

SHEFA & ZAO PACKING LIST

- 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 them or purchase from a thrift store.
- Please label all clothing & gear to help ensure their return!
- Please leave all electronic devices and valuables at home. ☺

Everyone should bring to *Shefa & Zao*:

- Bible (Optional. Available for purchase at camp.)
- 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
- Modest and Comfortable camp clothes (a.k.a. not new! - shorts, jeans, t-shirts, long-sleeved shirts, etc. including warm under-layers)
- 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, towel, toothbrush and paste, 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 and optional *non-white* pool shirt (pool shirt is an alternative to a one piece bathing suit)
- Toque (available for purchase at camp)
- Warm jacket (for windy days and/or chilly evenings)
- Warm sleeping bag (-10) with stuff sac (the bag the sleeping bag comes in)
- Water Bottle (min. 1 L) (available for purchase at camp)
- Waterproof bags ((ie: large garbage bags work to keep gear dry)

Please see next page for General Out-Trip Gear List for All Campers & Track Specific Gear



SHEFA & ZAO PACKING LIST

PADDLE specific gear

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

RIDE 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 specific gear

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

General Overnight Out-Trip Gear for Jr. Skills Zao & Sr. Skills Shefa:

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 water, lunch and jacket for overnight)
- 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)
- 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)
- Wool or synthetic socks: 2 pairs minimum (wool provides warmth even when wet)
- Fleece pants (optional, but recommended)