

Sr. Girls 1 & 2 (except grade 8) What To Bring Checklist:

- One pillow with pillow case
- Warm sleeping bag (down or synthetic fill to -10°C) with stuff sack (the bag the sleeping bag comes in)
- Personal toiletries (soap, shampoo, towel, toothbrush and paste, etc.)
- Durable and waterproof rain gear- essential as days are 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.
- Riding boots with a 1" heel (riding boots can be expensive so unless your child is an avid rider – meaning (s)he 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)
- 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!)
- Comfortable camp clothes (a.k.a. not new! - shorts, jeans, t-shirts, long-sleeved shirts, etc.)
- 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!
- Heavy sweater or fleece jacket
- Warm jacket for windy days and/or chilly evenings
- Laundry bag (plastic garbage bag is OK, but make sure it's labeled)
- Bathing suit and beach towel
- Sunscreen
- Sun hat, cowboy hat, or baseball cap (baseball caps are available for purchase at camp)
- Sunglasses
- Flashlight or headlamp
- Mosquito repellent with deet
- Bible (available for purchase at camp)

General Outtrip Gear List for All Campers:

(appropriate equipment on an outtrip 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
- Plastic water bottle (about 1 liter size) – available for purchase at camp
- Cup and bowl (heavy plastic preferred) and spoon
- 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).
- Wind (nylon) pants - protect the legs and will dry quickly
- Wool or synthetic long underwear
- Wool or synthetic socks – wool provides warmth even when wet
- Fleece pants – optional, but recommended

*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.

**Additional outtrip equipment, except for grade 7 campers, is needed based on which outtrip the camper will be going on. This additional list will be sent to you when your outtrip is confirmed.

Please label all clothing and equipment to help ensure that all of your camper's gear comes home again!

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Additional Gear for Canoeing Outtrips:

- River shoes/ sandals (no Flip Flops)
- Dry Bags or another way of waterproofing campers clothing on river (garbage bags need to be inside a pack so they don't rip open)
- Rubber Dish gloves for cold weather
- Knee pads
- Neoprene socks keep feet warm (not required)

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