



## Personal Equipment List for School Programs

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!!

- Backpack:** large, soft sports style bag (no hard cases)
- Sleeping Bag:** Recommended good to -5 Celsius
- Pillow:** optional
- Rain Jacket:** with hood
- Rain Pants:** recommended
- A Pair of Running Shoes**
- Hiking Boots:** Sturdy, ankle support recommended
- Toque:** Wool or fleece
- Gloves:** wool, fleece or synthetic
- 4 pairs of socks:** Wool recommended *-not cotton*
- 4 pairs of underwear**
- Pants:** for hiking, "quick dry": lightweight wool or synthetic (Schoeller etc) or uncoated thin nylon
- Sport shirt:** thin, synthetic *-not cotton*
- Long underwear, top & bottom:** synthetic, fleece or wool – **NOT COTTON**
- 2 warm tops:** Wool, fleece or synthetic
- Flashlight or Headlamp** with new batteries packed separately or backwards

- Casual/street clothes** for wearing around site or Campfire: T-shirts, sweatshirts, jeans, sport socks etc
- Swimsuit**
- Towel** (beach size).
- Sun Hat:** with full brim (e.g. baseball cap).
- Water Bottle:** **minimum 1 liter** (durable)
- Sunglasses :** with 100% UVA protection
- Sunblock and lip block:** minimum 15 SPF
- Toiletries:** toothbrush & paste, floss, sanitary supplies for girls, deodorant etc.

**OPTIONAL:**

- A Tupperware box to carry snacks
- Shorts
- Travel games, playing cards etc
- Personal journal and pen
- Bandana
- Mosquito repellent

### 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 cold at night 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 & 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. iPods, radios and video games are NOT allowed.

**POCKET MONEY:** Students do not need any spending money during the course. \$30 to \$55 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 program): \$25 for a sleeping bag. 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.