

# Clothing and Equipment List

## Remember

- ✓ Participants are outside in all weather. Clothing must be practical and comfortable. Bring clothes and shoes which you can get dirty.
- ✓ You should dress to be warm and dry. Make sure that you bring a sufficient quantity of clothing to cover the time spent at the Field Centre, whether two-and-a-half days or five days. There are no laundry facilities at the Field Centre.
- ✓ You need to bring your own pillow and sleeping bag. The Field Centre does not supply pillows, blankets, linens or sleeping bags.
- ✓ Make sure that all personal belongings are able to fit into either one or two pieces of luggage.
- ✓ It is a good idea to label certain items (e.g., jacket, boots, etc.) with student's name.

| All seasons                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Summer needs – add:                                                                                                                                                                                                     | Winter needs – add:                                                                                                                                                                                                                                                                                                            |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none"> <li>✓ Three pairs of long pants</li> <li>✓ Three shirts</li> <li>✓ One warm jacket, sweater or sweatshirt</li> <li>✓ One pair of outdoor shoes/boots</li> <li>✓ One pair of indoor footwear: slippers or running shoes</li> <li>✓ At least one pair of socks per day</li> <li>✓ Change of underwear for each day</li> <li>✓ One pair of pyjamas and/or a track suit for evening wear</li> <li>✓ One waterproof jacket or raincoat</li> <li>✓ Rubber boots</li> </ul> | <ul style="list-style-type: none"> <li>✓ Wide-brimmed hat</li> <li>✓ Sunscreen (SPF 15 or greater)</li> <li>✓ Insect repellent: non-aerosol, no sprays, no disposable wipes</li> <li>✓ Reusable water bottle</li> </ul> | <ul style="list-style-type: none"> <li>✓ One heavy winter-weight coat</li> <li>✓ Two pairs of winter-weight mitts</li> <li>✓ One wool or fleece ski hat</li> <li>✓ Turtleneck or scarf</li> <li>✓ Two pairs of heavy wool socks</li> <li>✓ One pair of warm winter boots</li> <li>✓ Long underwear (or track pants)</li> </ul> |
| Bedding                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 | Toiletries                                                                                                                                                                                                              | Optional extras                                                                                                                                                                                                                                                                                                                |
| <ul style="list-style-type: none"> <li>✓ Pillow and pillow case</li> <li>✓ Sleeping bag</li> </ul>                                                                                                                                                                                                                                                                                                                                                                                                      | <ul style="list-style-type: none"> <li>✓ Toothbrush</li> <li>✓ Toothpaste</li> <li>✓ Comb</li> <li>✓ Soap</li> <li>✓ Facecloth</li> <li>✓ Bath towel</li> <li>✓ Lip balm</li> <li>✓ Hair dryer (optional)</li> </ul>    | <ul style="list-style-type: none"> <li>✓ Pen</li> <li>✓ Spiral notebook</li> <li>✓ Art supplies</li> <li>✓ Camera</li> <li>✓ Board games</li> <li>✓ Watch</li> <li>✓ Guitar</li> <li>✓ Binoculars</li> </ul>                                                                                                                   |

## Do Not Bring:

- ✓ Any electronic devices (e.g., cell phones, smartphones, tablets, music players, gaming devices, etc.)
- ✓ Any kind of spray products or aerosol cans
- ✓ Any food/candy/gum/beverages
- ✓ Knives or hand axes
- ✓ Curling iron
- ✓ Flashlight (unless requested)