



## Personal Equipment List – Intro to Junior

**THE ACTIVITIES INVOLVED IN THIS PROGRAM REQUIRE THE FOLLOWING CLOTHING AND EQUIPMENT. IT IS NOT NECESSARY THAT YOU PURCHASE ALL OF THE ITEMS ON THIS LIST. DO YOUR BEST TO BORROW OR, IF POSSIBLE, RENT THE ITEMS. EDUCO HAS A LIMITED NUMBER OF SUPPLIES TO LEND OR RENT SO PLEASE CONTACT US IF YOU ARE HAVING TROUBLE FINDING ANY OF THESE ITEMS!!**

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| <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Hiking Shoes:</b> Sturdy leather shoes with good soles, broken in and waterproofed.</li> <li><input type="checkbox"/> <b>Day Pack:</b> Small backpack 30-40L capacity</li> <li><input type="checkbox"/> <b>Sleeping Bag:</b> Good to -5 celcius. Do not bring a bulky bag that cannot be packed small!</li> <li><input type="checkbox"/> <b>Sleeping Pad:</b> Ensolite or Thermarest Type or blue or yellow foam</li> <li><input type="checkbox"/> <b>*Rain Jacket with hood:</b> Durable: Gore-tex or equivalent, or coated nylon.</li> <li><input type="checkbox"/> <b>*Rain Pants:</b> Durable (full-zip legs are nice): Gore-tex or equivalent, or coated nylon</li> <li><input type="checkbox"/> <b>Running Shoes:</b> One good pair and one pair old &amp; ugly.</li> <li><input type="checkbox"/> <b>Hiking Pants:</b> “quick dry”: lightweight wool or synthetic (Schoeller etc) or uncoated thin nylon</li> <li><input type="checkbox"/> <b>Hiking shirt:</b> thin, synthetic <u><b>NOT COTTON</b></u></li> <li><input type="checkbox"/> <b>Long underwear - top &amp; bottom:</b> polypropylene, fleece or wool - <u><b>NOT COTTON</b></u></li> <li><input type="checkbox"/> <b>2 warm tops:</b> Wool, fleece or synthetic - 1 light &amp; 1 heavy - <u><b>NOT COTTON</b></u></li> <li><input type="checkbox"/> <b>Gloves: 1 pair</b> – wool, fleece or synthetic</li> <li><input type="checkbox"/> <b>Toque:</b> Wool or fleece</li> <li><input type="checkbox"/> <b>3 pairs wool (or wool blend) socks</b></li> <li><input type="checkbox"/> <b>Sun Hat:</b> with sun visor or full brim (e.g. baseball cap).</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Casual/street clothes</b> for wearing around site or traveling to and from Educo: i.e. cotton clothes: Underwear, T-shirts, sweatshirts, jeans, sport socks</li> <li><input type="checkbox"/> <b>Swimsuit</b></li> <li><input type="checkbox"/> <b>1 Towel</b> (beach size).</li> <li><input type="checkbox"/> <b>Water Bottle: capacity of 1 litre</b> (durable, such as Lexan plastic or stainless steel)</li> <li><input type="checkbox"/> <b>Plastic whistle</b> –‘pealess’(works when frozen)</li> <li><input type="checkbox"/> <b>Plastic Cup, Bowl &amp; Spoon.</b></li> <li><input type="checkbox"/> <b>Mini Flashlight or Headlamp</b> with new batteries.</li> <li><input type="checkbox"/> <b>2 extra large garbage bags.</b></li> <li><input type="checkbox"/> <b>Toiletries:</b> toothbrush &amp; paste, floss, sanitary supplies for girls, etc.</li> <li><input type="checkbox"/> <b>Sunblock and lip block:</b> minimum 15 SPF</li> <li><input type="checkbox"/> <b>Sunglasses</b> with 100% UVA protection</li> <li><input type="checkbox"/> <b><u>OPTIONAL:</u></b> <ul style="list-style-type: none"> <li><input type="checkbox"/> 1 pair of quick dry shorts</li> <li><input type="checkbox"/> 1 pair sport sandals</li> <li><input type="checkbox"/> Rock climbing shoes</li> <li><input type="checkbox"/> Gaiters</li> <li><input type="checkbox"/> Camera</li> <li><input type="checkbox"/> Writing material</li> </ul> </li> </ul> |
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### LEAVE YOUR WATCH, WALLET, JEWELLERY & OTHER VALUABLES AT HOME

**NOTE:** Please make every effort to bring as much wool, polypropylene, fleece or thinsulite clothing as possible. Although it is summer it can get very cold in the mountains and these fabrics will provide warmth even when wet. Suitable woolen clothing can often be found in second hand stores quite cheaply. Polypropylene, fleece and thinsulite can be found in backpacking and other sports stores.

**\*RAIN GEAR:** Cheap plastic raingear is NOT suitable. It gets caught in trees and shrubs and is usually in shreds after the first two hours of rain! Heavy rubberized or coated nylon is great and will stand up for years. NO PONCHOS.

**+BOOTS AND SOCKS:** Expensive hiking boots are NOT necessary. Light weight hiking boots with lots of ankle support are ideal. Leather or synthetics are suitable. It is very important to break in the boots and water proof them. Blisters from new boots are our biggest first aid problem. New wool socks are springy and provide cushion when walking long distances; old socks lose their springiness. Liner socks under heavy wool socks help prevent blisters.

**ENTERTAINMENT:** Musical instruments are most welcome. Walkmans, iPods, radios and video games are NOT allowed.

**POCKET MONEY:** Students do not need any spending money during the course. \$30.00 to \$55.00 is sufficient for buying Educo outerwear and purchasing photos at the Open House. Your money will be held in security for you during the course.

**NAME TAGS:** All clothing & equipment must be identified with a tag or indelible pen.

**RENTAL EQUIPMENT:** A LIMITED NUMBER OF PACKS, SLEEPING BAGS AND SLEEPING PADS ARE AVAILABLE ON A FIRST COME, FIRST SERVE BASIS. PLEASE CONTACT THE OFFICE WELL IN ADVANCE.