

# Senior Skills 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 Senior Skills

### GENERAL ITEMS:

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| <ul style="list-style-type: none"> <li><input type="checkbox"/> Bible (Optional. Available for purchase at camp.)</li> <li><input type="checkbox"/> <b>Clothing you are willing to get dirty/torn</b>, including shorts, jeans, t-shirts, long-sleeved shirts, socks, underwear, etc., including warm under layers; non-cotton layers provide warmth even when wet)</li> <li><input type="checkbox"/> <b>Durable and Waterproof rain gear</b> (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!!</li> <li><input type="checkbox"/> <b>Flashlight or Headlamp</b> (with new batteries)</li> <li><input type="checkbox"/> <b>Heavy sweater or fleece jacket</b></li> <li><input type="checkbox"/> <b>Jeans for riding</b> (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!</li> <li><input type="checkbox"/> <b>Journal and Pen</b></li> <li><input type="checkbox"/> <b>Indoor slippers or shoes</b></li> <li><input type="checkbox"/> <b>Laundry bag</b> (plastic garbage bag is OK, but make sure it is labelled)</li> <li><input type="checkbox"/> <b>Light sleeping pad</b></li> <li><input type="checkbox"/> <b>Mittens or gloves</b></li> <li><input type="checkbox"/> <b>Mosquito repellent</b> (with deet)</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> <b>Outside (athletic) shoes plus a second old pair of shoes for wading or getting dirty</b> (or a pair of water shoes with a heavy enough sole to provide protection from rocks – they dry quicker than shoes!)</li> <li><input type="checkbox"/> <b>Personal toiletries</b> (soap, shampoo, 2 towels, toothbrush and toothpaste, deodorant etc.)</li> <li><input type="checkbox"/> <b>Pillow</b> (and pillowcase)</li> <li><input type="checkbox"/> <b>Rubber boots</b> for rainy, muddy days (and/or riding if you choose)</li> <li><input type="checkbox"/> <b>Sun hat, cowboy hat or baseball cap</b> (caps available for sale at camp)</li> <li><input type="checkbox"/> <b>Sunglasses</b></li> <li><input type="checkbox"/> <b>Sunscreen</b></li> <li><input type="checkbox"/> <b>Swimwear, including beach towel</b> (Please wear swimwear that is well suited to activity, running, jumping and playing games in and out of the water. <i>A non-white pool shirt can also be worn overtop if necessary, and this may be asked of your camper by Dock Staff.</i>)</li> <li><input type="checkbox"/> <b>Toque</b></li> <li><input type="checkbox"/> <b>Warm jacket</b> (for windy days and/or chilly evenings)</li> <li><input type="checkbox"/> <b>Warm sleeping bag</b> (-10 C) with stuff sac (the bag the sleeping bag comes in)</li> <li><input type="checkbox"/> <b>Water Bottle</b> (min. 1 L) (available for purchase at camp)</li> <li><input type="checkbox"/> <b>Waterproof bags</b> ((i.e. large garbage bags work to keep gear dry)</li> </ul> |
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*See Page 2 for General Overnight Gear List for All Campers & Track Specific Gear*

## *Senior Skills* **PACKING LIST**

### TRACK SPECIFIC GEAR for SENIOR SKILLS' 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 GEAR for ALL SENIOR SKILLS 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 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 and mitts or gloves** (hats keep body heat in and protect from the sun)
- Water bottle** (minimum 1 L size) (available for purchase at camp)
- Wool or synthetic socks: 2 pairs minimum** (wool provides warmth even when wet)
- 6 large heavy duty garbage bags** (Glad type - 26" by 36" approximate), used for waterproofing