



DURING THE DAY	ADDITIONAL ITEMS
<ul style="list-style-type: none"> <input type="checkbox"/> 2 warm fleece or wool sweaters/jackets (<i>not cotton</i>). Winter jacket is fine, but it does not replace the need for a WATERPROOF rain jacket as well. <input type="checkbox"/> 2 pairs of pants. (lightweight and durable) Nylon, polyester blend, or synthetic fiber is best. <i>Jeans and cotton are not permitted due to being ineffective if they get wet.</i> <input type="checkbox"/> 1 pair of shorts (weather permitting) <input type="checkbox"/> 1 bathing suit <input type="checkbox"/> 2 – 3 t-shirts (depending on length of trip) <input type="checkbox"/> 1 pair of long underwear (top and bottom, synthetic fiber or polyester blend, not cotton) <input type="checkbox"/> 4 pairs of socks (wool or synthetic) <input type="checkbox"/> 4 pairs of underwear <input type="checkbox"/> 1 baseball or sunhat, 1 winter hat/toque, 1 pair of gloves/mitts (Bring all 3 items) <input type="checkbox"/> 1 set of rain gear – jacket and pants. No ponchos, please. 	<ul style="list-style-type: none"> <input type="checkbox"/> Sunglasses <input type="checkbox"/> Journal, pens/pencils in a zip-lock bag <input type="checkbox"/> 1 whistle (Fox 40) <input type="checkbox"/> 2 large Ziploc bags (for waterproofing & organizing) <input type="checkbox"/> 2 large garbage bags (to waterproof or isolate wet items) <input type="checkbox"/> Sunscreen –waterproof SPF 30 min <input type="checkbox"/> 1 One Litre Water Bottle (screw-top is best. E.g. Nalgene)
AT NIGHT	OPTIONAL
<ul style="list-style-type: none"> <input type="checkbox"/> 1 compact sleeping bag (rated for 0°C or lower). Synthetic or down are best. <u>No cotton bags</u>, as they are not compact and will not dry. <input type="checkbox"/> 1 compact sleeping pad (provides warmth and extra comfort, Example: ThermaRest or Ensolite Pad) <input type="checkbox"/> Top and pants to sleep in (E.g. extra set of long underwear/ Under Armor/ light-weight fleece) <input type="checkbox"/> 1 toothbrush, small toothpaste, hand sanitizer headlamp or flashlight with extra batteries. 	<ul style="list-style-type: none"> <input type="checkbox"/> Camera (not a cell phone camera please. We want to provide the opportunity to disconnect from screens) <input type="checkbox"/> Small day pack/fanny for personal items during the day <input type="checkbox"/> Book and playing cards <input type="checkbox"/> 1 cotton bandana, 1 small chamois towel (full sized towels are too big and don't dry) <input type="checkbox"/> Ear plugs (for sleeping) <input type="checkbox"/> Bug repellent / bug jacket (recommended for spring trips) <input type="checkbox"/> Deodorant and shampoo can be brought to the base, but will not go on the canoe trip.
FOOTWEAR	MEDICATION
<ul style="list-style-type: none"> <input type="checkbox"/> 1 pair of 'Dry Shoes' <u>Must be close-toed.</u> (These shoes will be worn at the end of the day. Old running shoes work well.) <input type="checkbox"/> 1 pair 'Wet Shoes' <u>Must be close-toed.</u> (These shoes will be worn throughout the day) You will be portaging, hiking and swimming in these shoes. These shoes will get muddy and wet and must give you ample support. Old running shoes are ideal. <p><i>*Crocs, open toed Keens/Tevas or sandals of any kind can be dangerous on trip and will not be accepted as suitable footwear.</i></p>	<ul style="list-style-type: none"> <input type="checkbox"/> Any Relevant Medication, EpiPen(s), Inhaler, etc. <input type="checkbox"/> Please ensure that all necessary medications are outlined in detail on the medical form. Please bring all medication in a zip lock bag labelled with your name. <i>Teachers must be aware of all medication that the students are bringing.</i> <input type="checkbox"/> Students at risk of anaphylactic reactions must bring a minimum of 2 EpiPens to the program.
WATCH OUR CANOE TRIP PACKING VIDEO	SPECIAL NOTES
<p>Please watch our Canoe Trip Packing video that expands on the items listed above.</p> <p>http://www.youtube.com/watch?v=QiV-olnK6To</p>	<p>Please do not bring extra food of any kind. Extra food invites insects and critters into cabins/tents and <u>may cause life-threatening harm to those with food allergies. In the name of taking care of everyone, food from home is strictly prohibited during all ALIVE programs.</u></p> <p><i>Please label all your gear with your name.</i></p> <p>Please do not bring electronics of any kind. These programs offer a valuable opportunity to unplug from technology and connect with the natural environment and peers.</p>

Packing for a Canoe Trip - Common Questions

What is the Layering System and Why is it important? Wearing multiple layers of clothing allows you to add or omit clothing to ensure that your body stays at a comfortable temperature as weather conditions or activity levels change. The layering system is a combination of a *Base*, *Mid* and *Outer* layer. The Base layer is meant to keep heat in, while the outer layer is designed to keep elements such as wind and rain out.

