

## **EQUIPMENT LIST**

### **For Water-based Activities & Trips**

- HeLa has wetsuits and PFDs available to rent, but you are welcome to bring your own
  - Bathing suit to wear under wetsuit
  - Sunglasses and sunscreen
  - Water bottle - capacity 2L
  - Large garbage bag
  - Change of clothing for the trip home
  - Closed-toed shoes that can get wet (no sandals or crocs)
  - Dry-bag for personal items (dry bags are also available to rent at HeLa)
- \*No ponchos on the water!

### **For All Other Activities:**

- Dress for the weather and bring layers! Please see note below about clothing. Keep in mind that mountain weather changes quickly.
- Sunglasses and sun screen
- 2 Water bottles - capacity 2L
- Flashlight
- Large garbage bag
- Change of clothing for the trip home (if needed)
- Wind shell
- Warm coat (if weather is cooler)
- Good rain gear (jacket and pants)
- Gloves or mitts (if weather is cooler)
- Hiking boots (sturdy runners will suffice)
- Day pack

\*\*A note on clothing: Attempt to eliminate cotton as much as possible during activities, as this material does not dry easily in the outdoors. Instead, bring clothing made of synthetic material, such as Fleece, Polyester, Nylon, Rayon, or Acrylic.

\*If you tend to be cold when outside for long periods of time, you may want to bring extra warm clothing. Remember that it is better to wear multiple layers for warmth, than to wear one heavy layer.

### **For Overnight Camping Trips:**

**Personal:**

- Personal toiletries
- Sunglasses and sun screen
- 2 Water bottles - capacity 2L
- Flashlight
- Large garbage bags (these are important!)
- Change of clothing for the trip home

### **Sleeping:**

- Sleeping bag (good to at least 0 C)
- Sleeping pad (thermarest, foamy or air mattress)
- Dedicated clothes for sleeping (ensure a warm dry sleep!)

### **Clothing**

- Toque and sun hat
- Synthetic long underwear
- Light-weight undershirt (2)
- Synthetic shirt, sweater and pants (multiple)
- Synthetic or thermal socks (minimum 4 pairs –socks may get wet each day)

### **Outdoor Gear**

- Wind shell
- Warm coat
- Good rain gear (jacket and pants)
- Gloves or mitts
- Old runners that may get wet (must be close toed and secure to the feet – no sandals or crocs)
- Hiking boots (sturdy runners will suffice)
- Day pack

\*If you tend to be cold when outside for long periods of time, you may want to bring extra warm clothing. Remember that it is better to wear multiple layers for warmth, than to wear one heavy layer.

\*Please consider leaving electronic devices at home. HeLa will not be responsible for any lost or damaged devices.