

OAL Training camp - Personal Gear List

We encourage everyone to pack their own belongings so that they know what they have brought with them. Please make sure that all items are clearly labeled with your name.

Clothing

- ☐ T-shirts (3)
- ☐ Pants/sweat pants (3)
- ☐ Socks, 1 pair per day + 1 extra
- ☐ Underwear (3)
- ☐ Pajamas (1 warm pair)
- ☐ Hooded or warm sweater
- ☐ Jacket
- ☐ Raincoat, rain pants
- ☐ Outside, waterproof footwear
- ☐ Indoor shoes or sneakers
- ☐ Sun hat with brim
- ☐ Hat and mittens
- ☐ Camp blanket
- ☐ Plastic bag labeled "dirty laundry"

Dishes:

- ☐ Water bottle
- ☐ Camp dishes² in a mesh bag (plate, bowl, cup, knife, fork, spoon)
- ☐ Insulated mug for coffee/tea/hot chocolate

Equipment

- ☐ Warm sleeping bag in bed sack or bedroll
- ☐ Extra blanket
- ☐ Pillow and pillow case
- ☐ Insulated sleeping pad¹
- ☐ Ground sheet
- ☐ Rope or bungee cords for sleeping bags
- ☐ Tent
- ☐ Mallet
- ☐ Tarp
- ☐ Rope

Toiletries

- ☐ Towel
- ☐ Face cloth

In a bag:

- ☐ Soap and shampoo
- ☐ Tooth brush
- ☐ Tooth paste
- ☐ Deodorant
- ☐ Brush/comb
- ☐ Hair ties
- ☐ Sanitary supplies
- ☐ Tissues

Other

- ☐ Flashlight, lantern, or headlamp, extra batteries/bulb
- ☐ Notebook and pencil
- ☐ Camp chair
- ☐ Sunscreen
- ☐ Sun glasses
- ☐ Insect repellent (non-aerosol)
- ☐ Clean tuna or cat food tin
- ☐ Clean 2L milk carton

Optional

- ☐ Songbook
- ☐ Book
- ☐ Cards
- ☐ Fun stuff
- ☐ Program related gear

1. Foam Pad (single size) should be closed cell foam sleeping pad or self-inflating mattress - no air mattresses requiring pumps.

2. All dishes (including mug) should fit in the mesh bag. The mesh bags (like a laundry bag for delicates but with a drawstring for hanging) can be found in the camping department of Canadian Tire/Wal-Mart or in the cosmetics aisle at the dollar store.

We will be outside for most of the time, so please ensure that you have clothes suitable for Newfoundland Weather (anything from snow to warm temps).

Everything except for bedding and equipment should fit into one duffel bag. No black garbage bags please. If required please use a clear or blue recycling bag – we don't want to throw out anyone's gear.

Rangers should provide medication to Tricia upon arrival with written instructions in a ziploc bag. The medication will be controlled by the Camp First Aider.