



Personal Equipment List for Summer Courses

THE ACTIVITIES INVOLVED IN THIS PROGRAM REQUIRE THE FOLLOWING CLOTHING AND EQUIPMENT. IT IS NOT NECESSARY THAT YOU PURCHASE ANY 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!!

- Boots:** Sturdy leather hiking boots with ankle support, broken in and waterproofed.
- Back Pack:** With waist belt, minimum 60L capacity but 70 – 80L is preferred
- Sleeping Bag:** Good to –5 celcius. Do not bring a bulky bag that cannot be packed small!
- Sleeping Pad:** Ensolite or Thermarest Type or blue or yellow foam
- *Rain Jacket with hood:** Durable: Gore-tex or equivalent, or coated nylon.
- *Rain Pants:** Durable (full-zip legs are nice): Gore-tex or equivalent, or coated nylon
- 2 pairs of Running Shoes:** One good pair and one pair old & ugly.
- Hiking Pants:** “quick dry”: lightweight wool or synthetic (Schoeller etc) or uncoated thin nylon
- Hiking shirt:** thin, synthetic – **NOT COTTON**
- Long underwear - top & bottom:** synthetic, fleece or wool – **NOT COTTON**
- 2 warm tops:** Wool, fleece or synthetic - 1 light & 1 heavy – **NOT COTTON**
- Gloves:** wool, fleece or synthetic
- Toque:** Wool or fleece
- 4 pairs wool (or wool blend) socks** – 2 thick and 2 mid-weight

- 2 pairs Liner Socks.**
- Casual/street clothes** for wearing around site or traveling to and from Educo: i.e. cotton clothes: Underwear, T-shirts, sweatshirts, jeans, sport socks
- Swimsuit**
- 1 Towel** (beach size).
- Sun Hat:** with sun visor or full brim (e.g. baseball cap).
- Water Bottle: capacity of 1 litre** (durable, such as Lexan plastic or stainless steel)
- Plastic whistle** – ‘pealess’ (works when frozen)
- Plastic Cup, Bowl & Spoon.**
- Mini Flashlight or Headlamp** with new batteries.
- 4 extra large garbage bags.**
- 4 large ziplock bags.** (NOT SLIDE LOCK)
- Toiletries:** toothbrush & paste, floss, sanitary supplies for girls, etc.
- Sunblock and lip block:** minimum 15 SPF
- Sunglasses** with 100% UVA protection
- OPTIONAL:** 1 pair of quick dry shorts for hiking sandals, camera, writing material, rock climbing shoes, gaiters

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 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.

Rental Fees (per course): \$25 for a sleeping bag, \$25 for a backpack, \$10 for a sleeping pad. Fees can be paid in advance online or by cheque. Alternatively, rental fees can be paid on the first day of your course by cheque or cash.