

## General Equipment List for the Outdoor Adventure Program

As the Outdoor Adventure Program spends an average of 30+ days of the semester outside exploring, you will need some basic clothing and equipment to support you in staying dry, warm and as comfortable as possible.

There are a number of fabrics that help us achieve a great deal of comfort in some very challenging weather. Cotton is not allowed on our trips: it is great for life in a city and tropical areas but not for the rain forests, mountains, beaches, lakes and oceans where we will be travelling. Fabrics like polypropylene, gore-tex, nylon, wool, with terms like “water proof breathable”, “water proof”, “wind stopper”, “fleece”, etc. can be used.

If you are a skier or snowboarder, please bring your snow clothing which will be useful for the winter camp. For everyone else, it is a good idea to have heavy insulated clothing for our winter.

Many of the items listed here can also be used in your day - to - day life here on Vancouver Island all year long. (At the end of this list is gear that we, the Outdoor Adventure Program, can supply.)

### **Personal items you will need to purchase:**

Polypropylene is a fabric that is great for “long underwear”, 2 pairs

Wool socks, 4 pairs

Thin nylon socks, 4 pairs

Nylon / stretch pants that are “breathable” for hiking (zip off can be nice), 2 pairs Shorts,

2 pairs

Swimming shorts, 1 pair

Nylon tee shirt, 2

Long sleeve nylon shirt, 1

Gore-tex rain jacket, 1

Gore-tex rain pants, 1

Wool sweater or Fleece jacket 1

Hiking boots, 1 pair

We CANNOT supply footwear. It is very important that each participant have GOOD supportive footwear that is water resistant. Please consider buying hiking boots early on so you can “break them in” before arriving in Campbell River as our first trip is early and five days long.

Running shoes, 1 pair

Winter boots (insulated for -10 degrees C), 1 pair

Hat / toque /gloves

You will also need a pocket knife (Swiss army type), a water proof whistle and a lighter .

Sun glasses

Flashlight

Personal First aid kit (personal meds, bandages etc.)

Camera

Teddy bear (optional)

**Our Outdoor Adventure Program can supply the major equipment such as:**

Sleeping bag

Sleeping pad

Tent

All safety equipment

Back pack

Stoves

**In some cases we can also supply:**

Gore-tex jackets and fleece (warm) jackets

**While many students now use their phones as cameras, we do not allow cell phones (or other electronics) to be used as personal music devices or other forms of personal entertainment. Why? We want students to be focused on the experience and all the amazing people sharing it!!!!**

**Food for Trips:**

On trips, food preparation is sometimes shared in a group. Other times, each person will plan their own meals. For international students, while host families provide meals each day the international students will be expected to as all students do, purchase the specialty items they might need as dried or dehydrated foods can be very expensive. All food should be re-packed to avoid extra weight and excessive space taken up by packaging that will just soak up moisture. Pack everything in plastic...even your smaller items and esp. items that might spill....double bagging is a good idea. If you use "ziplock" bags, these of course are reusable. Remember, weight and air is the enemy!

**Food groups:**

It is recommended that the participants work in FOOD groups. This will cut costs, ease the load and make cooking easier. We have three stoves for the use of the students...though each group is responsible for acquiring the fuel (LPG) which can be found at Canadian Tire, River Sportsman and Valhalla Pure in Courtenay.

**Tent groups:**

We have 10, two-person tents and a number of older three-person tents. While all are waterproof, to protect the floors, each tent group MUST supply a tarp to go between the tent and the ground. They last longer that way.

We will spend time familiarizing students with all of the Outdoor gear so that everyone has time to figure out their personal needs.