



<p><b>WINTER GEAR</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 Waterproof Winter Jacket</li> <li><input type="checkbox"/> 1 - 2 Mid-Weight Jacket(s) to go under Winter Coat (fleece, down, etc.)</li> <li><input type="checkbox"/> 1 Waterproof Winter Pant (Ski Pants)</li> <li><input type="checkbox"/> 2 Winter Hats or Toques (wool or fleece is best)</li> <li><input type="checkbox"/> 2 Waterproof Gloves or Mitts</li> <li><input type="checkbox"/> 1 Rain Jacket and Pant (optional in case of wet weather)</li> </ul>	<p><b>DURING THE DAY</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 4 - 6 Pairs of heavy Socks (wool is best)</li> <li><input type="checkbox"/> 4 - 6 Pairs of underwear</li> <li><input type="checkbox"/> 1 Pair of Long Underwear (Top and Bottom - not cotton please)</li> <li><input type="checkbox"/> 2 - 3 Warm Pants (Fleece, Wool or Quick Dry Pants recommended)</li> <li><input type="checkbox"/> 3 T-Shirts</li> <li><input type="checkbox"/> 1 Water Bottle (1 litre screw on top is best)</li> <li><input type="checkbox"/> 1 Pair of Sunglasses and/or Ski Goggles</li> <li><input type="checkbox"/> 1 Wrist Watch</li> </ul>
<p><b>AT NIGHT</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 Pair of Warm Pajamas</li> <li><input type="checkbox"/> 1 Sleeping bag rated at least Zero Degrees Celsius or a single fitted sheet and warm blankets</li> <li><input type="checkbox"/> 1 Pillow</li> <li><input type="checkbox"/> 1 Towel, Toothbrush and Shampoo</li> <li><input type="checkbox"/> 1 Headlamp or Flashlight</li> </ul>	<p><b>OPTIONAL</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Slippers, Kleenex, Lip-chap Moisturizer</li> <li><input type="checkbox"/> "Hot Paws" hand &amp; foot warmer packs</li> <li><input type="checkbox"/> Camera (not a cell phone camera, please)</li> <li><input type="checkbox"/> Musical Instrument</li> <li><input type="checkbox"/> Journal</li> <li><input type="checkbox"/> Ear Plugs (for sleeping)</li> </ul>
<p><b>FOOTWEAR</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 Pair of Winter Boots Sorel's with <b>removable liners</b> are ideal. Boots must be high and cover the majority of the shin to protect feet from deep snow.</li> <li><input type="checkbox"/> 1 Pair of Indoor Shoes (Running shoes are best)</li> </ul>	<p><b>MEDICATION</b></p> <ul style="list-style-type: none"> <li><input type="checkbox"/> Any Relevant Medication, EpiPens, Inhaler, etc.</li> <li><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 a name. <i>Teachers must be aware of all medication that the students are bringing.</i></li> <li><input type="checkbox"/> Students at risk of anaphylactic reactions must bring a minimum of 2 EpiPens to the program.</li> </ul>

**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, rain and snow out.

When packing, consider one set of clothes for the day that can get wet during the day and dry overnight, and one set of clothes for the evening to keep you warm and dry.

Remember that your gloves are an important part of your winter weather clothing system. Bring two pairs of gloves that are warm and waterproof.



### IMPORTANT NOTES:

- Please do not bring **extra food of any kind**. Extra food invites insects and critters into cabins and **may cause life-threatening harm to those with food allergies.**
- Please do not bring electronics of any kind. These programs offer a valuable opportunity for students to unplug from technology and connect with the natural environment and their peers.
- Please label all your gear with your name.



### 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 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 to educate you - not alarm you.

#### 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 please 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. As bed bugs can also travel with 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.canada.ca/en/health-canada/services/pest-control-tips/bedbugs-what-are-they.html](http://www.canada.ca/en/health-canada/services/pest-control-tips/bedbugs-what-are-they.html)

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



[www.aliveoutdoors.com](http://www.aliveoutdoors.com)