



## Packing list: 3-Day Ski MW

### 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.

Item	Quantity	Helpful information
Large Duffle Bage	1	For carrying all your gear on the bus.
Backpack (optional)	1	A daypack, 20-35 Liters to carry your day gear in
Snow boots	1 pair	Need to be quality. Rated to at least -20 C. A pair of hiking boots could work in a pinch, contact us.
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.
Pillow	1	
Water bottle	1	A 1L hard water bottle such as a Nalgene is recommended.
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 (optional)	1	Waterproof recommended
Sunglasses	1	Properly fitting sunglasses that fully cover your eyes.
Goggles	1	A multi-light lens is best
Whistle	1	Fox 40 for tree skiing safety
Helmet (Optional)	1	If you have your own gear, please contact us to ensure it is the appropriate equipment for the program. All clients skiing with WEA staff will be required to wear a helmet.
Skis/Board (Optional)	1 pair	
Ski/Board Boots (Optional)	1 pair	



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Poles (Optional)	1 pair	
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**\*\*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.
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!



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Fleece or wool gloves	1 pair	Polar fleece gloves, wool ones work too
Hand and toe warmers (Optional)	3-6 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

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!\*\***



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### **Please do not bring:**

- Money in excess of \$50
- Tobacco, alcohol, drugs etc.
- Expensive/luxury clothing
- 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.