

Outreach – Algonquin Park Trip

Clothing List

| Item | Use/Type |
|--|---|
| Peaked ball cap/Sun hat | To provide shade from sun |
| Toque | For warmth |
| Buff &/or bandana | For sun protection |
| Swimsuit | Or shorts & swimsuit top |
| 2 pairs of quick-dry shorts | Can be used as swimsuit |
| 2 T-shirts/tank top | One t-shirt must have short sleeves for sun protection |
| Long pants (RAD- rapid-air dry) | NO jeans or jogging pants (not needed if you have wind pants to go over long underwear) |
| Long underwear top & bottom | Wool or synthetic material - if you only have cotton, bring 2 pairs of each. For warmth and/or sleeping in |
| Long sleeve fleece or wool shirt | Must be large enough to fit over long underwear top. No cotton |
| Rain jacket & pants | Must be large enough to fit over layers |
| 1 pair of "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 & sandals are not acceptable "trip" shoes. |
| 1 pair of "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. |
| 3 pairs of wool socks | NO cotton. Wool will keep your feet warm even if they're wet |
| 3 pairs of underwear | |

Gear List

| Item | Use/Type |
|--|--|
| PFD - Personal Flotation Device | Canadian approved - properly fitted with all buckles & straps in working order |
| Sleeping bag | Preferably smallish when packed - temperature rating of -5C to +5C summer rated bag |
| 4' x 8' ground sheet - large enough to fit sleeping bag | Used to place between tent floor & sleeping bag to keep you dry. Tarp-like material or heavy duty plastic is best |
| 2 waterproof stuff sacs for clothes (i.e. Sealine) | Preferably 2 x 15L or 1 x 20L & 1 x 10L One for your sleeping bag & one for your clothes |
| 1 or 2 (1 Litre) water bottle(s) with carabiner | A wide-mouth screw-top is best! Stainless steel, aluminum or plastic (BPA-free). Carabiner is to attach water bottle to canoe pack |
| 2 Whistles | 1 you wear and 1 attached to your PFD |
| Small flashlight or headlamp | With extra batteries |
| Insect repellent | No aerosols |
| Sunscreen, lip block, sunglasses | Minimum SPF 15 / UVB/UVA (broad spectrum) sunglasses with UV protection |
| Toiletries | Toothpaste, toothbrush, dental floss, hand sanitizer (max 30ml), comb, toilet paper (small roll). Bring all items in a small bag with pull string or small Ziploc |
| Nylon cord | ~3m in length. Used for making clothesline(s) |
| Tampons or pads (feminine) | Please bring even if you're not expecting your period on trip. Should include the appropriate disposal materials (aluminum foil squares, Ziploc bags and an air-tight container) |
| Camera, watch (with alarm), book, playing cards (optional) | Watch is very useful to have on trip! Cameras help us create slide shows 😊 |
| Glasses &/or contacts | Bring extra pair of glasses/contacts in case of damage |
| Prescription drugs | Staff will carry all drugs (i.e. inhalers, epi-pens, etc.) |
| Your OR Manual & writing utensil(s) | Please have it in a waterproofed bag (ie. Ziploc) |
| Disposable lunch | For bus ride to Algonquin |
| Money | For meal on the bus ride from Algonquin |

DO NOT BRING

Any alcohol, cigarettes or illegal 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.