



Clothing & Equipment List



Please use the list below to help guide your packing. We will continue to be outside in light rain, please pack extras in case clothing gets wet.

DURING THE DAY	WHAT IS THE LAYERING SYSTEM AND WHY IS IT IMPORTANT						
<ul style="list-style-type: none"> <input type="checkbox"/> 1 Warm sweater/sweatshirt (fleece or wool recommended—not cotton) <input type="checkbox"/> 1 Warm jacket (Fleece or Down) <input type="checkbox"/> Rain jacket and rain pants <input type="checkbox"/> 1 baseball or sunhat <input type="checkbox"/> Sunscreen <input type="checkbox"/> Sunglasses <input type="checkbox"/> Small backpack to carry items on the bus and during the program. <input type="checkbox"/> 1 Wrist Watch <input type="checkbox"/> 1 Water Bottle (1 Litre screw on top is best) <input type="checkbox"/> 1 pair of closed toed shoes (sturdy with laces) <input type="checkbox"/> Nut-Free Bagged Lunch & Snacks <input type="checkbox"/> Journal & Pen (optional) 	<p>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 <i>Base</i>, <i>Mid</i> and <i>Outer</i> 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.</p> <div style="text-align: center;">  </div> <table border="0" style="width: 100%; text-align: center;"> <tr> <td style="width: 33%;">Base Core Layer</td> <td style="width: 33%;">Insulation Layer</td> <td style="width: 33%;">Outer Layer</td> </tr> <tr> <td style="background-color: #cccccc; color: white; padding: 2px;">Fibers that insulate and wick moisture away from the body.</td> <td style="background-color: #333366; color: white; padding: 2px;">Lightweight synthetic or wool material that traps body heat.</td> <td style="background-color: #ff3333; color: white; padding: 2px;">A tough waterproof and breathable layer to keep the water out.</td> </tr> </table> <div style="text-align: center;">  </div>	Base Core Layer	Insulation Layer	Outer Layer	Fibers that insulate and wick moisture away from the body.	Lightweight synthetic or wool material that traps body heat.	A tough waterproof and breathable layer to keep the water out.
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<p>MEDICATION</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. 							

IMPORTANT NOTES:

- 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.

