

Outdoor Escape - Overnight

Clothing

| Item | Use/Type |
|---|---|
| Everything on "What to bring to Barn Days" List | We will need these items not only every day but on the overnight as well |
| Toque | For cold weather |
| Shorts | Can be worn to barn |
| 2 t-shirts | For sun protection on shoulders (pack one and wear 1 to the barn) |
| Pants | For cold weather |
| Long underwear top and bottoms | For cold weather and/or sleeping in |
| Fleece or wool sweater | For cold weather |
| 1 pair "Trip" shoes (aka "Wet" shoes) | Must be sturdy, closed toed footwear that have good ankle support. These shoes will be worn during the day (when travelling/portaging); these will get wet. i.e. running shoes or hiking shoes/boots. Water shoes and sandals are not acceptable "trip" shoes. |
| 1 pair "In-camp" shoes (aka "Dry" shoes) | These will be worn in & around camp. Breathable shoes or sandals with secure top & heel straps are acceptable. Absolutely NO flip-flops |
| 2 pairs of socks | Not cotton |
| 1 pair of underwear | Avoid cotton if possible. |

Gear List

| Item | Use/Type |
|--|---|
| Sleeping Bag with stuff sack | Waterproof stuff sack. If stuff sack is not water proof, line it with two garbage bags *do not tie garbage bags* |
| 1 water proof stuff sack for clothes | For clothes and other gear. Both Sleeping bag stuff sack and clothing stuff sack should total no more than 30 L |
| Carabiner | To attach water bottle to canoe pack |
| Small flashlight | |
| Insect repellent | |
| Toothpaste, toothbrush, and dental floss | |
| Camera (optional) | |
| Tampons or pads (feminine) | Please bring even if you're not expecting your period on the overnight. Should include the appropriate disposal materials (aluminum foil squares, Ziploc bag, and an air-tight container) |
| Watch (optional) | |
| Book (optional) | |
| Playing cards (optional) | |

We understand overnight camping gear can be expensive. Please do not feel the need to purchase brand new items. Second hand stores are a great place to find deals on gear! Later in our programs, certain gear may be mandatory for safety reasons, however in our junior programs, we can adapt gear list items to make it affordable. If you are in need of a certain item, please contact the Gould Lake office as we have some gear to lend for the session. Any other questions or concerns regarding equipment can be answered by the Gould Lake office staff.

DO NOT BRING

Any alcohol, cigarettes or any other non-prescribed drugs - you will be sent home and/or evacuated from the course.

Any electronic devices such as cell phones, iPods, etc.

Any deodorant, antiperspirant, make-up, soap, shampoos, etc.