



Personal Equipment List for Wild Women

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

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| <ul style="list-style-type: none">✂ Back Pack, with waist belt, large enough to hold 3 days equipment. Minimum 60L capacity.✂ 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.*✂ Hiking Boots with ankle support.+✂ 2 pairs of Running Shoes, including one pair of old & ugly. (1 pair can be sandals.)✂ 3 pairs of thick Wool Socks (for boots).+✂ 2 pairs liner Socks.✂ 4 pairs light Sports Socks.✂ 1 pair heavy Fleece Pants.✂ 1 pair quick dry Pants.✂ Long Underwear, tops & bottoms, polypropylene or wool. Not cotton!!✂ 2 Sweaters, 1 light & 1 heavy, wool or fleece.✂ Wool or Fleece Toque or Ski Hat.✂ 1 pair light winter Mittens or Gloves.✂ 2 Shirts, 1 wool, 1 cotton.✂ 3 T-shirts.✂ Underwear. | <ul style="list-style-type: none">✂ 2 pairs loose fitting Shorts (1 pair quick dry/nylon).✂ Travel clothes, to and from Educo.✂ Clothes to move in (dance and stretch)✂ Swimsuit.✂ 2 Towels (1 beach, 1 hand).✂ Sun Hat.✂ Water Bottle (i.e. nalgene, 1 litre)✂ Plastic Whistle.✂ Plastic Cup, Bowl & Spoon.✂ Mini Flashlight or Headlamp with new batteries.✂ 4 extra large garbage bags.✂ 5 large ziplock bags. (NOT SLIDE LOCK)✂ Package of Moleskin (for blisters)✂ Toothbrush & Toothpaste✂ Dr. Bronner Biodegradable Soap/Shampoo (sold at Save On & Overwaitea).✂ Sanitary supplies.✂ Insect repellent—NOT AEROSOL.✂ Sunblock and lip block.✂ Sunglasses.✂ Journal you will love to write in.✂ Something that represents home✂ Something that represents women✂ <u>OPTIONAL</u>-camera, sweat pants, favourite books, stories, poems, drum |
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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 woollen 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 waterproof them. Blisters from new boots are our biggest medical 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, radios and video games are NOT allowed.

POCKET MONEY: You do not need any spending money during the course. \$30.00 to \$50.00 is sufficient for buying Educo outerwear and purchasing photos 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.