

LIST OF THINGS TO BRING CAMPING

- ❖ **Do Not** bring electronic devices on the trips.
- ❖ Permission forms – must be handed into the teacher before you leave for the campout.
- ❖ Add to this list as you like, make it your own.

Check	Item	Notes
	Footwear, boots	These should be sturdy with good traction, some waterproof. For winter, winter boots are required.
	Pants	Should be of tough material to keep the brush from scratching your leg. Stay away from cotton clothes when they get wet it draws away your body heat. For winter long johns or ski pants.
	Shirt and undershirt	Do not use cotton undershirt, it will get wet from your sweat and then wick away your body heat.
	Jacket	Use a jacket that is baggy so it will trap air between your body and the jacket. Pockets of air is the best insulator.
	Hat	A toque or other hat should be worn. The medical myth of up to 45% of your body heat is lost through your head is not true. But if you are getting cold put a hat on.
	Gloves	Have gloves on you to wear if you get cold.
	Backpack	Carry your things in a backpack. The backpack should fit you comfortably and most of the weight should be on your hips so your backpack should have a good hip belt.
Pack in your backpack		
	Sleeping bag	Rated to at least 0 Celsius.
	Sleeping bag liner	You can make your own, it adds warmth and keeps your sleeping bag clean and a longer life for the sleeping bag.
	Pillow	Comfy.
	Sleeping pad	Adds to your comfort and warmth.
	Toque & gloves	When you get cold put something on your head and hands.
	Rain Jacket	Pack during the fall, spring and summer months.
	Rain Pants	Pack during the fall, spring and summer months.
	3 + pairs of socks	Wool socks are the best. Number depends on length of trip.
	2 + pairs underwear	Number depends on length of trip.
	2 pairs of pants	Do not use jeans or other clothes made from cotton
	1 long sleeve shirt	Do not use clothes made from cotton
	1 t-shirt	
	1 Wool sweater	
	1 Warm Jacket	
	Flashlight, headlamp	
	Plate, bowl, k.f.s.	Knife, fork, spoon.
	Mug or cup	Preferably unbreakable, stainless steel is best.
	Water bottle	Use a refillable metal bottle, it can be placed near the fire to warm the water. Plastic bottles pollute.
	Hand saw	A folding hand saw is light but very handy when making a fire and shelter.
	String	Handy if you have to build a shelter.
	Tarp	A small tarp is light and great for building a shelter. You can use it to sit on during your rest breaks.

