALLING THEIR MENTOR DIRECTLY OR:

SONL, Program Coordinator, Kim McDonald-Wilkes 709-293-1444