Welcome Guiders who have registered for the Adventure food and kitchen weekend.  Nov 22-24th at Bognor community Centre 597359 Grey Rd 29 Bognor

Arrival after dinner Friday– 6:30 and we will start the first session at 7:30 pm If you must be later, that is understood I need to know

Sunday we will bag a lunch/snack at breakfast and vacate by 12 noon as requested by the rental

Once the list of what you want to do is complete I will confirm what you will bring to dehydrate.

Most meals and all dehydrating will be done indoors, a couple of meals outside, plus outdoor sessions.

The hall has dishes, cutlery, utensils, pots, roasting pans, water jugs.  There are no fry pans or toasters.  The kitchen has a 6 burner propane stove complete with an oven, microwave oven, large upright cooler and a fridge/freezer.  The one item the hall doesn’t have is an automatic dish washer, but we do have 4 sinks in the kitchen.

 There is a fully accessible washroom on the main floor as well as washrooms in the lower hall.  The hall also has a chair lift to allow the upper and lower halls full accessibility.

 You can view the hall amenities on our website, [www.bognorcommunitycentre.ca](http://www.bognorcommunitycentre.ca/) .

Your clothing will include inside wear including footwear, a top layer in case it is cool and outside layers – footwear to headwear to have you comfortable outside for a couple of hours at a time.

Kit suggestion:
2 shirts /long sleeved shirt, hooded fleece and warm jacket/sweater/vest combo for down to freezing temp.
• long pants-2 pr
• Change of underwear and socks 1 per day, socks at least 1 extra pair• Shoes for outside, plus indoor footwear
• Raincoat with hood – no ponchos; rainpants or add another pr pants.
• Hat with brim, toque , gloves, sun glasses, lip balm
• Plastic bag for wet/dirty clothes
• Toiletries: towel, face cloth, soap, toothbrush, toothpaste,
hairbrush/comb, hair ties, sanitary supplies as needed – all in a bag or
container. Flashlight (headlamp is great), water bottle, sunscreen, ,
• We are inside for most of the weekend. And sleeping inside on the floor so bring a good “mat” with a sleep system for indoors.

Hot drink thermos your own insulated mug and if you have one a 12-14 oz wide mouth thermos – you will find out why this is very useful.

Any other items you feel will keep you happy and comfortable for the weekend.

Questions –

Ask margharper61@gmail.com

Cell to TEXT if needed on Friday of training. 705-340-8134