



Packing list: Weekend Ski & Board Camp

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 a rental fee.

Item	Quantity	Helpful information
Backpack	1	A daypack, 20-35 Liters.
Rain cover	1	A fully waterproof, seam-sealed rain cover that covers the entire backpack. Highly recommended
Hiking boots (Optional)	1 pair	<i>Not required but highly recommended.</i> 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.
Snow boots	1 pair	Need to be quality. Rated to at least -20 C
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.
Pillow	1	Any old pillow will do but a camp pillow is more compact.
Water bottle	1	A 1L hard water bottle such as a Nalgene is essential.
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.
Camera (optional)	1	It is recommended to have an extra battery. GoPro's are fun too.
Waterproof camera case (optional)	1	We recommend a Pelican case.
Watch	1	Waterproof recommended
Camping bowl	1	

Western Educational
Adventures Inc.
(250) 888-1622
info@westernadventures.ca
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.



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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 (Optional)	1 pair	
Ski/Board Boots (Optional)	1 pair	
Poles (Optional)	1 pair	

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

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

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	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.
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	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. 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.

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

Item	Quantity	Helpful information
Shorts	1 pair	
Swimsuit	1	
Long pants	2 pair	Sweatpants or jeans
Underwear	3 pairs	Synthetic or wool ideally
Socks	3 pairs	Wool ideally
T-shirt long	1	
T-shirt short	1	

Toiletries and medications

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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	
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.

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

Other Items (if applicable)

Whistle (Optional)	1	Fox 40
GPS (Optional)	1	Garmin works great
Compass (Optional)	1	With proper bearings
Notebook	1	Rite in the rain recommended. For note taking.
Pen/Pencil	1	

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

Please do not bring:

- Food
- Electronics (other than those listed)
- Money in excess of \$50
- Tobacco, alcohol, etc.
- Expensive/luxury clothing
- Hatchets

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- 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.