



Notes & Things to Bring

The following is a list of reminders, notes and things to bring. **Please read this carefully as this information is very important.** I will send it one last time a few days prior to the Conference.

Toll Free Number – Contact while Travelling:

Young Adult Cancer Canada Toll Free Number: 1-877-571-7325.

Because we are located in Newfoundland we are several hours ahead of most of you, so as of Thursday morning you can call the toll free number with any questions. Anything may come up Wednesday night or on Thursday so please keep the toll free number on hand just in case.

You can also text Karine Chalifour at 709-693-6653 or Lesley Morrissey 709.690.7531 anytime after Wednesday 4:30pm NL time.

Meeting place:

On Thursday, we will be waiting to welcome you at the Comfort Inn Airport (106 Airport Road). We will have a registration table set up outside the main meeting room (from 2pm – 4pm) where you can get all the information you need to settle in. The official hotel check-in is at 4pm (the hotel will try their best to make it happen earlier). If you arrive earlier, you will be able to leave your luggage with us until you can access your room.

The Comfort Inn is very close to the St. John's International Airport and they have a FREE shuttle service that runs 24 hours a day. When you arrive you can go to the Visitors Information Center at the arrivals section of the airport and ask them to call for you, or you can call 753.3500 ext 1. Unfortunately, this shuttle is not wheelchair accessible. For individuals that are in wheelchairs you will need to contact the [Go Bus](#), or get a taxi outside the airport (please connect with Lesley if you need any help with this).

***Parking at the hotel is free for those that are driving.*

Activities:

For those of you who have been to a Retreat Yourself in the past you will know that we typically have various activities available to you. The Conference is a little different, mostly due to the location and the facilities. We are situated at a hotel, so we do not have basketball or volleyball courts available to us. There is a fitness centre we can use and walking is always an option. We also do our best at scheduling several hours of free time each day, so you are able to leave the hotel and see a little of our beautiful province.

Food/Meals:

Those of you who are concerned about meals throughout the weekend, we have told the venue of the dietary concerns/preferences/allergies that you have indicated and they will be taking them into consideration while preparing our meals. We always try and work with the venue to have a menu that is healthy and offers variety. We do provide breakfast, lunch, supper and one snack – if you need more food to get you through the day please come prepared. PLEASE BRING any special foods you need that you feel we may not have available.

Lunch on Thursday:

If you wanted to grab something when you arrive or have a bite to eat at the Hotel restaurant, please do so. We will be having dinner together at 6:00pm on Thursday evening.

Newbie/Alumni Sessions on Thursday:

You may have noticed on your Weekend Agenda, that we sent last week, there is a Newbie session and an Alumni session on Thursday afternoon (from 5pm-6pm). These sessions will be run by your Social Committee and they are geared to make everyone feel comfortable and welcomed at the event. We encourage everyone to attend the session that pertains to them. 'Newbies' are considered anyone that has never been to a Survivor Conference before; you may have been at a Retreat or a Localife Event, but you are still new to the Conference (this group is more than half of the Conference participants!). Alumni are those of you that have been to a previous Survivor Conference.

Arriving Early/Staying Late:

For those of you that are arriving early or staying around the city for a few days afterwards, the hotel has offered you a rate of \$115 per night. If you need to book this, you can contact the [Comfort Inn Airport](#) directly and tell them you are with the Young Adult Cancer Canada's Survivor Conference group. If you would like me to book your room, you can let me know and I can have the hotel reserve the room and you can pay for it when you arrive.

Roommates:

If you want to share a room with someone specific, and you haven't told me yet, please do so. This is usually doable, but I would need to know very soon to make sure we have time to coordinate.

For those of you that are new to YACC, or you don't have any of your cancer buddies coming this year (of which there are many of you) don't worry, we try to room you with participants with similar demographics; gender, age, diagnosis, etc.

Things to Bring:

If you have any specific questions or if this list does not cover everything just let me know:

- Toiletries (toothbrush, toothpaste, etc.). Shampoo and soap will be provided, but if you are like me, you prefer your own products, so bring them with you.
- Hair dryer (if you want your own, but they have some in each bathroom)
- Sporty footwear/hiking boots (for outdoor activities)
- Raincoat (weather is always unpredictable in NL, esp this time of year); we would also recommend a raincoat over an umbrella – with the wind in St. John's regularly being anywhere from 60-100km in strength and umbrella could turn you in to Mary Poppins.
- Sunscreen & Sunglasses
- Camera
- Any necessary medications
- Any special snacks you would like to bring
- Some pocket money
- Any other personal items you may wish to bring along (i.e. CDs, DVDs, games, etc.)
- Earplugs, if snoring might bother you
- A yoga mat, if you have one

Participants will want to pack casual clothing for the conference such as sweatpants, jeans, t-shirts, sweater, jacket, etc (whatever you will be most comfortable in).

The Banquet on Sunday night will be 70's themed. Please do not feel like you need to go out and purchase a new Saturday Night Fever outfit for the night, you can make it fun with a few accessories from the dollar store (cheap and easy to pack!)

Tourist attractions:

We have included in your pre-package a document called 'Local Sites and Attractions', this will help you plan. We will also include some tourism information in your Conference kits.

If you have any other questions or if there is anything that is unclear, please do not hesitate to call or email me.

A handwritten signature in blue ink that reads "Lesley Ann Morrissey". The signature is written in a cursive, flowing style.

Lesley Morrissey – 709.700.1977 (office); 709.690.7531 (cell)

Community Engagement Manager
Young Adult Cancer Canada