

PARTICIPANT'S EQUIPMENT LIST

As you pack, please remember that your clothing will get wet during paddling activities and, depending upon the weather, possibly all other activities. Please pack accordingly to ensure you have enough dry clothes for each day.

Personal

- Personal toiletries
- Sunglasses and sun screen
- Water bottle (you will need it on the first day so keep it handy)
- Flashlight
- Bug spray (optional)
- 5 large Glad garbage bags (**these are important!**)
- Change of clothing for the trip home
- Hard cover journal, a binder with loose leaf lined paper (50 pages), pens and pencils

Sleeping

- Sleeping bag (good to 0 C)
- Sleeping pad (thermo-rest, ensolite, foamy or air mattress)
- Dedicated clothes for sleeping (ensure a warm dry sleep!)
- Tent (optional)

Clothing

A note on clothing: Attempt to **eliminate cotton as much as possible during activities. Synthetic (i.e. fleece) is a much more effective option for outdoor activities.

- Comfortable clothing for outdoor activities for 1 week (we will do laundry Day 7). Remember we can have either hot or cold weather in August!
- Toque and sun hat
- Wool or synthetic long underwear (2 pair)
- Light weight undershirt (2)
- Wool shirt, sweater and pants (multiple)
- Wool or thermal socks (minimum 4 pairs –socks may get wet each day)
- Extra shoes for camp use
- Bathing suit and towel for the sauna

Outdoor Gear

- Wind shell
- Warm coat
- Good rain gear (jacket and pants - no ponchos, please)
- Gloves or mitts
- Old runners that may get wet (must be close toed and fit securely to the foot – no crocs or sandals area allowed on the river!)
- Hiking boots (sturdy runners will suffice – no border shoes or Puma's for hiking)
- Day pack
- Helmet for biking and the river (the bike helmet will do for both activities)
- Students must be prepared to bring, or wear one of our wetsuits

For those who tend to be cold when outside for long periods of time, you may want to bring extra warm clothes. Remember that it is better to wear multiple layers for warmth, than to wear one heavy layer. We have built time into the itinerary (the down day), for laundry.