



Equipment List

Personal Out-tripping Equipment

| Item | Details | Item | Details |
|--|--|---------------------------------------|--------------------------------|
| <input type="checkbox"/> Sleeping Bag | Good to -5°C | <input type="checkbox"/> Water Bottle | Leak proof |
| <input type="checkbox"/> Sleeping Pad | Thermarest, ensolite, or foamy | <input type="checkbox"/> Flashlight | With extra batteries |
| <input type="checkbox"/> Backpack/Duffle bag | Large enough to hold all personal gear (approx 50-60L) | <input type="checkbox"/> Garbage Bags | 10 total for waterproofing |
| <input type="checkbox"/> Paper, pens/pencils | | <input type="checkbox"/> Day Pack | To carry personal gear for day |

Clothing

| Item | Details | Item | Details |
|---|---|--|---|
| <input type="checkbox"/> Wool or synthetic long underwear | Top and bottom | <input type="checkbox"/> Wind shell | |
| <input type="checkbox"/> Underwear | For duration of camp | <input type="checkbox"/> Warm coat | |
| <input type="checkbox"/> 1 Lightweight undershirt | | <input type="checkbox"/> Good rain gear | – Jacket and pants – Please no ponchos |
| <input type="checkbox"/> Socks | – For duration of camp – Thin and thick pairs, wool | <input type="checkbox"/> Toque | |
| <input type="checkbox"/> Shorts | | <input type="checkbox"/> Sunhat | |
| <input type="checkbox"/> T-shirts | Long and short sleeved | <input type="checkbox"/> Helmet | Bike helmet that fits well |
| <input type="checkbox"/> 1 Wool or fleece shirt/sweater | | <input type="checkbox"/> Shoes to wear around campsite | |
| <input type="checkbox"/> 1 Wool or fleece pant | Please no jeans | <input type="checkbox"/> Sturdy shoes for walking | |
| <input type="checkbox"/> Gloves or mitts | | <input type="checkbox"/> Water shoes | Closed toed shoes, old running shoes, are able to get wet |
| <input type="checkbox"/> Wetsuits | Participants must be prepared to bring their own wetsuit or rent one of ours. | | |

Self – Care Kit – unscented where possible

| Item | Details | Item | Details |
|---|-----------------------------|-------------------------------------|---------------------------|
| <input type="checkbox"/> Toiletries | Toothbrush, toothpaste, etc | <input type="checkbox"/> Sun screen | SPF 15 or greater |
| <input type="checkbox"/> Insect repellent | No Skin so Soft | <input type="checkbox"/> Chap stick | With sunscreen protection |
| <input type="checkbox"/> Whistle | | | |

Optional

- Camera
- Books
- Sunglasses

Please DO NOT pack: Knives, lighters, Walkmans, CD players, Game Boys etc.

LABEL EVERYTHING