



## Packing list: Family Overnight

### What you should pack:

**\*\*We recommend these items are packed in one duffle bag\*\***

If you do not have any of these items on this list, please contact us and we may be able to lend or rent the items. If your child shows up with improper equipment and you have not made prior arrangements with us, you may need to pickup your child or pay a rental fee.

Item	Quantity	Helpful information
Rain cover	1	A fully waterproof, seam-sealed rain cover that covers the entire backpack. Highly recommended
Backpack	1	A daypack.
Hiking boots	1 pair	<i>Not required but highly recommended.</i> Need to be above the ankle bone, also known as high-top hiking boots. If you are buying hiking boots for this program, please make sure to wear them hiking for a few days before the program as they will need to be broken in.
Tent (Optional)	depends	We will supply 2-3-man tents but bring your own if you want to show to others or to learn how to use.
Tarp (Optional)	depends	We will supply tarps but bring your own if you want to show to others or to learn how to use.
Other personal gear (Optional)		If you have different kinds of stoves, etc. that you want to bring to show to others or to learn how to use.
Sleeping bag	1	Down or synthetic sleeping bags are best but other options will work. The bag must be rated to at least -5 C, the ideal range is -5 C to -12 C. Needs to be compact.
Sleeping pad	1	If inflatable, please check that your mat has no leaks before packing it. Participants can also use foam camping mats.
Pillow	1	Any old pillow will do but a camp pillow would be nice for the campout.
Water bottle	1	A 1L hard water bottle such as a Nalgene is essential.
Headlamp	1	Flashlights are ok in a pinch but we highly recommend a water-resistant headlamp.
Extra batteries for headlamp	1 set	1 complete set of extra batteries for the headlamp. We recommend using energizer lithium batteries as they last far longer, work better in colder temperatures and have significantly less mass. We also recommend storing them in a small waterproof drybag or Ziploc.

Western Educational  
Adventures Inc.  
(250) 888-1622  
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www.westernadventures.ca

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Camera (optional)	1	It is recommended to have an extra battery.
Waterproof camera case (optional)	1	We recommend a Pelican case.
Watch	1	Waterproof recommended
Camping bowl	1	
Camping spoon	1	
Camping fork	1	
Camping knife	1	
Camping plate	1	
Camping cup	1	
Mesh bag	1	To fit all camping dishes

**\*\*Please contact us if you have any questions! \*\***

**\*\*We highly recommend that all gear is tested before the program begins. \*\***

### **Trip Clothing **\*\*Absolutely no cotton\*\*****

Item	Quantity	Helpful information
Rain jacket	1	We highly recommend a waterproof breathable GORE-TEX type rain jacket (also known as a hard shell). Other fully waterproof rain jackets will work. No ponchos please.
Rain pants	1 pair	We highly recommend a waterproof breathable GORE-TEX type rain pant (also known as a hard shell). Other fully waterproof rain pants will also work.
Hat	1	A full brim sunhat.
Sunglasses	1	Properly fitting sunglasses that fully cover the participant's eyes.
Running shoes	1 pair	
Water Shoes	1 pair	Sandals, Crocks, etc.
Long underwear	1	A pair of wool or fleece long underwear.
Shorts	2	2 pairs of quick drying shorts. Nylon recommended
Swimsuit	1	
Long pants	1 pair	Quick drying, nylon pants recommended.
Underwear	2 pairs	Synthetic (boxer briefs for males) is best as it reduces chaffing.
Socks	2 pairs	Wool hiking socks.
Insulating tops	2	Fleece, wool or puffy jackets.

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T-shirt long	1	Wool or synthetic recommended but cotton will do
T-shirt short	1	
Sun shirt	1	Long sleeved BARE, Body Glove brand or similar.
Warm Jacket	1	
Warm hat	1	A fleece hat, toque, etc
Fleece gloves	1 pair	Polar fleece gloves, wool ones work too

### Additional Clothing **\*\*Cotton is cool!\*\***

Item	Quantity	Helpful information
Shorts	3	
Swimsuit	1	
Long pants	2 pair	Sweatpants or jeans
Underwear	5 pairs	
Socks	5 pairs	
Insulating tops	2	Hoody, fleece, wool or puffy jackets.
T-shirt long	1	
T-shirt short	3	

### Toiletries and medications

Toiletry Bag	1	Anything will do.
Toothbrush	1	
Toothpaste	1	
Soap	1	
Hand Soap	1	200ml or more bottle
Hand Sanitizer	2	100ml bottles
Shampoo	1	
Towel	2	
Sunscreen	1	Must be waterproof
Bug spray (optional)	1	
Feminine products	n/a	
Personal medications	2X	If there are certain medications the participant is required to take, please pack enough for twice the length of the program.

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### Navigation Supplies

Whistle (Optional)	1	Fox 40
GPS (Optional)	1	Garmin works great
Compass (Optional)	1	With proper bearings
Notebook	1	Rite in the rain recommended
Pen/Pencil	1	

*\*\*Please contact us if you have any questions!\*\**

### Please do not bring:

- Food with nuts
- Electronics (other than those listed)
- Tobacco, alcohol, etc.
- Expensive/luxury clothing
- Jewelry and other valuables

### A note on cotton

Cotton is not ideal for any outdoor environment. When cotton absorbs moisture, it gets heavy and no longer insulates, instead it draws heat away from the body. Other fibers such as wool and synthetics don't get as heavy and still have some insulating ability when wet.

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