Packing list: 6 Day Strathcona Park Overnight

What you should pack:

****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 an increased rental fee.

Item	Quantity	Helpful information
Rain cover	1	A fully waterproof, seam-sealed rain cover that covers the entire backpack. In addition, consider bringing a pack liner or ultralight dry sack.
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 60L (for small children) - 80L capacity. Please ensure this backpack fits before the program begins.
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 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. Needs to be smaller than 10L in size when packed.
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.
Pillow	1	Any old pillow will do but a camp pillow would be nice for the campout.
Water bottle	2	A 1L hard water bottle such as a Nalgene is essential.
Hydration system (optional)	1	Hydration systems are 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.

Western Educational Adventures Inc. & Western Educational Adventure Society
(250) 888-1622
www.westernadventures.ca

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: 6 Day Strathcona Park Overnight

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
Camping bowl	1	
Camping spoon	1	
Camping fork	1	
Camping knife	1	
Camping late	1	
Camping cup	1	
Mesh bag	1	To fit all camping dishes
30L Dry sack	1	
3L Dry sack	1	
Water purification tablets	50L worth	We recommend Pristine tablets
Gaiters	1 Pair	Gaiters need to be approximately knee high. Their purpose is to stop debris (mud, sands, pine needles, burs etc.) from falling into hiking boots.
Hiking Poles (Optional)	1 Pair	Collapsible poles are best.

***Please contact us if you have any questions! ***

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

1. Trip Clothing ****Absolutely no cotton****

Item	Quantity	Helpful information
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.

Western Educational Adventures Inc. & Western Educational Adventure Society
(250) 888-1622
www.westernadventures.ca

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: 6 Day Strathcona Park Overnight

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.
Running shoes	1 pair	
Water Shoes	1 pair	Sandals, Crocks, etc.
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	Quick drying, nylon pants recommended.
Underwear	4 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 recommended but cotton will do
T-shirt short	2	
Long sleeve sun shirt	1	BARE, Body Glove brand or similar.
Down Jacket	1	
Warm hat	1	A fleece hat, toque, etc
Fleece gloves	1 pair	Polar fleece gloves, wool ones work too

2. In-Camp Clothing

Item	**Quantity**	**Helpful information**
Shorts	1	
Swimsuit	1	
Long pants	1 pair	Sweatpants or jeans
Underwear	2 pairs	
Socks	2 pairs	
Insulating tops	1	Hoody, fleece, wool or puffy jackets.
T-shirt long	1	
T-shirt short	1	

Western Educational Adventures Inc. & Western Educational Adventure Society
(250) 888-1622
www.westernadventures.ca

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: 6 Day Strathcona Park Overnight

3. Toiletries and medications

Toiletry Bag	1	Anything will do.
Toothbrush	1	
Toothpaste	1	
Soap	1	
Hand Soap	1	200ml or more bottle
Hand Sanitizer	2	100ml bottles
Shampoo	1	
Towel	2	
Sunscreen	1	Must be waterproof
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.
Toilet Paper	1 roll	In larger ziploc bag

Please contact us if you have any questions!

Western Educational Adventures Inc. & Western Educational Adventure Society
(250) 888-1622
www.westernadventures.ca

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: 6 Day Strathcona Park Overnight

4. Other Information

Please do not bring:

- Nuts
- Money
- Tobacco, alcohol, etc.
- Expensive/luxury clothing
- Jewelry and other valuables including electronics (camera and watch are ok). Absolutely no cell phones.
- Cotton

A note on cotton

Cotton is not ideal for any backcountry environment. When cotton absorbs moisture, it gets heavy and no longer insulates, instead it actually 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. We don't have the ability to dry clothing in the backcountry. It can become a safety hazard.

No cotton or garments containing a percentage of cotton is allowed on this trip.

5. Where to shop

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!

Packing list: 6 Day Strathcona Park Overnight

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. All Out Kids Online. All Out Kids is an online store based in Alberta. It only sells outdoor adventure clothing for kids, we highly recommend ordering from them. WEA families can save 10% at All Out Kids by using the **discount code: "western10".**

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

5. 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".**

6. 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.

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

We recommend these 3 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.**

Western Educational Adventures Inc. & Western Educational Adventure Society
(250) 888-1622
www.westernadventures.ca

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.