

SHEFA & ZAO PACKING LIST

GENERAL INFORMATION

- Ideally all clothing should be synthetic and non-cotton (better to have fleece, wool or synthetic material, as cotton takes a long time to dry), even cotton blend is better than straight cotton.
- These items do not have to be brand new. We encourage that you borrow items or purchase from a thrift store.
- Bring enough clothes for 6 days at camp for various weather conditions.
- Please label all clothing & gear brought to camp to ensure their return!
- Please leave all electronic devices and valuables at home. 😊

SPECIFIC INFORMATION: What Everyone Should Bring to Shefa & Zao

COVID SPECIFIC:

- 4 masks** (use will be optional for those not showing symptoms, required for those experiencing respiratory symptoms)
- personal hand sanitizer**

GENERAL ITEMS:

- Bible (Optional. Available for purchase at camp.)
- Clothing you are willing to get dirty/torn**, including shorts (recommended length: mid-thigh), jeans, t-shirts, long-sleeved shirts, socks, underwear, etc., including warm under layers.
- Durable and Waterproof rain gear** (pants and jacket/no ponchos please) - essential as days are spent outside rain or shine. Rainy days can be cold, so keeping dry makes rain part of the adventure rather than an endurance challenge!!
- Flashlight or Headlamp** (with new batteries)
- Heavy sweater or fleece jacket**
- Jeans for riding** (2 pair minimum). Riders, beware of jeans with a thick seam inside the knees as they can rub your skin raw over a long ride!
- Journal and Pen**
- Indoor slippers or shoes**
- Laundry bag**
- Light sleeping pad**
- Mittens or gloves**
- Modest swimwear and beach towel**
- Mosquito repellent** (with deet)
- Outside (athletic) shoes plus a second old pair of shoes for wading** (or a pair of water shoes with a heavy enough sole to provide protection from rocks – they dry quicker than shoes!) **and/or broken-in hiking boots** (to prevent blisters) for the outside (hiking boots optional)
- Personal toiletries** (soap, shampoo, 2 towels, toothbrush and toothpaste, deodorant etc.)
- Pillow** (and pillow case)
- Rubber boots** for rainy, muddy days (and/or riding if you choose)
- Sun hat, cowboy hat or baseball cap** (caps available for sale at camp)
- Sunglasses**
- Sunscreen**
- Swimwear, including beach towel** (Swimwear needs to be large enough and resilient enough to cover everything during water games. A non-white t-shirt can also be worn overtop if necessary, and this may be asked of your camper by Dock Staff.)
- Toque** (available for purchase at camp)
- Warm jacket** (for windy days and/or chilly evenings)
- Warm sleeping bag** (-10 C) with stuff sac (the bag the sleeping bag comes in)
- Water Bottle** (min. 1 L) (available for purchase at camp)
- Waterproof bags** ((i.e. large garbage bags work to keep gear dry)

See Page 2 for General Out-Trip Gear List for All Campers & Track Specific Gear

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TRACK SPECIFIC GEAR for SHEFA/ZAO CAMPERS

PADDLE Track specific gear

- Old shoes for wearing in the river** (must have good sole to protect from rocks)

RIDE Track specific gear

- Jeans for riding.** Riders, beware of jeans with a thick seam inside the knees as they can rub your skin raw over a long ride!
- Riding boots** (can be rubber boots with a heel)

ZOOM Track specific gear

- Camera with extra batteries/charger and extra memory** (SD cards, flash drive etc.)
- Sketch book and pens/pencils**
- Painting shirt** (one that can be stained)

GENERAL OVERNIGHT OUT-TRIP GEAR for ALL SHEFA/ZAO CAMPERS

Appropriate equipment on an Out-Trip is a safety must.

- 6 large heavy duty garbage bags** (Glad type - 26" by 36" approximate), used for waterproofing
- Day pack** (big enough to carry water bottle, lunch, and jacket for overnight)
- Fleece or wool jacket** (cotton takes a long time to dry – better to have fleece, wool or synthetic material that dries quickly)
- Fleece pants** (optional, but recommended)
- Long underwear set** (top & bottom/wool or synthetic)
- Sleeping pad** (thermarest or blue pad - dense foam that will not absorb water)
- Toque** (hats keep body heat in and protect from the sun) and **mitts or gloves**
- Water bottle** (minimum 1 L size) (available for purchase at camp)
- Wool or synthetic socks: 2 pairs minimum** (wool provides warmth even when wet)