

# Clothing & Equipment List



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



## 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.

