



# 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

### General Items:

- Bible** (available for purchase at camp)
- Clothing you are willing to get dirty/torn**, including shorts, jeans, t-shirts, long-sleeved shirts, socks, underwear, etc., including warm under layers (non-cotton layers provide warmth even when wet)
- 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**
- Jeans for riding** (Riders beware of jeans with a thick inseam inside the knees as they can rub your skin raw over a long ride!)
- 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 pillowcase)
- 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** (Please wear swimwear that is well suited to activity, running, jumping, and playing games in and out of the water.)  
*A non-white pool 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)
- Water Bottle** (min. 1 L) (available for purchase at camp)

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

# LIT PACKING LIST

## General Out-Trip Gear List for All Campers

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

- Bowl, cup and spoon:** for eating meals on the trail, pack smaller, lightweight options like light plastic or aluminum
- Day pack** (big enough to carry a water bottle, lunch and jacket)
- Sleeping pad** (thermarest or blue pad - dense foam that will not absorb water)
- 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)
- 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)
- Rain jacket and rain pants** (NO ponchos)
- Toque and mitts or gloves** (hats keep body heat in and protect from the sun)
- Waterproof hiking boots** (worn pre-camp to avoid blisters)
- Wool or synthetic socks: 2 pairs minimum** (wool provides warmth even when wet)

## 2-night Backpacking Trip!

- Sunglasses**
- 60L internal frame backpack with padded hip belt (MUST be FITTED to camper's body)**
- Hiking boots with ankle support (waterproofed & MUST be WORN pre-camp to avoid blisters)**
- Additional Durable 1 Litre Water Bottle** or platypus/camelback-style hydration system
- 2 short sleeve wool or synthetic shirts**
- 1 long sleeved wool or synthetic shirt**
- 1 pair long pants** (nylon or similar)
- 1 pair of shorts** (nylon or similar)
- Light-weight shoes or sandals for evenings** (can double as indoor shoes around Pioneer!)
- Synthetic liner socks are recommended** (they reduce blisters)

## **Optional but Helpful Additional Gear for Backpacking Out-Trips:**

- Gaiters
- Hiking poles

\*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.