INDIVIDUAL EQUIPMENT NEEDS:
- Pack with internal or external frame – 60 liter minimum (hip belt needed)
- Sleeping bag (down or dacron) -8 rating?
- **Ensolite or substitute (thermarest)**
- Water-proof Boots (worn in and comfortable with non-slip soles)
- Pack cover

PERSONAL NEEDS
- Watch
- Sunglasses
- Knife
- Fly Repellent/ Bug Spray
- Moleskin/ Bandaids
- Toilet Tissue
- Hairbrush/comb
- Toothbrush/toothpaste
- Hand towel
- Eating utensils
- Waterproof matches
- 2 large garbage bags
- Water bottle and cup
- Whistle
- Snacks (granola, chocolate, raisins, candy, dried fruit, etc. – do we have any allergies? )
- Sun screen
- Personal medication (make sure teachers are aware)

PERSONAL CLOTHING
- **Poncho or raingear**
- 4 pairs of socks
- 2 pairs of pants- jeans are not recommended
- 1 pair of shorts (preferably with pockets)
- 3 pairs of underwear
- 2 T-shirts
- 1 base shirt (preferably wool or poly)
- 1 sweater or fleece
- 1 windbreaker (could substitute with a down vest)
- 1 toque
- 1 baseball hat
- 1 pair of light gloves
- 1 pair of light runners
- 1 pair of sandals (optional)
GROUPS OF THREE
• nylon tent (3/4 Person)
• pegs, fly (full if possible), ground sheet
• one burner stove and fuel
• cooking utensils (lightweight aluminum set)
• bio-degradable soap, 2 J-cloths and scrubber
• package of: needle, thread, scissors, pliers, spare pack parts, 4” candle, bic lighter, extra lace, lip balm, hand soap, 50’ of nylon string, safety pins, nail clippers, tweezers
• day pack (should have 1 for every 2 people)
• flashlight/headlamp
• waterproofing
• duct tape
• 10 meters of light nylon rope

OPTIONAL
• Camera/ phone with portable charger
• pocket book?
• extra plastic
• bird, animal, or flower identification books
• playing cards, crib board
• pen and paper
• walking poles

LEADERS
• First aid kit and manual
• list of names and personal data

FOOD
• Individual meals planned in bags
• Consideration of water safety (pills, filtration system, ect.)