

WHAT TO BRING

The checklist on the following page is a good guideline for packing for camp. We do not recommend that people bring expensive clothing.

Cotton vs. Synthetic Fabrics

Cotton does not insulate the wearer when it becomes wet and takes a very long time to dry. Synthetic fabrics such as polyester, polypropylene, nylon, spandex and fleece are better suited to a wilderness setting. These fabrics keep the wearer warm even when wet, and they dry very quickly. Wool takes a long time to dry but insulates relatively well even when wet. All staff members should have at least one full set of clothing (from underwear and socks to warm hat and jacket) that is synthetic/wool. This will enable you to do your job effectively in all weather conditions.

Sleeping Bags

Sleeping bags should be warm and compactable, rated to -5°C or colder. Down sleeping bags are warm but are difficult to dry once wet and should be avoided if possible. Hollofil, Qualofil, Polar Guard or other synthetic fills are best.

Rain Gear

Good rain gear (coat and pants) is important, since camp programs continue despite a rainy day. Windbreakers are not rain gear. When purchasing rain gear look for coated nylon with “sealed” seams.

Packs & Footwear

A pack that is easy to pack and comfortable to wear and sturdy hiking boots can make a long day hike much more enjoyable. Hiking boots should be broken in before coming to camp. Breaking in new hiking boots on the trail can be very painful.

CHECKLIST

In Camp and on Outtrip

- Sleeping bag (Hollofil, Qualofil or Polar guard quality,
- -5 degree Celsius)
- Sleeping pad (to insulate against the cold ground, ensolites or other closed cell foam pads are best, small enough to keep on the exterior of a back-pack)
- Backpack (60-80L)
- Water bottle

Clothing

Staff will likely have a chance to do laundry **once/week** but most staff end up leaving it much longer than that.

- 15 day supply of underwear
- 1 pair of thermals/long underwear
- 15 day supply of socks
- 4 pairs of shorts
- 4 pairs of pants
- 5 to 6 t-shirts
- 1 long-sleeved t-shirts
- 1 to 2 warm pullovers (wool or fleece)
- 1 to 2 sweatshirts
- Warm jacket
- Hat
- Raingear
- Toque(warm hat) and gloves (for cool nights)
- Pajamas
- 2 pairs of shoes
- 1 pair of sandals (not flip flops/thongs)
- Hiking boots
- 2 bathing suits

Personal Items

- Biodegradable soap and shampoo
- Toiletries, comb, toothbrush, etc.
- Sunscreen (SPF 15 or higher)
- Insect repellent, no aerosols please

Other

- Day pack (20-35L)
- Pocket knife or multi-tool (preferably with can opener)
- Travel Medical Insurance if coming from out of country
- Watch
- Alarm clock
- Sunglasses
- Pillow
- Towel (1 is enough)
- Stationery and pens
- Flashlight (headlights are best)
- Breathable laundry bag
- 1 cutlery set for outtrip-a bowl and spoon will do. Ideal for bowls: sturdy containers with screw top lids.
- 1 lighter

Optional/Nice to Have

- Musical instruments
- Journal
- Camera
- Book(s)
- Compass
- Slippers for the dining hall
- Any personal paddles/PFDs/stoves/etc. are nice to have, bring them if you have them.

*****A note about personal music devices*****

I love my iPod. I never use it at work. I won't let you use yours at work either for the following reasons:

1. Safety – you need to be aware of what's going on around you at all times in our camp environment. Is someone calling for help? Are there animals around that you should be aware of? Are there vehicles and/or machinery being used in the area? Is an alarm or siren going off?
2. Community - a personal music device is great for allowing you to take solitary time no matter the environment. Camp is not a place for solitary time. One of the important benefits that a Camp experience provides is Community Living. There will be times when the people around you are making you crazy but working through that experience, rather than escaping from it, is a valuable learning and growth opportunity. Talk, sing, read, listen/play music for everyone.

We ask the campers/students to leave their mp3 players at home altogether and I expect staff to only use their's when they are off duty and out of sight.