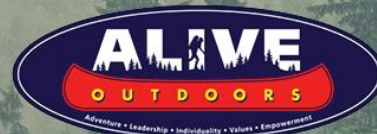


Clothing & Equipment List



DURING THE DAY	FOOTWEAR
<ul style="list-style-type: none"> 2 warm sweaters/sweatshirts (fleece or wool recommended—not cotton) Rain jacket and rain pants 2 pairs of pants (we recommend that one pair is not cotton) 2 pairs of shorts (weather permitting) Bathing suit & towel 2-3 t-shirts Long underwear (top and bottom) for activities on cold/wet days. (<i>Under Armor</i>, polypro or wool) Socks (wool or synthetic) and underwear for each day 1 baseball or sunhat, 1 winter hat/toque, 1 pair of gloves/mitts Sunscreen Bug Repellent/ Bug Jacket (Recommended for Spring Trips) Personal Hygiene Products 	<ul style="list-style-type: none"> 2 pairs of closed toed shoes (at minimum, 1 pair must be sturdy with laces) Rubber boots or waterproof shoes (recommended for spring trips)
	ADDITIONAL ITEMS
	<ul style="list-style-type: none"> Small day backpack to carry items on the bus and during the program 2 large garbage bags 1 Wristwatch or Alarm Clock for the cabin 1 Water Bottle (1 Litre screw top is best)
	OPTIONAL
	<ul style="list-style-type: none"> Camera (not a cell phone or internet connecting device – iPad, etc.) Musical Instrument Pen/pencil and paper/journal Sunglasses Ear Plugs (for sleeping) Book and playing cards
AT NIGHT	MEDICATION/PERSONAL WELLBEING
<ul style="list-style-type: none"> 1 Sleeping bag rated to at least Zero Degrees Celsius or single fitted sheet and warm blankets. 1 Pillow 1 Pair of Warm Pajamas 1 Towel, Toothbrush, Shampoo, etc. Headlamp or Flashlight Personal Hand Sanitizer 	<ul style="list-style-type: none"> Any Relevant Medication, EpiPen(s), Inhaler, etc. Please ensure that all necessary medications are outlined in detail on the health information 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> Students at risk of anaphylactic reactions must bring a minimum of 2 epinephrine auto-injectors to the program. 2 Personal Face Masks and/or Face Coverings per day



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 clothes with your name.

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.

