

HELC Preschool Packing Guide & Checklist

Please ensure all items are labeled and ready before your child's first day.

Here's a list of items we ask you to provide:

1. **Full Change of Clothes - LABELED:** At least one complete set (shirt, pants, socks, underwear). Preschool will provide a cloth bag labeled with your child's name to keep in their cubby.
2. **Diapers and Wipes - LABELED** (if applicable): If your child is still in diapers, please bring at least 10 diapers and a pack of labeled wet wipes. These will also stay in their cubby.
3. **Indoor Shoes - LABELED:** We require children to have a pair of indoor shoes that are not Crocs or open-toed sandals. These shoes should be easy for your child to put on by themselves (no laces) and suitable for running in the gym.
4. **Rain Gear - LABELED:** Rain gear typically consists of waterproof clothing designed to keep your child dry while they play outside. This includes a raincoat, rain pants, and waterproof boots. These items should be made of water-repellent material to keep your child comfortable in wet conditions. The raincoat should have a hood, and the boots should be easy for your child to put on and take off independently. A full set of rain gear that stays at the preschool is ideal; however, if this isn't possible, please ensure that your child brings rain gear every day. We go outside for every class, and our playground can be fun, sandy, and wet!
5. **Seasonal Weather Gear:** Winter: warm coat, mittens, hat. Summer: sun hat, sunscreen (applied before arrival).
6. **Snack and Water Bottle:** Nut- and peanut-free snack each day, along with a water bottle filled with clean water (no juice or milk). We focus on healthy eating, so please avoid sending candy. If you must include a treat, a small piece of nut-free chocolate or gummy is acceptable. Please remember that children must sit while eating for safety reasons.
7. **Lunch for Full Day Children & Add-On Programs:** If your child is staying for the afternoon add-on program, please pack a separate, **clearly labeled** lunch.
8. **Child-Sized Backpack - LABELED:** Each child needs to have a child-sized backpack, clearly labeled with their name on the outside. This backpack should be able to fit their snack, water bottle, and lunch (if applicable).
9. **Medication/EpiPen – LABELED (if applicable):** If you have indicated in Kindertales that your child has allergies or requires medication, it is the parent/guardian's responsibility to provide the necessary medication and documentation directly to the Executive Director before your child's first day. All medications must be in their original container, clearly labeled, and accompanied by any required forms. **Without these items on site, your child will not be able to attend preschool.**
10. **Labeling:** With above 100 children attending weekly, clear labeling is essential. It is extremely important that everything your child brings is labeled. If you'd like to order some labels while helping to raise money for our non-profit preschool, you can do so through Oliver's Labels. They are offering a 20% discount and free shipping until mid September. To support our preschool's fundraiser, please use the following link when ordering: www.oliverslabels.com/HELC.

Paperwork Reminder: Please sign into your Kindertales account and ensure all required forms are fully completed and acknowledged **at least five (5) working days before your child's first day**. Per Vancouver Coastal Health guidelines, **children cannot start preschool until all paperwork is complete**.