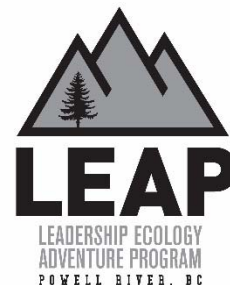


Packing List



This is an outdoor-based program that requires students to be dressed for the weather. Due to weather variability, it is important to pack thoroughly. This will ensure optimal comfort during the program. The program will have students on ocean shorelines, in old growth forests, and on rocky bluffs so old clothes that can dry quickly and get dirty are essential. Students should come with all belongings labeled and packed into one large backpack. Avoid new purchases and do your best to borrow or use what you've got. Please consult the following packing list as a general guideline.

NOTE: ¼ of your pack will be dedicated to Group Gear

| ESSENTIALS | TOILETRIES |
|--|--|
| <p>* Avoid 100% cotton as it has no thermal value when wet and does not dry quickly</p> <p>* Footwear should be worn-in well in advance (put them on now!)</p> <ul style="list-style-type: none"> ● Sleeping bag (3 season compact) ● Sleeping pad ● Pillow case (to be stuffed w/clothes to make pillow) ● Water shoes (stable sandals are good i.e. Chacos) ● Hiking boots or sturdy and supportive shoes ● Personal Medications in zip-lock bag (to be handed to teacher upon arrival) ● Back-up medications (for serious conditions i.e. Inhaler) ● 3 T-shirts ● 2 long sleeve shirts ● 2 pairs of shorts ● 2 pairs of pants ● Underwear (how many? Big decision - you decide) ● 3 + socks ● A warm sweater or fleece jacket ● Swim suit ● Sleepwear (long underwear) ● Head lamp & extra batteries / charger ● Stuff sacs (to help you compartmentalize) ● Reusable lunch/dinner container with solid lid ● Reusable utensils ● Reusable travel mug <p>All of the above can be packed into:</p> <ul style="list-style-type: none"> ● Large Pack (50-60L) | <ul style="list-style-type: none"> ● Towel ● Toothbrush & Natural Toothpaste <p><i>*Students will be welcome to swim every day.</i></p> |
| | GO GEAR |
| | <ul style="list-style-type: none"> ● Rain gear (jacket and pants) ● Bandana or buff ● 1 L water bottle (full) ● Safety Whistle ● Field Journal or Notebook ● 3 pens / 3 pencils (in Ziploc) ● Camera ● Toque ● Sunglasses ● Broad-brimmed hat ● Small day pack (optional) |
| | NEVER FORGET |
| | <ul style="list-style-type: none"> ● A Positive attitude ● A willingness to try new things ● An eye for safety ● A thankful attitude ● A respectful approach |
| <p>PLEASE DO NOT BRING! Cotton hoodies, Knives, radios, junk food, electronic gadgets, jewelry, hair dryers, music machines, make-up, cards, expensive items.</p> | |
| <p>WE PROVIDE: All food, all group gear, first-aid, safety and risk management training, programming and enthusiasm!</p> | |