

# WIC – Missinaibi Trip

## Clothing List

Item	Use/Type
Peaked ball cap/Sun hat	To provide shade from sun
Toque	For warmth and especially great for sleeping
Buff and/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
3 T-shirts/tank top	One shirt can be a tank top (all others must have shoulder protection).
Long pants (RAD- rapid-air dry)	NO jeans or jogging pants (not needed if you have wind pants/soft shell to go over long underwear)
2 Long underwear tops & bottoms	Wool or synthetic material but not cotton (One pair is set aside for sleeping)
Long sleeve fleece or wool shirt	Must be large enough to fit over long underwear top. No cotton
Rain jacket & pants	Must be reliable & large enough to fit over layers (good rain gear is important for this trip)
1 bug jacket	A must!
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. You must have covered feet when cooking.
4 pairs of wool socks	No cotton.
4 pairs of underwear	Avoid cotton if possible.

## Gear List

Item	Use/Type
PFD- Personal Flotation Device	Canadian approved - proper fit with all buckles & straps in working order. Be sure to check the label.
Sleeping bag	Preferably smallish when packed. (Rated to 0 is good)
4' x 8' ground sheet	Tarp-like material or heavy duty plastic is best
Thermarest or insulate pad	Please try to avoid thermarests or pads that do not roll up into a <b>small</b> cylinder
Small dry bags	10L bags are great. 20L bags are satisfactory. 30L bags do not fit properly into our packs. Total of all bags (including your sleeping bag) should not exceed 30L.
2 (1 Litre) water bottles with clips or biners	A wide-mouth screw-top is best! Stainless steel, aluminum or plastic (BPA-free).
Cup, bowl, spoon	Sturdy bowl with lid (i.e. "short" Nalgene containers with screw-top lid)
Pocket knife or multi-tool	No blades great than 4" will be permitted. Knives with a locking blade or fixed blade (with protective sheath) are acceptable.
Lighter &/or matches	Make sure they are in a waterproof bag (i.e. Ziploc)
2 Whistles	1 you wear & 1 attached to your PFD
Headlamp or flashlight	With extra batteries
Insect repellent	No aerosols
Toiletries	Toothpaste, toothbrush, dental floss, hand sanitizer (max 30ml), comb, toilet paper (small roll). Bring all items in a small bag with a pull string or in a Ziploc
Sunscreen, lip block, sunglasses	Minimum SPF 15 / UVB/UVA (broad spectrum) Sunglasses with UV protection
Nylon rope/Parachute cord	~3m in length. Used for making clothes line(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,, book, playing cards, etc.	Camera's help us create slide shows
Watch (with alarm)	It's important to be able to keep track of time as a leader. (portages, cooking, time control plans, wake ups, etc.)
Glasses and/or contacts	Bring extra pair of glasses/contacts in case of damage. Bring a strap for your glasses (so they don't fall off)
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 destroyed
First Aid supplies	For personal reoccurring injuries/conditions (i.e. athletic tape, Tylenol, yeast infection medication, eye care, etc.)
Your WIC Manual & writing utensil(s)	Make sure manual is kept in a waterproofed bag
Trail Food (GORP)	This is your snack for trip. This could be a reasonable quantity of GORP (~100g/day) and/or granola/energy bars. Please ensure all GORP or bars are peanut and tree nut free.
Juice crystals (optional)	A reasonable amount (No more than enough for ~1L per day)
Money	For meals on bus travel days as well as time spent in Moosonee/Moose Factory.
Disposable lunch and dinner (or cash).	For the bus ride to Mattice. Please ensure all meals are peanut and tree nut free.

### DO NOT BRING

Any alcohol, cigarettes, e-cigarettes (including vape-pens) or any other non-prescribed drugs- you will be evacuated from the course at **YOUR OWN** expense. Any electronic devices such as cell phones, iPods, etc.  
Any deodorant, antiperspirant, make-up, soap, shampoos, etc.