

# OE - 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 <b>not</b> acceptable "trip" shoes.
1 pair "In-camp" shoes (aka "Dry" shoes)	These will be worn in & around camp. Breathable shoes or sandals <b>with secure top &amp; heel straps</b> are acceptable. Absolutely NO flip-flops
2 pairs of socks	Not cotton
1 pair of underwear	

## Gear List

Item	Use/Type
Sleeping Bag with stuff sac	Water proof stuff sac. If stuff sac is not water proof, line it with two garbage bags *do not tie garbage bags*
1 water proof stuff sac for clothes	For clothes and other gear. Both Sleeping bag stuff sac and clothing stuff sac should total <b>no more than 30 L</b>
Carabiner	To attach water bottle to canoe pack
Small flashlight	
Insect repellent	
Comb	
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 an 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 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.