Packing list: 13-Day Overnight

****We recommend these items are packed in one duffle bag****

If you do not have any of these items on this list, please contact us and we may be able to lend or rent the items. If your child shows up with improper equipment and you have not made prior arrangements with us, you may need to pickup your child or pay a rental fee.

1. On-trip List (what the participant needs while on the actual expedition):

Gear

Item	Quantity	Helpful information
Hiking backpack	1	A proper hiking backpack that has a rigid internal frame, padded hip-straps, rated to carry at least 30 lbs and has a 60-80L capacity. Please remember to ensure this backpack actually fits before the program begins.
Rain cover	1	A fully waterproof, seam-sealed rain cover that covers the entire backpack.
30L-50L dry sack	1	A fully waterproof, seam-sealed dry sack. This will be used as a pack liner to protect clothing and other items from getting wet.
Water shoes	1 pair	A solid pair of amphibious shoes or water shoes to be worn while canoeing. An old pair of decent runners works great!
Hiking boots	1 pair	Need to be above the ankle bone, also known as high-top hiking boots. If you are buying hiking boots for this program please make sure to wear them hiking for a few days before the program as they will need to be broken in.
Sleeping bag	1	Down or synthetic sleeping bags are both good options. The packed volume should not exceed 6L and weigh not more than 4 lbs. The bag must be rated to at least -5 C, the ideal range is -5 C to -12 C.
Sleeping bag compression sack	1	We highly recommend storing your sleeping bag in a fully waterproof, seam sealed compression sack.
Sleeping pad	1	An inflatable sleeping pad that packs down smaller than 2L and weighs less than 1.5 lbs. Please check to your mat has no leaks before bringing it on trip. Participants can also use foam camping mats (not recommended).
Sleeping pad stuff sack	1	All inflatable sleeping pads must be stored in stuff sacks and cannot be loose. This makes them easier to pack and protects them from being punctured.

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If you do not have any or all the items on this list, Western Educational Adventures can provide this equipment either for rent or for purchase at a competitive price.

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Pillow (optional)	1	A camping pillow can be a nice comfort item to bring, however it must be packable and lightweight
Water bottle	2	A 1L hard water bottle such as a Nalgene is essential.
Hydration system (optional)	1	Hydration systems are definitely nice to have but a water bottle is more than adequate.
Headlamp	1	Flashlights are ok in a pinch but we highly recommend a water-resistant headlamp.
Extra batteries for headlamp	1 set	1 complete set of extra batteries for the headlamp. We recommend using energizer lithium batteries as they last far longer, work better in colder temperatures and have significantly less mass. We also recommend storing them in a small waterproof drybag or Ziploc.
Camera (optional)	1	It is recommended to have an extra battery.
Waterproof camera case (optional)	1	We recommend a Pelican case.
Watch	1	Waterproof recommended
20L dry sack	1	A fully waterproof, seam-sealed dry sack.
5L-10L dry sack	1	A fully waterproof, seam-sealed dry sack.
Camping bowl	1	
Camping spoon	1	
Camping fork	1	
Camping knife	1	
Camping plate	1	
Camping cup	1	
Mesh bag	1	To fit all camping dishes
Water purification tablets	1	Enough to treat 50L of water. We recommend Pristine Tablets.

Please contact us if you have any questions!

We highly recommend that all gear is tested before the program begins.

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Clothing **Absolutely no cotton**

Rain jacket	1	We highly recommend a waterproof breathable GORE-TEX type rain jacket (also known as a hard shell). Other fully waterproof rain jackets will work. No ponchos please.
Rain pants	1 pair	We highly recommend a waterproof breathable GORE-TEX type rain pant (also known as a hard shell). Other fully waterproof rain pants will also work.
Hat	1	A full brim sunhat.
Sunglasses	1	Properly fitting sunglasses that fully cover the participant's eyes.
In-camp shoes	1 pair	A pair of runners, sandals, crocks, etc. used for crossing creeks and wearing at the campsite. Must have a backstrap.
Long underwear	1	A pair of wool or fleece long underwear.
Shorts	2	2 pairs of quick drying shorts. Nylon recommended
Swimsuit	1	
Long pants	1 pair	1 pair of quick drying pants. Nylon recommended
Underwear	3 pairs	Synthetic (boxer briefs for males) is best as it reduces chaffing.
Socks	3 pairs	Wool hiking socks.
Insulating tops	2	Fleece, wool or puffy jackets.
T-shirt long	1	Wool or synthetic
T-shirt short	1	
Long sleeve sun shirt	1	BARE, Body Glove brand or similar.
Warm hat	1	A fleece hat, toque, etc
Fleece gloves	1 pair	Polar fleece gloves, wool ones work too

Please contact us if you have any questions!

