



# ADVENTURE PROGRAM EQUIPMENT LIST

All program participants, including chaperones, require appropriate clothing and equipment to participate in SPL programs. Consider this a list of “must-haves,” regardless of the season. The weather is unpredictable, it can be sunny and warm in April or unseasonably cool and wet in August, so participants need to be prepared for whatever nature brings us. In early spring or late fall you’ll want to add some warmer layers, and June thru mid-September you may want extra shorts and T-shirts. It should not be necessary to purchase new items to enjoy your SPL experience. We recommend borrowing, renting or purchasing second hand items that you do not already own.

## CLOTHING & FOOTWEAR

For active outdoor pursuits, the best way to regulate body temperature and to maintain warmth is to wear layers of clothing that can be adjusted depending on the weather, temperature and activity level. Layers should include long underwear, warm mid-layers and waterproof outerwear. Wool, nylon, polyester and synthetic fleece are recommended as clothing materials because they provide insulation even when wet and dry quickly. Cotton clothing is not acceptable for warm layers. Cotton loses any insulating value when wet, is slow to dry and should not be worn in damp conditions.

**THE IMPORTANCE OF PROPER RAINGEAR CANNOT BE OVERSTATED.**

Raingear must be waterproof (coated PVC or Gore-Tex) – if you can’t stay dry in the shower while wearing your raingear, it is not acceptable. This is NOT A JOKE.

There is no such thing as bad weather, only inappropriate clothing.

In addition to regular clothes each person requires:

- Gore-Tex or rubber rain jacket and rain pants
- 2 fleece, wool or acrylic tops/sweaters
- 1 pair of nylon, fleece or wool pants
- Wool or synthetic long underwear top and bottom
- Warm fleece or synthetic fill jacket
- Synthetic T-shirt
- 3 pairs of wool socks
- Bathing suit
- Sun hat or baseball hat
- Fleece/wool toque (warm hat) & gloves
- 1 pair of laced up shoes for general activities
- 1 pair of old running shoes, Teva-style sandals or Holey Soles for water activities (these will get wet). No Flip-flops.
- Rubber rain boots (A MUST early spring and late fall)
- 3-4 plastic garbage bags for waterproofing equipment and footwear.

## EQUIPMENT

- Sleeping bag and stuff sack (minimum -7°C; synthetic fill is preferable)
- Day pack
- Headlamp or flashlight with spare batteries
- 1 litre water bottle
- Toiletries & Towel
- Sunglasses with straps
- Sunscreen: SPF 45 or higher

## FOR OVERNIGHT CAMPING TRIPS

### ALL CAMPING TRIPS:

- Sleeping pad (Therma-rest type or closed cell foam) and its stuff sack
- Unbreakable cup, bowl & spoon
- 5 large garbage bags and zip-loc bags for waterproofing gear.

### CANOE TRIPS:

- 60+ litre backpack or duffle

### KAYAK TRIPS:

- 2 or 3 - 10 litre dry bags or 2 or 3 – 10 litre nylon stuff sacks with one garbage bag each

### HIKING TRIPS:

- 60+ litre backpack with hip belt
- Mid-weight hiking boots with ankle support (FOR OVERNIGHT HIKING TRIPS ONLY)

## OPTIONAL ITEMS

- Camera
- Journal and pencil
- Spending money
- Bug shirt or mosquito proof head-net (recommended mid-May thru mid-October)
- Insect repellent

## IMPORTANT NOTES

- If you require **glasses** (safety strap recommended) or **contact lenses** bring and extra pair of glasses as a back-up.
- If you require **prescription medication**: A) Check the expiry date. B) Bring a complete second set (that your instructor/guide can carry) in case the first set is damaged or lost. C) Ensure all medication is packaged in a waterproof bag (Zip-lock) and labelled with your name, the drug name, the drug dose and the expiry date.
- Please do not bring cell phones (they don’t work here), electronic games or iPod’s/MP3 players.