

Monashee Area Winter Skills Camp

Kit List – Guides – Sleeping Indoors

Refer to the tips sheets for appropriate clothing – Remember NO COTTON!

Kit needs to arrive at camp in waterproof condition (no garbage bags please).

Either waterproof bags/bedrolls.

Bedding (may come as waterproof bedroll with tarp, or in a bed-sack)

- sleeping bag
- blanket
- under-mats
- Pillow/pillowcase

Food/drink

- Insulated mug with lid
- Water bottle – insulated is best

Miscellaneous

- Flashlight/headlamp (spare batteries)
- Pocket knife
- Lawn chair & sit-upon
- Sunscreen
- Lip Balm
- Personal hygiene kit (toothpaste, toothbrush, hair ties, hair brush, etc.)
- Sunglasses
- Roasting stick

Clothing

- 1 set of Long underwear (polypro/wool)
- 2 underwear
- 2 Fleece/Wool sweater
- 2 Fleece/Wool pants (consider a pair of tights, under pants if you do not have long underwear).
- Snow pants
- Warm/waterproof jacket (or puffy with rain-jacket over – not too tight!)
- Gloves (fleece/wool)
- 2 pr Mittens (cozy/warm)
- 4pr socks (no cotton)
- Winter boots - waterproof (not rubber boots!)
- Indoor shoes/slippers
- Rain gear (jacket & pants)
- 2 toques