



LIT 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 clothing for 9 days at camp for various weather conditions.
- Please label all clothing & gear brought camp to ensure their return!
- Please leave all electronic devices and valuables at home. 😊

SPECIFIC INFORMATION: What Everyone Should Bring to LIT

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** (available for purchase at camp)
- Clothing you are willing to get dirty/torn**, including shorts (please ensure they are mid-thigh in length), jeans, t-shirts, long-sleeved shirts, socks, underwear, etc., including warm under layers.
- Durable and waterproof rain gear** (rain pants & jacket/no ponchos please) - essential as days may be 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**
- Journal and pen**
- Indoor slippers or shoes**
- Laundry bag** (plastic garbage bag is OK, but make sure it's labeled)
- Mosquito repellent** (with deet)
- Pillow** (with pillow case)
- 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!)
- Personal toiletries** (soap, shampoo, 2 towels, toothbrush and toothpaste, deodorant, etc. Only the essentials please.)
- Rubber boots for rainy, muddy days** (and/or riding if you choose)
- Sun hat, cowboy hat, or baseball cap** (baseball caps are available for purchase 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.)
- Warm jacket** (for windy days and/or chilly evenings)
- Warm sleeping bag** (down or synthetic fill to -10°C) with stuff sack (the bag the sleeping bag comes in)

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

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General Out-Trip Gear List for All Campers

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

- Sleeping pad** (thermarest or blue pad - dense foam that will not absorb water)
- Day pack** (big enough to carry a water bottle, lunch and jacket)
- 6 large heavy duty garbage bags** (Glad type - 26" by 36" approximate), used for waterproofing
- Water bottle** (minimum 1 L size) (available for purchase at camp)
- Cup and bowl** (heavy plastic preferred) and spoon
- Rain jacket and rain pants** (NO ponchos)
- Toque** (hats keep body heat in and protect from the sun) and mitts or gloves
- Fleece or wool jacket** (cotton takes a long time to dry – better to have fleece, wool or synthetic material that dries quickly)
- Long underwear set** (top & bottom/wool or synthetic)
- Waterproof hiking boots**
- Wool or synthetic socks: 2 pairs minimum** (wool provides warmth even when wet)
- Fleece pants** (optional, but recommended)

*Much of this can be borrowed from people or some items even rented, so don't feel you have to go out and buy all of it. Rentals are available from The Outdoor Program Center at U of C (403-220-5038) or at Mountain Equipment Company in Calgary (403-269-2420) and Edmonton (780-488-6614). If you do decide to buy, we recommend Mountain Equipment Company.