

LONG LAKE CENTRE

What to bring. What to expect.

Government of Alberta ■

Sustainable Resource Development

For a stay at Long Lake Centre, we would like to prepare you for a comfortable visit. We have outlined what you and your group can expect at Long Lake Centre and what participants may want to bring. Weather can be cool and wet year-round.

Long Lake Centre will provide:	Items for YOU to bring:
<p><u>Water</u> * Water is safe and tastes great - on-site treatment and tested weekly with health region.</p> <p><u>Dining Hall</u> * Projector, Screen, DVD Player, Speakers * Wood for fireplace</p> <p><u>Kitchen Essentials</u> * Commercial freezer, fridge and dry storage. * 40 qt. commercial mixer * Commercial convection oven * 2 gas ovens * 4 gas burners and commercial grill * Large pots and pans * 12+ large serving and mixing bowls * Buffet line with shallow and deep pans * Serving utensils and chef knives * 3-bin sink and 45 second dishwasher * 2 compartment commercial juicer * Commercial toaster * Coffee maker and hot water dispenser * Cleaning clothes and soap for tables</p> <p><u>First Aid Room</u> * AED and oxygen (certified users only) * 2 beds with linen * 3 piece bathroom * First aid supplies</p> <p><u>Accommodations</u> * Sleeping Bags available upon request * Wood for cabins * Heated and powered outhouses * 10 private shower stalls (5 male, 5 female)</p> <p><u>Canoeing/Kayaking</u> * Canoes, paddles, throw bags, bail buckets * Lifejackets with whistles</p>	<p><u>Footwear</u> * Slippers for the dining hall * Rubber boots for wet days * Extra shoes or water shoes if canoeing</p> <p><u>Lower and Upper Body</u> * Long Underwear for chilly nights * Warm Pants for our cool evenings * Fleece Sweater for cool evenings * Warm Jackets * Rain Pants and jacket or poncho</p> <p><u>Head/Necks/Hands</u> * Bandanna and hat for hot days * Toque and mitts for cool evenings * Waterproof gloves for fall/winter</p> <p><u>Personal Items</u> * Sunblock and lip balm for sunny days * Sunglasses * Personal Toiletries in bag * Flashlight / Headlamp * Towel and wash cloth * Bathing Suit * Water Bottle * Sleeping Bag (rated to -10 degrees) or bedding * Pillow * Liner (if not bringing sleeping bag)</p> <p><u>Can also bring</u> * Fishing Rod with license * Binoculars to see all the birds * Cards and books for rainy nights * Music, musical instrument.</p>