When packing, consider one set of clothes for the day that can get wet during travel (Wet Clothes) and one set for the campsite and night that will keep you warm (Dry Clothes).



Retrieved from mountainwarehouse.com

What materials should my clothing layers be made from?

Wool, fleece, synthetic or polyester blends are best for your base and mid layer. Your rain jacket should be any waterproof breathable material such as Gore-Tex or Nylon. Rubber rain jackets provide excellent protection from rain and are acceptable, however they are not recommended since they do not allow moisture to escape from the body and may not keep you as dry as possible. Please do not bring anything made from cotton or denim material. It will not keep you warm and will not dry if it becomes wet.

What do you mean by Waterproof Breathable?

Outer Layers such as rain jackets that are waterproof breathable are made with a membrane that has pores small enough to let water vapour (sweat) out from the body, however small enough to not allow wind and rain in.

What type of bag should I pack in?

Everything that you bring to the program should fit in a **Duffel Bag**. The duffel bag simplifies travel from your home to the base camp. At the program, you will transfer your gear from your duffel bag to your dry bag. Your duffel bag will stay in a cabin at camp while you are on trip.

A rubberized **30-35 Litre Dry Bag** will hold your personal items on trip. Please avoid dry bags that have straps. Your dry bag will fit into a larger canoe pack provided by the camp. An example of a dry bag is the *MEC Brooks Dry Bag* or the *Outdoor Research Durable Dry Sacks*, both found at Mountain Equipment Co-op.



Please do your best to test that all your gear fits in your dry bag prior to the program. You should be able to roll the top down a few times to obtain the proper waterproofing seal. Please note, your sleeping pad does not need to fit in your dry bag. If you cannot fit everything, simply bring all gear in the duffel bag and an instructor will help you pack your dry bag upon arrival.

We do not want you to purchase any unnecessary items. Please do your best to borrow appropriate clothing when possible.

The Rising Problem of Bed Bugs – How to Best Protect Yourself

Bed Bugs are a rising problem in the developed world. It is a common belief that bed bugs are found where people sleep, however to date bed bugs have a much broader social impact. The source of bed bugs is unknown due to the multitude of places in which they can exist. For example; shops, hotels, hospitals, movie theatres, libraries and public transit systems such as planes and trains. You no longer need to sleep in an infested bed to experience the nuisance bed bugs can cause. Unfortunately, camps and outdoor centers are not immune to this problem.

At ALIVE Outdoors we care deeply about the quality of our programs. We are providing you with this information simply **to educate you, not alarm you**. It is not meant to insinuate there is a problem at the outdoor centre where we are running our programs. We are in constant communication with each site that we use and will never knowingly place students in any area where we have been informed there is a bed bug issue.

To best protect your family upon your child's return, please follow the precautionary steps below:

1. We have placed two large garbage bags on the packing list with the intention of having all clothes and bedding/sleeping bag come home to you in sealed garbage bags inside your child's duffel bag. Upon your child's arrival home, take these bags directly to your washing machine. If you do not plan to do laundry right away, keep the bags sealed.
2. Wash clothes and bedding in the hottest water possible. After the wash is complete, transfer the laundry immediately into the dryer for at least 30 minutes. Ensure your dryer is set on high heat.
3. In the case of delicate items that cannot be laundered, it is recommended that you place the items loosely in a tightly sealed bag. The bag should then be placed into the freezer for a minimum of 24 hours.
4. Bed bugs can also travel within your luggage. Place your luggage in a black trash bag and leave it tied tightly for 4 days. If possible, place bagged luggage in the sun. Steam cleaning your luggage will also be sufficient. Remember to follow this precautionary step with your child's toiletry bags as well.

The following website provided by Health Canada will provide you with further information:

www.hc-sc.gc.ca/cps-spc/pest/part/protect-proteger/bedbugs-punaises-lit/index-eng.php

Please do not hesitate to contact us through email: info@aliveoutdoors.com or by phone: **416.429.8082** if you have any further questions or concerns.



www.aliveoutdoors.com