



## Packing list: Mount Cain ski trip

Item	Quantity	Helpful information
Backpack	1	A backpack, 70-80L or large duffle bag
Hiking boots	1 pair	Need to be above the ankle bone, also known as high-top hiking boots.
Snow boots	1 pair	Need to be quality. Rated to at least -20 C
Sleeping bag compression sac	1	We highly recommend storing your sleeping bag in a fully waterproof, seam sealed compression sack. Alternative a heavy duty, black garbage bag will do
Sleeping bag	1	Down or synthetic sleeping bags are best but other options will work. The bag must be rated to at least -5 C, the ideal range is -5 C to -12 C. Needs to be compact.
Sleeping pad	1	If inflatable, please check that your mat has no leaks before packing it. Participants can also use foam camping mats.
Sleeping pad sac	1	Something that you can store your sleeping pad in
Pillow (optional)	1	Any old pillow will do but a camp pillow is more compact.
Water bottle	2	A 1L hard water bottle such as a Nalgene is essential.
Thermos (optional)	1	Insulated water bottle to keep water from freezing
Camera (Optional)	1	You may bring a camera if you want to get nice photos of the view on the mountain.
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.
Watch	1	Waterproof recommended
Garbage bag/ shopping bag	1-2	It would be nice if some people brought some garbage/shopping bags for storage as our refrigerator is shelving in a cage (Winter refrigerator)

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
Sunglasses	1	Properly fitting sunglasses that fully cover the participant's eyes.
Goggles	1	A multi-light lens is best
Helmet (Optional)	1	If you have your own gear, please contact us to ensure it is the appropriate equipment for the program.
Skis/Board	1 pair	
Ski/Board Boots	1 pair	
Poles	1 pair	

**Ski Clothing** **\*\*Absolutely no cotton\*\***

Item	Quantity	Helpful information
Ski Jacket	1	Insulated, preferably waterproof winter jacket for skiing. Ideally purchased from an outdoor store.
Rain jacket	1	I 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.
Ski Pants	1 pair	Insulated, preferably waterproof winter pants for skiing. Ideally purchased from an outdoor store. You can also use shell pants with a layering system. Please ask us for more information.
Rain pants	1 pair	I highly recommend a waterproof breathable GORE-TEX type rain pant (also known as a hard shell). Other fully waterproof rain pants will also work. Ideally purchased from an outdoor store.
Base Layer (Top)	2	Long sleeved wool or fleece t-shirt recommended, short sleeved may work depending on time of year and weather.

Base Layer (Bottom)	2	Fleece or wool long underwear.
Mid Layer (Top)	2	Wool or fleece
Mid Layer	1	Fleece pants recommended. May not need if insulated

(Bottom)		ski pants.
Insulating Layer (Top)	1	Down jacket or other puffy
Facemask or buff	1-2	Protects face when super windy and cold.
Ski Socks	3 pairs	I highly recommend thin wool ski socks such as the SmartWool PhD Ultralight ski sock. At the very least, quality wool socks from an outdoor store. Foot comfort will make or break a skiing experience.
Ski gloves	2-3 pairs	Gore-Tex recommended, fully insulated gloves. Black diamond and Outdoor Research make good ones. Please make sure they are fully waterproof and well insulated. Cold hands will break an experience. If you are unsure, ask us!
Fleece or wool gloves	1 pair	Polar fleece gloves, wool ones work too
Hand and toe warmers (Optional)	3 each	Many stores such as Costco, Canadian Tire, etc. carry hand and toe warmers. They are especially good if you have poor circulation. Heated mitts, gloves, socks and boot insoles also exist.

**Additional Clothing \*\*Cotton is ok But wool or synthetic is recommended \*\***

Item	Quantity	Helpful information
Shorts	1 pair	
Sweater	1 pair	
Long pants	2 pair	Sweatpants or jeans
Underwear	6 pairs	Synthetic or wool ideally
Socks	6 pairs	Wool ideally

T-shirt short	3	
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Item	Quantity	Helpful information
T-shirt long	2	
Bras	1-2	You may or may not need this
long underwear	1	

### Toiletries and medications

Toiletry Bag	1	3-5 liter dry bag works best
Toothbrush	1	
Toothpaste	1	
Hand Sanitizer	2	100ml bottles
Personal medications	2X	If there are certain medications the participant is required to take, please pack enough for twice the length of the program.

Matches	1	Waterproof recommended
Whistle	1	
Notebook	1	Rite in the rain recommended. For note taking.
Pen/Pencil	1	

**If there are any things missing... BRING THEM!**

**Please do not bring:**

- Electronics (other than those listed)
- Tobacco, alcohol, etc.
- Expensive/luxury clothing
- Hatchets
- Jewelry and other valuables

**A note on cotton**

Cotton is not ideal for any outdoor environment. When cotton absorbs moisture, it gets heavy and no longer insulates, instead it draws heat away from the body. Other fibers such as wool and synthetics don't get as heavy and still have some insulating ability when wet.