

Y8 OUTDOOR EDUCATION PROGRAM

Personal Equipment List

The following list of personal equipment is **MANDATORY** for students to bring on trip. Proper gear is **VITAL for the safety** of the student. If you plan to do a lot of camping in the future, we recommend Mountain Equipment Co-op. If you think you will only need it for this trip, you may be able to borrow equipment from other boys in your house, or buy second hand at Value Village or similar stores. 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**, Must have a *hood*, **WATERPROOF**
- **1 Rain Pant**, **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
- **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 (**No suitcases please!**)
- **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!