

STRATHCONA PARK LODGE PACKING LIST

All program participants, including chaperones, need appropriate clothing and equipment to participate in SPL programs. Consider this a list of “**must-haves**” regardless of the season.

The weather can be unpredictable, you need to be prepared for whatever nature brings, **no matter the forecast!**

GENERAL NOTES ABOUT CLOTHING

LAYER UP! The best way to regulate body temperature outdoors is to wear layers of clothing that can be added or removed depending on the weather, temperature and your activity level. *Layers should include moisture wicking **base layers**, warm **mid-layers** and waterproof **outerwear**.*

WOOL IS WARM, COTTON IS COLD. Wool and synthetic fleece are recommended as they provide insulation even when wet. They also dry quickly! *Cotton retains moisture. It doesn't insulate when wet and it is slow to dry - brrr!*

BRING PROPER RAIN GEAR. Rain gear must be waterproof as opposed to “water resistant”. You will not be able to dry your clothes during your camping trip so keep them dry with proper rain gear.

BONUS TIP: Reduce clothing waste! 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.

REQUIRED PACKING LIST All participants **must** pack the following items.

CLOTHING

- Clothing set for each day, including arrival/departure. *Shirt, pants, underwear, socks, mid-layers. Avoid cotton.*
- Waterproof jacket and pants. *Do not bring “water resistant” jackets and pants they will soak through.*
- Bathing suit
- Sun hat / baseball hat
- Toque (warm hat - fleece/wool) & gloves
- Closed-toed shoes. *These will be used for climbing and hiking activities. They must be supportive and must not come off easily. Crocs and similar slip-on shoes are not acceptable as primary footwear.*

EQUIPMENT

- Sleeping bag and stuff sack. *-7°C or warmer is best.*
 - Day pack
 - Headlamp or flashlight with spare batteries
 - 1L water bottle. *Must seal properly when upside down.*
 - Toiletries. *Bring your own soap and shower towel.*
 - Sunglasses with straps
 - Water resistant sunscreen. *SPF 45+ recommended.*
 - Watch.
- Staying on site? SPL provides a mattress and a pillow but you will need your own sleeping bag and shower towel!*

OVERNIGHT CAMPING ADD-ONS *Add these if you are going on an overnight camping trip of any kind.*

- Sleeping pad. *Inflatable or closed cell foam.*
- Unbreakable cup, bowl & spoon
- 5 large garbage bags and extra zip-loc bags. *These will be used for waterproofing your gear.*
- Wool or synthetic base layer top and bottom
- 2 fleece or wool tops. *Mid-layers.*
- 1 pair of fleece or wool pants. *Mid-layer.*
- Synthetic fill jacket or puffy jacket
- Synthetic t-shirt
- 3 pairs of wool socks. *One pair will get wet when paddling, one pair will get dirty at camp, one pair for sleeping that is always clean and dry.*
- 1 dry pair of camp shoes
- Bug shirt or mosquito head net. *Recommended mid-May through to mid-October.*
- 2 stuff sacks. *For your sleeping bag and sleeping pad.*

GLASSES: We recommend a safety strap or contact lenses. Please also bring an extra pair of glasses as a back-up.

MEDICATION: A) Check the **expiry date**. B) Bring a complete **second set** (that your teacher/chaperone 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**.

PROGRAM SPECIFIC ADD-ONS Find your program below and bring the listed items.

ADVENTURE ONE CANOE OVERNIGHT SURVIVAL / BUSHCRAFT BUTTLE LAKE CANOE

- A duffle or backpack. *All equipment & clothes must fit!*
- Tall rubber boots

OCEAN CANOE (BURMAN RIVER)

- A duffle or backpack. *All equipment & clothes must fit!*
- Tall rubber boots. **NO SANDALS ALLOWED** - you will cut your feet on sharp barnacles.

CANOE PORTAGE (BREWSTER/SAYWARD)

- 60L+ backpack with hip belt. *All equipment and clothes must fit inside & there must be space for group gear.*
- Running/hiking shoes. *These will be wet all the time.*

WHITEWATER (KAYAK OR CANOE)

- A duffle or backpack. *All equipment & clothes must fit!*
 - Running shoes or hi-top neoprene booties. *These will be wet all the time and must not come off easily - the river will sweep away typical slip-on swimming shoes.*
 - Neoprene/wool socks. *These will be wet all the time.*
 - Neoprene gloves or pogies
- Optional: Nose plugs with strap and swimming goggles.*

SEA KAYAKING

- 3 x 10L dry bags (best) OR 10L nylon stuff sacks (ok). *These will be used to waterproof your clothing.*
- A second rain jacket. *One will be used for camp, the other will be a paddling jacket and will be wet.*
- Neoprene booties (thick soled) or running shoes. *Will be wet all the time and must also be thick to protect you when walking on sharp barnacles. NO SANDALS.*
- Neoprene/wool socks. *These will be wet all the time.*
- Neoprene gloves or pogies

Optional: Nose plugs with strap, swimming goggles, wetsuit, paddling jacket.

Recommended: Rubber boots as oceanside camp shoes.

ADVENTURE ONE HIKE OVERNIGHT HIKING / BACKPACKING TRIPS

- 60L+ backpack with hip belt. *All equipment and clothes must fit inside & there must be space for group gear.*
- Mid-weight hiking boots with ankle support. *Boots must be broken in and waterproof.*
- Hiking poles. *Adjustable poles recommended.*
- Gaiters. *To keep water, snow, debris out of hiking boots. Recommended from April to June.*

CAVING

- 60L+ backpack with hip belt. *All equipment and clothes must fit inside & there must be space for group gear.*
- Work/gardening gloves
- A second headlamp
- Coveralls or old clothes. *These are worn over other layers to protect them from muddy and abrasive caves.*

ROCK CLIMBING

- A duffle or backpack. *All equipment & clothes must fit!*
- Rock climbing shoes (if you already own a pair). *We will provide these if not!*

MOUNTAIN BIKING

- A duffle or backpack. *All equipment & clothes must fit!*
- 1 pair of shoes for cycling. *Flat soled skateboard-style or court shoes are more stable than running shoes.*

Optional: Biking gloves.

OPTIONAL ITEMS

- Camera
- Journal and pencil
- Reading material
- A deck of cards
- Camp pillow. *Must pack down to the size of a waterbottle.*
- Pack towel. *Small, quick-drying.*

DO NOT BRING

- Smelly items. *Body sprays & perfume attract wildlife.*
- Narcotics, alcohol, vape pens, cigarettes, etc.
- Electronics. *Items like hair dryers use up the limited electricity we can produce.*
- Valuables. *We do not provide locked storage.*

CELL PHONES

We'd like to remind you that this is your opportunity to connect with friends in new and meaningful ways as you explore the natural world together.

We encourage you to leave your phone at home, with your teacher chaperones or at the very least to leave it inside your cabin while you are here. There is no cell service at SPL and our office WIFI password is not shared with students.

You may just find that alternatives like a basic camera, a book or a deck of cards will help you enjoy the moment more clearly and without distraction.