



SPL Adventure Program Clothing & Equipment Checklist

All program participants, including chaperones, require appropriate clothing and equipment to participate in SPL programs. The weather is unpredictable, it can be sunny and warm in April or unseasonably cool and wet in August, so participants need to be prepared for whatever nature brings us. Consider this a list of “must-haves,” regardless of the season. In early spring or late fall you’ll want to add some warmer layers, and June thru mid September you may want extra shorts and T-shirts. It should not be necessary to purchase new items to enjoy your SPL experience. We recommend borrowing, renting or purchasing second hand items that you do not already own.

CLOTHING

For active outdoor pursuits, the best way to regulate body temperature and to maintain warmth is to wear layers of clothing that can be adjusted depending on the weather, temperature and activity level. Layers should include long underwear, warm mid-layers and waterproof outerwear. Wool, nylon, polyester and synthetic fleece are recommended as clothing materials because they provide insulation even when wet and dry quickly. Cotton clothing is not acceptable for warm layers. Cotton loses any insulating value when wet, is slow to dry and should not be worn in damp conditions.

THE IMPORTANCE OF PROPER RAINGEAR CANNOT BE OVERSTATED. Raingear must be waterproof (coated PVC or Gore-Tex) – if you can’t stay dry in the shower while wearing your raingear, it is not acceptable.

There is no such thing as bad weather, only inappropriate clothing.

In addition to regular clothes each person requires:

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| <input type="checkbox"/> Rain jacket and pants | <input type="checkbox"/> 2 pairs of wool socks |
| <input type="checkbox"/> 2 fleece, wool or acrylic tops/sweaters | <input type="checkbox"/> Bathing suit |
| <input type="checkbox"/> 1 pair of nylon, fleece or wool pants | <input type="checkbox"/> Sun hat or baseball hat |
| <input type="checkbox"/> Wool or synthetic long underwear top and bottoms | <input type="checkbox"/> Fleece/wool toque (warm hat) & gloves |
| <input type="checkbox"/> Warm fleece or synthetic fill jacket | |
| <input type="checkbox"/> Synthetic T-shirt | |

FOOTWEAR

- 1 pair of shoes for general activities
- 1 pair of old running shoes, Teva-style sandals or Holey Soles for water activities (these will get wet). No Flip-flops.
- Rubber rain boots (RECOMMENDED early spring and late fall)
- Mid-weight hiking boots with ankle support (FOR OVERNIGHT HIKING TRIPS ONLY)
- 2 plastic grocery shopping bags for waterproofing footwear.

EQUIPMENT

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| <input type="checkbox"/> Sleeping bag and stuff sack (minimum -7°C; synthetic fill is preferable) | FOR OVERNIGHT CAMPING TRIPS: |
| <input type="checkbox"/> Day pack | <input type="checkbox"/> Sleeping pad (closed cell foam or Therm-A-Rest type) |
| <input type="checkbox"/> Toiletries & Towel | <input type="checkbox"/> 1L water bottle, unbreakable cup, bowl & spoon |
| <input type="checkbox"/> Sunglasses | <input type="checkbox"/> 5 Garbage bags and 5 large Zip-loc bags for waterproofing gear |
| <input type="checkbox"/> Sunscreen: SPF 30 or higher | <input type="checkbox"/> CANOE TRIPS: large backpack or duffel bag |
| <input type="checkbox"/> Headlamp or flashlight with spare batteries | <input type="checkbox"/> KAYAKING TRIPS: many extra stuff sacks and garbage bags or dry bags: about 10-litre size |
| | <input type="checkbox"/> HIKING TRIPS: 60+ litre backpack with hip belt |

OPTIONAL ITEMS

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| <input type="checkbox"/> Camera | <input type="checkbox"/> Bug shirt or mosquito proof head-net (recommended mid-May thru mid-October) |
| <input type="checkbox"/> Journal and pencil | <input type="checkbox"/> Insect repellent |
| <input type="checkbox"/> Spending money | |

IMPORTANT NOTES

- o If you wear glasses (safety strap recommended) bring a second pair in case the first pair is broken or lost.
- o If you wear contacts, bring a pair of glasses as a back-up.
- o If you require prescription medication: A) Check the expiry date. B) Bring a complete second set (that your instructor/guide can carry) in case the first set is damaged or lost. C) Ensure all medication is packaged in a waterproof bag (Zip-lock) and labelled with your name, drug name, dose and expiry date.
- o Please do not bring cell phones (they don’t work here), electronic games or iPod’s/MP3 players.