

# Equipment Check List

Please use this form as a check sheet to ensure that you have everything that you need. Items under “Personal Gear” are **mandatory**. If you do not have access to these items please call ahead and we may be able to help you out.

## Personal Gear:

- Sleeping Bag & Pillow
- Waterproof Rain Jacket & Pants
- Toque & Gloves
- Fleece or Wool Sweater
- Synthetic or Wool Hiking Socks (min. 2 pairs)
- Synthetic Long Underwear : top and bottoms (for chilly overnights)
- Non-cotton pants (Hiking pants or track/athletic pants)
- Hiking Boots (sturdy closed-toed footwear for hiking)
- Day Pack (suitable for carrying extra clothes, lunch, water and a bit of equipment)
- Flashlight or Headlamp
- Water Bottles: enough to hold 2 litres
- Sunglasses
- Swimsuit
- Personal Toiletries : incl. towel
- Bible (if available)

## Optional- if you have it, bring it:

- Indoor shoes or slippers
- Hat
- Bandanna
- Camera
- Sunscreen
- Insect Repellent
- Journal
- 60L backpack, sleeping mat, and compact sleeping bag (and other overnight gear) (EXCEPTION: First Nations camps, all biking camps)

Please **DO NOT** bring portable electronics such as cell phones, Ipods, MP3 players, etc. (this does not include cameras)

We have a tuck shop (snack shop) and campers can bring **money** to create a tab. Please have the money out during the registration process.

Please also make sure you are **NOT** bringing snacks containing nuts of any kind as we are a **nut free** facility. Thanks!

**Below you will see additional equipment lists for specific camps that require extra items. Please check and see if your camp is listed.**

**Climbing Camp:**

- Climbing shoes (can rent from Mountain Equipment Co-op or University of Calgary)

**Optional- if you have it, bring it:**

- Climbing helmet and harness

**Biking Camps:**

- Bike Helmet
- Biking Shoes
- Biking Gloves

**Optional- if you have it, bring it:**

- Bike: optional for Level 1 and 2 (mandatory for **Level 3 Freeride**)

**Backpacking Camp:**

- Broken in waterproof hiking boots
- Packable sleeping bag good to -5C

**Optional- if you have it, bring it:**

- Backpacking dishes and utensils
- 60-80L backpack
- Sleeping mat

**Canoe Camp:**

- River shoes or running shoes that can get wet

**Optional- if you have it, bring it:**

- paddle
- life jacket
- white water helmet