



YMCA's Across Southwestern  
Ontario

**Leadership & Challenge Centre**  
660 Oakdale Avenue  
Sarnia, ON N7V 2A9  
(519) 336 5950 ext. 228  
[www.yleadershipchallenge.com](http://www.yleadershipchallenge.com)

## What to bring

Please label all items with your first and last names

- Rain jacket and/or sweatshirt
- Sunscreen
- Water bottle
- Running or hiking shoes
- Appropriate outdoor/climbing attire

## What **NOT** to bring

- Electronic equipment
- Radios
- iPods
- MP3 Players

(Anyone with a cell phone will be asked to turn it off for the duration of the program)

**\*\*Photos\*\*** - Cameras and picture taking are encouraged  
(cameras on phones are not)

**Chaperones/Group Leaders/Y Staff make wonderful photographers**

