

# Clothing & Equipment List



<p><b>WINTER GEAR</b></p> <ul style="list-style-type: none"> <li>○ 1 waterproof winter jacket</li> <li>○ 1 - 2 mid-weight jacket(s) to go under winter coat (fleece, down, etc.)</li> <li>○ 1 waterproof winter pant (ski pants)</li> <li>○ 2 winter hats or toques (wool or fleece is best)</li> <li>○ 2 waterproof pairs of gloves or mitts. Please make sure these gloves are warm and waterproof.</li> <li>○ 1 rain jacket and pants (optional in case of wet weather)</li> <li>○ 1 scarf or buff</li> </ul>	<p><b>DURING THE DAY</b></p> <ul style="list-style-type: none"> <li>○ 4 - 6 pairs of heavy socks (wool is best)</li> <li>○ 4 - 6 pairs of underwear</li> <li>○ 1 pair of long underwear (top and bottom) Poly-pro or wool work well.</li> <li>○ 2 - 3 warm pants (nylon, fleece or wool)</li> <li>○ 3 t-shirts</li> <li>○ 1 water bottle (1 liter screw on top is best)</li> <li>○ 1 pair of sunglasses and/or ski goggles</li> <li>○ 1 wristwatch or alarm clock for the cabin</li> </ul>
<p><b>AT NIGHT</b></p> <ul style="list-style-type: none"> <li>○ 1 pair of warm pajamas</li> <li>○ 1 pillow</li> <li>○ 1 towel, toothbrush, and shampoo</li> <li>○ 1 headlamp or flashlight</li> <li>○ 1 sleeping bag rated at least 0 Degrees Celsius (at minimum) or a single fitted sheet and warm blankets</li> <li>○ <b>IMPORTANT FOR QUINZEE/ WALL TENT PROGRAMS ONLY</b> Sleeping bag rated -10 Degrees Celsius (at minimum) and 1 foam sleeping pad or ThermoRest</li> </ul>	<p><b>OPTIONAL</b></p> <ul style="list-style-type: none"> <li>○ Slippers, tissues, lip-chap moisturizer, sunscreen</li> <li>○ Camera (not a cell phone or internet connecting device)</li> <li>○ Musical instrument</li> <li>○ Pen/pencil and paper/journal</li> <li>○ Ear plugs (for sleeping)</li> <li>○ Book and playing cards</li> <li>○ Small backpack to carry items on the bus and during the program.</li> </ul>
<p><b>FOOTWEAR</b></p> <ul style="list-style-type: none"> <li>○ 1 pair of winter boots. Boots with <b>removable liners</b> are ideal. Boots must be high and cover most of the shin to protect feet from deep snow.</li> <li>○ 1 pair of indoor shoes (running shoes are best).</li> </ul>	<p><b>PERSONAL WELL BEING/ MEDICATION</b></p> <ul style="list-style-type: none"> <li>○ Personal bottle of hand-sanitizer</li> <li>○ Two personal face masks.</li> <li>○ Any relevant medication, EpiPens, Inhaler, etc.</li> </ul>

**IMPORTANT NOTES:**

- Please ensure that all prescription and non-prescription medications are outlined in detail on the Health Information Form.
- *Teachers must be aware of and administer all prescription and non-prescription medication.*
- Students with a history of **anaphylaxis** must bring a **minimum of two Epi-Pens, Emerades, etc.** to the program.
- 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.



**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 sets of clothes for the day that can get wet and dry overnight, and sets of clothes for the evening to keep you warm and dry.