

Y1 OUTDOOR EDUCATION PROGRAM

Personal Equipment List

The following list of personal equipment is **MANDATORY** for students to bring on trip. This gear is **VITAL for the safety** of the student. We recommend Mountain Equipment Co-op (MEC) for items you need to purchase. You may order on-line (www.mec.ca), by phone (1.888.847.0770) or shop in person (400 King Street West, Toronto). Use the following as a checklist.

BE PREPARED FOR RAIN, SNOW, COLD and SUN AT THIS TIME OF YEAR!

Footwear

- **Running Shoes** These shoes will get wet
- **Light Hiking Boots** If new boots, ensure they are broken in
- **Rubber Boots** Highly recommended
- **6 pairs Wool Socks**
- **2 pairs Liner Socks** synthetic material, to wear under wool socks

Technical Clothing

- **2 pairs Lightweight Long Underwear, both top & bottoms**, synthetic or wool
- **5 pairs Underwear** cotton ok
- **1 Fleece Jacket** mid to heavyweight pile
- **1 Rain Jacket, Aquanator or Hydrofoil models best.** Must have a *hood, WATERPROOF*
- **1 Rain Pant, Aquanator or Drencher models best. WATERPROOF**
- **1 pair Lightweight Hiking Pants** nylon works well
- **1 pair Warm Pants** NO COTTON, fleece or wool is best, no jeans!
- **1 pair Hiking Shorts** nylon works well.
- **2 short Sleeve Shirts** 1 cotton & 1 synthetic
- **2 Warm Long Sleeve Shirts** NO COTTON, wool or fleece is best
- **1 Warm Sweater** NO COTTON, wool or fleece is best

Headwear & Hand wear

- **1 Warm, Lightweight fleece/wool hat** should cover ears
- **1 Baseball Cap** (or other sun hat)
- **1 pair Sunglasses**
- **1 pair Gloves or Mitts** wool/fleece or a similar quick drying material

Personal Equipment

- **2 Water Bottles** one litre size, Nalgene brand, "wide mouth" style best
- **Sunscreen** SPF 30
- **Lip screen** SPF 30,
- **Sleeping bag** good to – 7 °C, 3 season with synthetic fill, MEC Perseus model
- **Sleeping pad** (not an air mattress) Therm-a-rest air pad or a "closed cell" foam pad
- **Day Pack small backpack** for lunch and daily essentials
- **Headlamp & extra batteries (or flashlight)** Petzl brand -Tikka model work well
- **Toiletry bag** toothbrush, toothpaste, floss, small quick dry towel, soap, brush or comb, personal medications, and *Insect repellent*
- **Duffle bag** to carry all gear between sites (recommend MEC XL duffle bag)
- **2 stuff sacks (and 4 thick garbage bags** to line stuff sacks to waterproof gear)
- **Optional: camera, book, cards, and journal**

Note: For safety reasons, do not bring knives. Also, do not bring food, valuables or any Electronics, including CELL PHONES and Video Games

ALL ITEMS (INCLUDING SLEEPING BAG & PAD) MUST FIT INTO YOUR DUFFLE BAG!