



Personal Equipment List – Spring and Fall 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!!

- ❑ **Day Pack:** Small backpack 30-40L capacity
- ❑ **Sleeping Bag:** Good to -5 celcius. It's important to have a sleeping bag and not just blankets.
- ❑ **Extra blankets:** 1 or 2 extra blankets
- ❑ ***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
- ❑ **T-shirt:** thin, synthetic; preferably not cotton but cotton is okay if you don't have another kind
- ❑ **Long underwear - top & bottom:** polypropylene, 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
- ❑ **3 pairs wool (or wool blend) 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** (even if it's cold – we might sauna!)
- ❑ **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)
- ❑ **Mini Flashlight or Headlamp** with new batteries.
- ❑ **2 extra large garbage bags.**
- ❑ **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
 - ❑ Sport sandals
 - ❑ Camera (not part of a phone)
 - ❑ Writing material

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. 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.**

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. Funds for buying Educo merchandise (t-shirts \$25, hoodies \$50 and hats \$30) is sufficient. 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: We lend warm layers, toques, etc at no cost (but do not have an unlimited supply). We do have sleeping bags that can be rented for a cost of \$25 each.