

Winter Camp KIT LIST

Please ensure that ALL of your items are clearly labelled with name

Wear to and from camp:

- ☐ Waterproof, breathable jacket and pants
- ☐ Waterproof and insulated boots (such as Sorels, hiking boots, or winter boots)
- ☐ Gaiters (to prevent snow from getting into your boots, if your pants don't cover their tops)
- ☐ Waterproof, lined mittens
- ☐ Toque or balaclava
- ☐ Liner socks and warm socks (make sure they don't make your boots too tight, and you can wiggle your toes)
- ☐ Mid-layers (fleece sweater, lightweight long-sleeved shirt, lightweight non cotton pants or tights)
- ☐ Base-layers (long underwear)
- ☐ a waterproof poncho to wear over everything if it's raining

Sleep System:

- ☐ A reflective tarp, or an emergency blanket layered over your tarp
- ☐ A thinsulate (blue foam) mat, or interlocking kid's play mats, or hot water tank insulation
- ☐ An inflatable sleeping pad (not an air mattress)
- ☐ A fleece or wool blanket
- ☐ 2 Warm sleeping bags
- ☐ Lightweight fleece liner.

In a small knapsack (school-bag sizes or smaller):

- ☐ Extra pair of mittens
- ☐ Extra pair of socks
- ☐ Extra toque
- ☐ Water bottle
- ☐ Sit-upon
- ☐ Headlamp and extra batteries
- ☐ Whistle
- ☐ Personal first aid kit
- ☐ Hand and foot warmers
- ☐ Sunglasses
- ☐ Lip balm (with SPF) and sunscreen

In a backpack (covered with a pack cover, lined with a large garbage bag or put items in dry sacks):

- ☐ Mittens (including one pair to sleep in)
- ☐ Toque (to sleep in)
- ☐ Socks (including one pair to sleep in)
- ☐ 1-2 extra sets of mid-layers
- ☐ 1-2 extra sets of base-layers
- ☐ Underwear/bra (non-cotton)
- ☐ Pajamas (wool, fleece or synthetic) - no onesies
- ☐ Booties (to wear inside the tent)
- ☐ Plastic bag or stuff sack for wet clothing
- ☐ Toiletries (travel-size hand sanitizer, ½ roll of toilet paper in a Ziploc bag, deodorant, hair brush, toothbrush, toothpaste, feminine products, tissues)
- ☐ Medications with appropriate health forms
- ☐ Dishes in a mesh bag with a carabiner (insulated mug, bowl, spork or fork spoon and knife)

Additional items (if you have them): ☐ Snowshoes ☐ Trekking/ski poles

REMINDERS: We will be in the weather - snow, rain, freeze, so please make sure you have the appropriate clothing for the weather. Girls are expected to wear winter gear at all times. Remember "a warm camper is a happy camper" and that wool, fleece and synthetic materials are warmer than cotton for ANY clothing items! "Cotton is Rotten" No food or snacks, girls will be provided with everything they'll need.

