

# Strathcona Clothing

All Strathcona Park Lodge and Outdoor Education Centre participants must have the correct clothing and gear. Strathcona policy is to shorten or even cancel out-trips when participants arrive without adequate personal items. This is necessary for both safety and comfort. It can rain heavily at Strathcona even in June.

Fleece or wool garments are recommended as they provide warmth even when wet. Three Vets at Yukon and 6<sup>th</sup>, Army Surplus Store and Salvation Army stores have inexpensive fleece and woolen clothing and waterproofs. A school discount is available on items purchased at Three Vets.

## Clothing and Equipment List

*(Please ensure **all** items are labeled with name)*

- \*Sleeping bag and stuff sack (minimum -7° C, synthetic fill preferable)
- \*Ensolite sleeping pad
- Back pack or day pack
- \*Waterproof rainwear – pants and jacket with hood
- 3 pairs pants (nylon, fleece or wool)
- 4 long-sleeved shirts (synthetic)
- 5 t-shirts
- 8 underwear
- 6 pairs socks (wool and/or other warm material)
- Warm jacket (i.e., ski jacket)
- Fleece/wool hat
- Fleece/wool gloves
- 2 pairs shoes (sturdy shoes and/or extra runners)
- 1 pair old runners, Teva-style sandals or Holey Soles for water activities (no flip flops)
- 2 swimsuits (minimum)
- \*Sun hat
- Sunglasses
- Towel
- \*Sunscreen
- Soap (biodegradable, i.e., Ivory)
- Toiletries
- Moleskin
- Insect repellent “Deep Woods Off” (no aerosol)
- \*Flashlight (complete with new batteries)
- \*2 fork/spoon/knife sets (metal clip-together style) – 1 dairy, 1 meat (labeled dairy/meat)
- \*3 plastic cups – 2 dairy, 1 meat (labeled dairy/meat)
- \*Plastic water bottle (1 litre)
- Writing paper and pencil
- Books
- Camera
- \*3 large black plastic garbage bags

\*Mandatory Items