

EQUIPMENT LIST (Grades 8-12): Strathcona Park Lodge

Ideally, your bag will be large enough to fit your sleeping bag, camp mat, rain gear and a full change of clothes so your things can be contained in one place. (easier to keep track of on the out-trips!)

Item	Quantity	Comments
Clothing		
Footwear for a day hike. (they might get wet!)	1 pair	Bring something that will provide support when hiking such as proper hiking boots, hiking shoes or a pair of running shoes. Be prepared to get them wet.
Foot Wear – for the campsite	1 pair (+ 2 nd “plastic” pair if you can fit them)	A pair of lighter weight shoes (runners?) to wear at the campsite will give your feet a rest from the hiking footwear and ensure that you have something dry to put on. If you have room, you might also bring a plastic pair of sandals in case your campsite pair gets wet.
RAIN GEAR -	1 jacket 1 pants	- should have some rubber content (marine rainwear) if possible. A plastic poncho is only suitable at the campsite. The ponchos are not durable enough to endure the hiking or canoeing. Gore-tex jackets are not as good since they do not stay waterproof in a down-pour. (the Gore-tex membrane needs to be able to “breathe” in order to be water proof)
Lightweight nylon jacket (optional)	1	If you have one, they don’t take up much space and can be a wind-breaker for the warmer weather
Warm Upper Layer	1 or 2	You need a warm layer under your rain gear. A fleece jacket is recommended. Hoodies are a nuisance.
Pants	2	Some like tights + rain gear. Some just go with nylon hiking pants and let their legs get wet. Keep one pair dry for the campsite to go under your rain pants. NO jeans!
Mid Layer Top	1	Thin, wicking long sleeved shirt.
<u>Under Layer</u> – top and bottom.	2 each (in case one gets wet!)	Sweat-wicking material would be best (polypropylene, dri-fit, clima-fit, merino wool, etc – anything that won’t hold moisture against your skin.) (sometimes they get stinky...)
t-shirt (a luxury)	1	To wear to bed if you MUST have cotton to sleep
Rimmed Hat	1	for hiking or paddling in the sun or rain
Toque	1	a separate toque to be worn at night and when sleeping
Gloves	2pair?	Polypropylene or nylon so they will dry fast
Underwear	At least one per day!	Might want a spare pair or two to change into at the campsite.
Sports/hiking Socks	1 pair/day no cotton! (+ liner socks if available)	Synthetic or wool Socks - keep feet warm when wet. Synthetic clothing will dry quickly. If you wear a thin liner sock under the hiking socks it REALLY helps reduce chafing/blistering. Socks get wet when hiking – always keep a dry pair for the campsite. Cotton socks are almost SURE to give you blisters.
Swimsuit	1	

shorts	1 or 2	synthetic/nylon are best
Travel clothes for ride home/downtime at Lodge	1 complete change	You can have some comfy clothes for your travel time on bus/ferry or at the lodge.
Equipment		
Sleeping bag	1	(it gets VERY cold at night on the coast!) A summer sack is NOT enough for this time of year.
Sleeping Pad	1	Closed cell foam (cannot absorb water) or plastic equivalent
Garbage bags	3	For waterproofing
Water bottle	One 1 liter!	- at least 1L capacity
Cup (plastic)	1	For hot drinks at the campsite
Eating utensils (fork/spoon) + plate/bowl	1 each	- a plastic container can act as plate/ bowl, and cutlery fit inside)
Flashlight (or headlamp)	1	
Hand-towel	1	SMALL! – they have synthetic ones that can work really well
toothbrush	1	Yes, you still have to brush your teeth each day!
Sunglasses	1	- straps are handy to ensure you don't drop these delicate items!
Money	\$?	- for 1 fast food meals en route to Strathcona,+ snacks on ferry
Camera (optional)	1	(waterproof case or sturdy ziplock bag recommended)
Water shoes (optional)	1	Use an old pair of runners that you can get wet if you don't have water shoes
Smaller group Gear – in group of 4 or 5, divide up these items so you can share		
toothpaste	1/group	
biodegradable soap +/- or hand sanitizer	1/group	Unscented
Insect Repellent	1/group	
Sunscreen	1/ group	
WATCH and/or ALARM	1/group	

Be prepared for warm or cold, and wet weather. It is important to dress in layers so they can be taken off or put on when appropriate.

COTTON IS NOT GOOD!!!! When wet, cotton does not hold warmth well and it dries very slowly. Avoid cotton, and cotton blends, as much as you can!!!! Synthetics and wool clothes are best.

Scented products like underarm deodorant, perfumes, body sprays and cologne ATTRACT unwanted wildlife (rodents and even bears). Please leave these items at home.

DO NOT BRING: excessive amounts of money, iPods, MP3 players, speakers, (electronics hate getting wet) jewelry or valuable documents (i.e. birth certificates, bank cards, etc.)