



Personal Equipment List for White Water Kayaking

THE ACTIVITIES INVOLVED IN THIS PROGRAM ARE SUCH THAT IMPROPER CLOTHING AND EQUIPMENT COULD CONTRIBUTE TO PERSONAL DISCOMFORT, EXPOSURE OR HYPOTHERMIA. PLEASE ADHERE TO THESE CLOTHING AND EQUIPMENT REQUIREMENTS.

- ✂ Duffel bag for your gear.
- ✂ Sleeping Bag, polar guard, down, or holofill with a stuff sack. Do not bring a bulky bag that cannot be packed small!
- ✂ Sleeping Pad, closed cell, thermarest or blue foam
- ✂ Rain Suit, "of solid quality" with hood or hat.
- ✂ 2 pairs of Running Shoes, including one pair of old & ugly or 1 pair Running Shoes & 1 pair Neoprene booties.
- ✂ 2 pairs of thick Wool Socks
- ✂ 4 pairs light Sports Socks.
- ✂ 1 pair Wool or Fleece Pants.
- ✂ 1 set of Long Underwear, tops & bottoms, polypropylene or wool. Not cotton!!
- ✂ 1 light fleece Sweater.
- ✂ Wool Toque or Ski Hat.
- ✂ 1 Sweat Shirt.
- ✂ 1 pair Teva's or waterproof sandals.
- ✂ 1 roll of Duct tape.
- ✂ 4 T-shirts.
- ✂ 2 pairs loose fitting Shorts.
- ✂ Underwear.
- ✂ 2 Swimsuits.
- ✂ 1 Towel (beach size).
- ✂ Sun Hat.

- ✂ 1 Bandana
- ✂ Water Bottle (i.e. nalgene, 1 litre) & carabiner to attach to kayak.
- ✂ Plastic Whistle.
- ✂ Plastic Cup, Bowl & Spoon.
- ✂ Mini Flashlight or Headlamp with new batteries.
- ✂ 4 extra large garbage bags.
- ✂ Toothbrush & Paste, Biodegradable Soap/Shampoo (i.e. Dr Bronner).
- ✂ Sanitary supplies for girls.
- ✂ Insect repellent—NOT AEROSOL.
- ✂ Sunblock and lip block (waterproof).
- ✂ Sunglasses with straps to secure.
- ✂ OPTIONAL—camera, writing material, dry bags.
- ✂ OPTIONAL -- Neoprene booties, gloves, hood.

KAYAK RENTALS ARE \$100.00 + GST (\$107.00) AND INCLUDE KAYAK, PADDLE, SPRAY SKIRT, DRY TOP AND WET SUIT. PLEASE CALL THE EDUCO OFFICE TO RENT A KAYAK.

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 rivers and these fabrics will provide warmth even when wet. Suitable woollen clothing can often be found in second hand stores quite cheaply. Polypropylene, fleece, neoprene and thinsulite can be found in backpacking and other sports stores.

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

POCKET MONEY: Students do not need any spending money during the course.

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

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