



## Island Lake Conservation Area & Alder Pool

### What you need to know:

Participants will kick off the day by enjoying outdoor sports and Canoeing, we are ending the day with a swim at the Alder Pool

### What You Need to Bring:

- Bathing Suit and Towel
- **Non Microwave** Lunch -Don't forget spoon/fork if needed
- Sunscreen and Hat, please apply sunscreen before loading the bus
- Shirt to wear for swimming
- Water Bottle
- Bug Spray
- Fitting Life Jacket