



## School Programs- Personal Equipment List (1)

**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.**

- ⌘ Small Day Pack
- ⌘ Sleeping Bag- Temperatures can get cold at night, Please bring a bag that will be warm at temperatures around or slightly below freezing.
- ⌘ Rain Suit, "of solid quality" (Tops and bottoms) with hood or hat\*
- ⌘ 2 pairs of Running Shoes, including one pair of old & ugly.
- ⌘ 1 pair of thick Wool Socks
- ⌘ 3 pairs light Sports Socks.
- ⌘ 1 pair Wool or Fleece Pants.
- ⌘ 1 pair Nylon Pants (Or other quick dry material).
- ⌘ 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.
- ⌘ 1 Sweat Shirt.

- ⌘ 3 T-shirts.
- ⌘ 2 pairs loose fitting Shorts (1 pair quick dry/nylon).
- ⌘ Travel clothes, to and from Educo.
- ⌘ Underwear.
- ⌘ Swimsuit.
- ⌘ 1 Towel (beach size).
- ⌘ Sun Hat.
- ⌘ Water Bottle (i.e. nalgene, 1 litre)
- ⌘ Mini Flashlight or Headlamp with new batteries.
- ⌘ 2 extra large garbage bags.
- ⌘ Toothbrush & Paste
- ⌘ Biodegradable Soap/Shampoo- Must be Brand Name Dr. Bronner.
- ⌘ Sanitary supplies for girls.
- ⌘ Insect repellent—NOT AEROSOL.
- ⌘ Sunblock and lip block.
- ⌘ Sunglasses.
- ⌘ OPTIONAL-camera, writing material, sandals, rock climbing shoes, sweat pants.

### 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 spring or autumn it can get very cold at the Educo site 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.

**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. \$30.00 to \$50.00 is sufficient for buying Educo outerwear. 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 SLEEPING BAGS ARE AVAILABLE FOR RENTAL ON A FIRST COME, FIRST SERVE BASIS. PLEASE CONTACT THE OFFICE WELL IN ADVANCE.

**BIODEGRADABLE SOAP AND SHAMPOO:** You may want to bring this to share with a number of students to avoid bringing too much, and to save on equipment costs.