

# Quest & GAP - Frontenac 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
Swim suit	We recommend students opt for durable, functional one-piece bathing suits or swim shorts/swim shirt sets.
2 pairs of quick-dry shorts	Can be used as swim suits
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 &/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	Avoid cotton if possible.

## Gear List

Item	Use/Type
PFD - Personal Flotation Device	Canadian approved - proper 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 & 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
Camera, watch (with alarm), book, playing cards (optional)	A 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	Please bring 2 sets of required medications. Students will keep 1 set & staff will keep other set safe in case 1 is lost or spoiled
Tampons or pads (feminine)	Please bring even if you are not expecting your period on trip. Should include the appropriate disposal materials (aluminum foil squares, Ziploc bags and an air-tight container)
Your Quest/GAP Manual & writing utensil(s)	Please have it in a waterproofed bag

### 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.