We highly recommend that all clothing is checked and tested before the program begins.

Toiletries and medications

3L dry sack (optional)	1	We recommend bringing a 3L dry sack to store toiletries in (in case they leak and to keep them together).
Toothbrush	1	
Toothpaste	1	Travel sized
Sunscreen	1	Must be waterproof

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Hand Soap	1	200ml or more bottle
Hand Sanitizer	2	100ml bottles
Bug spray (optional)	1	
Feminine products	n/a	
Personal medications	2X	If there are certain medications the participant is required to take please pack enough for twice the length of the program.
Water purification tabs	1	50 pack pristine chlorine dioxide tabs
Toilet paper	1	roll

Please contact us if you have any questions!

Navigation Supplies

Whistle	1	Fox 40
Compass	1	With proper bearings
Navigation Manual	1	
Notebook	1	Rite in the rain recommended
Pen/Pencil	1	

Please contact us if you have any questions!

2. Wearing to trip (what the participant needs to wear hiking on day 1):

- Synthetic or wool underwear
- Synthetic or wool t-shirt, long or short sleeved
- Synthetic long pants
- Wool hiking socks
- Hiking boots
- Water shoes for paddling in. Runners recommended, they will get wet.

3. In-Camp Clothing **Cotton is cool!**

Item	Quantity	Helpful information
Shorts	3	
Swimsuit	2	
Long pants	2 pair	Sweatpants or jeans

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Underwear	7 pairs	
Socks	7 pairs	
Insulating tops	2	Hoody, fleece, wool or puffy jackets.
T-shirt long	1	
T-shirt short	3	

4. Other Information

Please do not bring:

- Nuts
- Money
- Tobacco, alcohol, etc.
- Expensive/luxury clothing
- Jewelry and other valuables, including electronics (a watch and camera are okay). Absolutely no cell phones.
- Cotton clothing for the **on-trip clothing list (Section 2)**. Cotton is acceptable for the **in-camp clothing list (Section 3)**.

A Note on Cotton

Cotton is not suitable for backcountry travel. When cotton absorbs moisture, it becomes heavy and loses its insulating ability. Instead, it can draw heat away from the body. Wool and synthetic fabrics retain more of their insulating properties when wet and dry much more quickly.

Because we do not have the ability to dry clothing in the backcountry, wet cotton can become a safety hazard. For this reason, **no cotton clothing or garments containing cotton are permitted for the on-trip clothing**. This restriction **does not apply to the in-camp clothing section**, where cotton clothing is welcome.

If you do not have any or all the items on this list, Western Educational Adventures can provide this equipment either for rent or for purchase at a competitive price.

Packing list: 13-Day Overnight

5. Where to buy gear

We recommend Valhalla Pure Downtown. If you can't find what you are looking for there, we suggest Robinson's Outdoor Store. MEC can be a good value option but be warry, their return policy and quality isn't what it used to be. They were recently sold to a private American company and have changed how they do things.

Do not buy gear from Amazon unless you have checked with WEA about the particular items in question.

We recommend buying gear from the following stores as they make great gear and provide discounts:

1. Grove Outdoors in downtown Victoria offers great used gear for sale on consignment. I would check here first!

2. Robinson's Outdoor Store in downtown Victoria. Families who bring in their WEA receipt to Robinson's will receive **10% off** their purchases.

3. Valhalla Pure used to do this for us as well and likely still will. We just haven't heard from them in a while.

4. Mountain Warehouse would like to show our support by offering a **10% discount to be used online only. Use this code at the promo code box by the checkout: "CUST10".**

5. Best Coast Outfitters in downtown Victoria. They primarily sell paddling and watersports equipment. Use the **discount code: "WEA5PERCENT" for 5% off** of anything but boats and paddleboards.

6. TK Clothing is a local merino wool brand made in North Saanich! Get **10% off** with discount code: "WEA_GOEXPLORE"

We recommend these stores because we trust they will sell your child the right gear where other stores may not. It's also always good to buy local! Please note, this deal is only for your kids attending programs and no one else. **Please do not disclose this deal to anyone else.**