



LIT 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.
- Horseback Riding boots and helmet are also optional (we have plenty of rubber boots here for riding).
- These items do not have to be brand new. We encourage that you borrow items 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 *LIT*:

- Bible (available for purchase at camp)
- Durable and waterproof rain gear (pants & jacket/no ponchos please) - essential as days may be spent outside in 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!
- Inside slippers or shoes
- Laundry bag (plastic garbage bag is OK, but make sure it's labeled)
- Modest and Comfortable camp clothes (a.k.a. not new! - shorts, jeans, t-shirts, long-sleeved shirts, socks, underwear, etc. including warm under-layers)
- Modest swimwear and beach towel
- 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, towel, toothbrush and paste, deodorant, etc. Only the essentials please.)
- Riding boots with a 1" heel (riding boots can be expensive so unless your camper is an avid rider – meaning they will ride more than just at camp - rubber boots are a great alternative)
- 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 and optional *non-white* pool shirt (pool shirt is an alternative to a one piece bathing suit)
- 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)

Please see next page for **General Out-Trip Gear List for All Campers & Additional Gear for Backpacking Out-Trip.**

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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 water, 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)
- 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)

Additional Gear for Backpacking Out-Trips: (* NOT applicable to WIT participants)

- Cup and bowl (heavy plastic preferred) and spoon
- 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-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)

*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 Co-op in Calgary (403-269-2420) and Edmonton (780-488-6614). If you do decide to buy, we recommend Mountain Equipment Co-op.