



## Personal Equipment List – Adult Camps

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 from friends and family or purchase items at low prices at thrift stores. Educo has a limited number of supplies to lend out as well, should you not find items through borrowing or thrift stores.

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| <ul style="list-style-type: none"> <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.</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 <b><u>NOT COTTON</u></b></li> <li><input type="checkbox"/> <b>Long underwear - top &amp; bottom:</b> polypropylene, fleece or wool - <b><u>NOT COTTON</u></b></li> <li><input type="checkbox"/> <b>2 warm tops:</b> Wool, fleece or synthetic - 1 light &amp; 1 heavy - <b><u>NOT COTTON</u></b></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> <li><input type="checkbox"/> <b>Any Medications you are currently taking</b></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>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>OPTIONAL:</b> <ul style="list-style-type: none"> <li><input type="checkbox"/> +Hiking Shoes</li> <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"/> Camera</li> <li><input type="checkbox"/> Writing material</li> <li><input type="checkbox"/> Musical Instruments</li> </ul> </li> </ul> |
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**LEAVE YOUR WATCH, WALLET, JEWELLERY & OTHER VALUABLES AT HOME.** We do have an area where we can keep them safe, or you are welcome to care for them, but we are not responsible for lost, stolen or damaged items. **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. We suggest you leave Walkmans, iPods, radios and video games at home – use this time for a digital detox and reconnect with your surroundings and the people around you.

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

**RENTAL EQUIPMENT:** You will require a warm, cozy sleeping bag. Should you require one, we have these available for rent (\$25). Please select this option when registering.