

BAY TRIP CLOTHING AND EQUIPMENT LIST

Investing in gear at this age is a tough call. It is always good to have the best when out in the wilderness. However, we understand that while children are growing, clothes have a short lifespan. Therefore, we recommend that you buy midrange items or second hand high quality items.

It is essential that all items (clothing and gear) be well labelled with your child's name. Camp ends up with mountains of lost and found at the end of the summer. The best way to ensure all your child's belongings come home is to label them. We recommend Mabels Labels – they sell full custom label kits. 30% of purchases made through their link (see the web version of this list) are donated to the Wanapitei Camper Bursary.

EQUIPMENT (GEAR)

1 PFD – ensure it is in GOOD shape, comfortable and government-approved. Check seams and quality of material for sun damage. We ask that for whitewater canoe trips, a paddling vest should be purchased as your PFD. It allows for optimal mobility while paddling and also efficient swimming in whitewater should you dump.

1 flatwater paddle–If you decide to purchase a paddle or have one already, please consider the following: This paddle should be made of wood (more comfortable to hold and warmer than aluminum on the hands) and can be fitted at the retailer where purchased. If you have a paddle of your own and are unsure of the sizing, the paddle when vertical should roughly nestle in your child's armpit or the grip end should be at about chin height. **We rent paddles at camp.**

1 whitewater paddle – Mid-range paddles can be purchased at MEC. A good whitewater paddle usually has a carbon shaft and a strong plastic blade. The least expensive versions, and a good choice for those unsure about returning to camp, have an aluminum shaft. **We rent paddles at camp.**

1 whitewater helmet – should be a snug fit with a good chinstrap. A bicycle helmet is **not** acceptable. **We rent helmets at camp.**

2 whistles – one on your lifejacket and one for around your neck or wrist

1 sleeping bag – Bay Trip may be a good time to invest in a bag that is lightweight and warm. Down is compact and very warm, though it loses warmth when wet. Synthetic materials are cheaper and dry faster, but as not as compact. If buying a new bag, look for a rating of at least -7 Celsius. Discuss the trip with the retailer for additional advice.

1 sleeping bag liner (optional): If you sleep cold, a liner can add warmth to your bag (and keep it cleaner). Silk or synthetic are warmest, but cotton is also warming.

1 sleeping pad (Therm-A-Rest) - Ensolite pads are cheaper but less comfortable. While Therm-A-Rest style pads are more comfortable and keep the

body warmer they are more expensive. We recommend that, if your child will be returning to camp for a few summers, to invest in a Therm-A-Rest.

1 personal backpack – A good bag can last a long time and last a camper through their “career” at Wanapitei. Size, durability and comfort are the biggest priorities. Packs should be within the 65-70L range. Campers carry their own backpacks so it should fit well.

2 dry bags – One 20-30L for sleeping bag, one 30-40L for personal gear.

This will go inside your child’s personal backpack. Make sure they are in good shape and waterproof (welded seams, good closure, good material). Do NOT bring garbage bags.

1 flashlight/headlamp – and extra batteries (headlamp is recommended)

Mug and cutlery (large mug, knife, fork, spoon) – metal or plastic, WELL LABELLED with camper name.

1L water bottle – metal or Nalgene

1 pair of sunglasses and attachment string

1 towel for in camp

ESSENTIAL CLOTHING ITEMS FOR CANOE TRIP

Weather in this region of Canada can be quite variable. It is extremely important that your child is prepared for weather extremes and bugs. The bugs in this area are active in July and August. BRING WARM CLOTHING. Temperatures can be cold, especially if it is raining. Having layers for day and night are key.

2 pairs of shoes – We recommend a light trail shoe (**not** a hiking boot) which is safer when paddling in moving water. We suggest speaking with the salespeople at the store or giving us a call if you need further guidance For the campsite, light runners, closed toed sandals or Crocs are fine. No flip flops.

1 rain jacket - Must be waterproof. Breathable is highly recommended, though not imperative. Check seams and waterproofness. Many coats can be re-waterproofed with Nikwax, and many outdoor companies offer exchanges if waterproofing fails.

1 pair rain pants - Must be waterproof. Breathable is highly recommended, though not imperative. Rubber rain pants are sufficient.

1 bug jacket – a baseball hat is recommended for under the bug jacket to keep the mesh away from the face.

2 t-shirts

2 long-sleeve shirts – 1 quick-dry material, 1 base-layer (merino wool or polypropylene – ex. Capilene). Wool is warmer and less smelly.

2 sweaters – one for day use, one for warmth in the evening. Both **must** be wool or fleece, no cotton.

- 1 down/synthetic down jacket** – recommended. Bay Trip can be cold, especially when it is raining. A warm jacket that can be used as a mid-layer helps keep you warm. One with a hood is also useful.
- 1 pairs of quick-dry/light weight pants** – no jeans or sweatpants.
- 1 pairs of quick-dry/light weight shorts**
- 1 pair of fleece pants**
- 2 pairs of long johns** – merino wool or polyester – not cotton
- 5 pairs of socks** – 3 pairs of Smartwool for day, 2 pairs of wool or Smartwool for night
- 9 pairs of underwear** – quick dry/polyester if possible
- 2 sports bras**
- 1 sunhat** – consider packing two if your child is prone to losing things.
- 1 toque** – wool or fleece.
- 1 pair of mitts or gloves** – wool or neoprene. Light ones that block wind are best.
- 1 bathing suit**

ESSENTIAL IN-CAMP CLOTHING ITEMS

- 2 t-shirts/tank tops** – can be cotton
- 1 long sleeve shirt**
- 1 pairs of pants**
- 1 pairs of shorts**
- 5 pairs of underwear**
- 5 pairs of socks** – can be cotton
- 1 pair pyjamas**

TOILETRIES

- Sunscreen** – must have, should be waterproof
- Lip balm with SPF**
- Insect repellent**
- Toothbrush and toothpaste**
- Sanitary products** – tampons, sanitary napkins or Diva Cup
- Soap** – liquid, biodegradable soap (i.e. Campsuds).
- Contact solution/extra contacts/extra glasses**
- Personal medications** – should be given to the camp staff at the bus before boarding or, if you are driving to camp, to your leader.

OPTIONAL ITEMS

- 1 pair sandals** – sturdy Teva or Chacos. No leather or flip-flops.

- Fishing gear**
- Reading/writing material** – include a list of addresses or pre-addressed envelopes for letters home.
- 1 small, quick dry towel**
- 1 camera and waterproof case**
- Sewing kit**
- Musical instrument**
- Playing cards**
- Pictures from home**
- Swiss Army knife** – small blade

WHAT NOT TO BRING

- Food** – due to animals and allergies, we do not allow any food items in the cabins. Any food sent to camp will be confiscated and not returned.
- Cellphones** – our technology policy does not allow cellphones at camp or on trip, even without a SIM card. If your child needs a phone for travel to and from camp, we will store it in the office until departure day. We ask that you send your camper with a camera or non-cellphone for photos.
- Drugs or alcohol** - It would not be worth ruining the experience, not to mention the financial investment your family is making plus the huge cost of flying you off trip (this cost will be billed to your family and no refund will be given). Do not make this mistake.