

Clothing and Equipment List

Remember

- ✓ Participants are outside in all weather. Clothing must be practical and comfortable. Bring clothes and shoes which you can get dirty.
- ✓ You should dress to be warm and dry. Make sure that you bring a sufficient quantity of clothing to cover the time spent at the field centre, whether two and a half days or five days. There are no laundry facilities at the field centre.
- ✓ You need to bring your own pillow and sleeping bag. The field centre does not supply pillows, blankets, linens or sleeping bags.
- ✓ Make sure that all personal belongings are able to fit into either one or two pieces of luggage.
- ✓ It is a good idea to label certain items (e.g., jacket, boots, etc.) with student's name.

All seasons	Summer needs – add:	Winter needs – add:
<ul style="list-style-type: none"> ✓ Three pairs of long pants ✓ Three shirts ✓ One warm jacket, sweater or sweat-shirt ✓ One pair of outdoor shoes/boots ✓ One pair of indoor footwear: slippers or running shoes ✓ At least one pair of socks per day ✓ Change of underwear for each day ✓ One pair of pyjamas and/or a track suit for evening wear ✓ One waterproof jacket or raincoat 	<ul style="list-style-type: none"> ✓ Wide-brimmed hat ✓ Sunscreen (SPF 15 or greater) ✓ Insect repellent: non-aerosol, no sprays, no disposable wipes ✓ Reusable water bottle 	<ul style="list-style-type: none"> ✓ One heavy winter-weight coat ✓ Two pairs of winter-weight mitts ✓ One wool or fleece ski hat ✓ Turtleneck or scarf ✓ Two pairs of heavy wool socks ✓ One pair of warm winter boots ✓ Long underwear (or track pants)
Sleeping equipment	Toilet kit	Optional extras
<ul style="list-style-type: none"> ✓ Pillow and pillow case ✓ Sleeping bag 	<ul style="list-style-type: none"> ✓ Toothbrush ✓ Toothpaste ✓ Comb ✓ Soap ✓ Facecloth ✓ Bath towel ✓ Lip balm 	<ul style="list-style-type: none"> ✓ Pen ✓ Spiral notebook ✓ Art supplies ✓ Camera ✓ Board games ✓ Watch ✓ Guitar ✓ Binoculars

Do not bring:

- ✓ Any electronic devices (e.g., cell phones, iPods, computer games, etc.)
- ✓ Any kind of spray products or aerosol cans
- ✓ Any food/candy/gum/beverages
- ✓ Knives or hand axes
- ✓ Curling iron
- ✓ Flashlight (unless requested)