



Strathcona Packing List

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. MEC and Salvation Army thrift stores have inexpensive fleece and woolen clothing, as well as waterproof gear.

Please ensure all clothing is appropriate for an elementary school trip (i.e., coverage – no bikinis, no short shorts, no low cut tops).

Clothing and Equipment List (*Mandatory Items)

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

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