

CLOTHING & EQUIPMENT LIST



WINTER GEAR

- ☐ 1 Waterproof Winter Jacket
- ☐ 1 - 2 Mid-weight Jacket(s) to go under winter coat (fleece, down, etc.)
- ☐ 1 Waterproof Winter Pant (ski pants)
- ☐ 2 Winter Hats or Toques (wool or fleece is best)
- ☐ 2 Waterproof pairs of Gloves or Mitts.
- ☐ 1 Rain Jacket and Pants (optional in case of wet weather)
- ☐ 1 Scarf or Buff

DAY TIME

- ☐ 4 - 6 Pairs of Heavy Socks (wool is best)
- ☐ 4 - 6 Pairs of Underwear
- ☐ 1 Pair of Long Underwear (top and bottom - poly-pro or wool is best)
- ☐ 2 - 3 Warm Pants (nylon, fleece or wool)
- ☐ 3 T-shirts
- ☐ 1 Water bottle
- ☐ 1 Pair of Sunglasses and/or Ski Goggles
- ☐ Personal Hygiene Products

NIGHT TIME

- ☐ 1 Pair of Warm Pajamas
- ☐ 1 Pillow
- ☐ 1 Towel, Toothbrush, Toothpaste, Shampoo, etc.
- ☐ 1 Headlamp or Flashlight
- ☐ 1 Sleeping Bag rated at least 0 Degrees Celsius (at minimum) or a single fitted sheet and warm blankets
- ☐ **All students participating in a quinzee or wall tent program are required to bring a sleeping Bag rated -10 Degrees Celsius (at minimum) and 1 foam sleeping pad or ThermoRest**

FOOTWEAR

- ☐ 1 Pair of Winter Boots. Boots with **removable liners** are ideal. Boots must be high and cover most of the shin to protect from deep snow.
- ☐ 1 Pair of Indoor Shoes (running shoes are best).



SPECIAL NOTES

Please do not bring extra food of any kind. Extra food invites insects and critters into cabins/tents and may cause life-threatening harm to those with food allergies. In the name of taking care of everyone, food from home is strictly prohibited during all ALIVE programs.

Please do not bring electronics or internet-connecting devices of any kind. These programs offer a valuable opportunity for students to unplug from technology and connect with the natural environment and their peers.

ADDITIONAL ITEMS

- ☐ Sunglasses
- ☐ Journal, Pens/Pencils in a zip-lock bag
- ☐ 1 Whistle (Fox 40)
- ☐ 2 Large Ziploc bags for waterproofing & organizing.
- ☐ 2 Large Garbage Bags to waterproof or insulate wet items
- ☐ Sunscreen – waterproof SPF 30 minimum
- ☐ Extra pair of Prescription Glasses (if needed)

MEDICATION/ PERSONAL WELLBEING

- ☐ Any Relevant Medication, Epinephrine Auto-Injector(s), Inhaler, etc. Please ensure that all necessary medications are outlined in detail on the Health Information form. Please bring all medication labeled with your name. Teachers must be aware of and administer all medications students are bringing.
- ☐ Students at risk of anaphylactic reactions must bring a minimum of 2 epinephrine auto-injectors to the program.
- ☐ 2 Personal Face Masks/Face Coverings per day
- ☐ Personal bottle of Hand-Sanitizer

OPTIONAL

- ☐ Slippers, Tissues, Lip-chap Moisturizer, etc.
- ☐ Camera (not a cell phone or internet connecting device)
- ☐ Musical Instrument
- ☐ Ear plugs for sleeping
- ☐ Book & playing cards
- ☐ Small backpack to carry items on the bus and during the program

LAYERING SYSTEM



BASE CORE

Fibers that insulate and wick moisture away from the body



INSULATION LAYER

Lightweight synthetic or wool material that traps body heat



OUTER LAYER

A tough waterproof & breathable layer to keep the water out

WHAT IS THE LAYERING SYSTEM & 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.