



Western Educational Adventures Inc.  
 (250) 888-1622  
[www.westernadventures.ca](http://www.westernadventures.ca)

## General Packing List

Vancouver Island Youth Weekly Outdoor Activity Program. Participants should bring all these items each week.

Please contact us if you have any questions

Item	Quantity	Helpful information
Rain cover	1	A fully waterproof, seam-sealed rain cover that covers the entire backpack or a garbage bag to keep contents dry. Highly recommended
Backpack	1	A daypack.
Water bottle	1	A 1L hard water bottle such as a Nalgene is essential.
Snack	1	Nut-free snack for your child. Ideally someone with protein and complex carbohydrates (ex. whole grain crackers & cheese)
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 or baseball style hat.
Sunglasses	1	Properly fitting sunglasses that fully cover the participant's eyes.
Running shoes	1 pair	Running shoes or closed toed boots
Rubber Boots	1 pair	For when its raining
Socks	1 pairs	Extra pair of wool socks.
Insulating tops	2	Fleece, wool or puffy jackets.
Gloves	1	Ski gloves work great!
Toque	1	
Full change of clothes	1	T-shirt, underwear, socks, shorts or pants.
Swimsuit	1	If doing swimming lessons
Towel	1	If doing swimming lessons
Sunscreen	1	
Headlamp	1	A flashlight could work too

**\*\*Your child may be sent home if missing equipment \*\***

### 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 do not get as heavy and still have some insulating ability when wet.

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