

CLOTHING & EQUIPMENT LIST



All students participating in spring & fall programs should pack their belongings in a duffle bag with an over the shoulder strap for easy transitions from the buses to accommodations.

Students can also bring a small dry bag (5-10L) to pack what they need during their canoe day trip.



DAY TIME

- 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
- 3-4 t-shirts
- Long underwear (top and bottom) for activities on cold/wet days. (wool or synthetic)
- 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

FOOTWEAR

- 2 pairs of closed-toed shoes (at minimum, 1 pair must be sturdy with laces)
- One pair of "wet shoes" for the canoe day trip while stepping in and out of the canoe
- Rubber boots or waterproof shoes (recommended for spring trips)

NIGHT TIME

- 1 Sleeping bag rated to at least 0 degrees celsius or single fitted sheet and warm blankets.
- 1 Pillow
- 1 Pair of warm pajamas
- 1 Towel, toothbrush, shampoo, etc.
- Headlamp or flashlight



MEDICATION AND PERSONAL HEALTH

- 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 labeled with your name. **Teachers must be aware of all medication that the students are bringing.**
- Students at risk of anaphylactic reactions must bring a minimum of 2 epinephrine auto-injectors to the program.



ADDITIONAL ITEMS

- 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

- 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
- Personal hand sanitizer

LAYERING SYSTEM



BASE LAYER

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 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.

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.

Please label all your clothes with your name.

