



Grade 9 Strathcona Park Trip Equipment List

THE IMPORTANCE OF PROPER RAINGEAR CANNOT BE OVERSTATED.

Raingear must be waterproof (coated PVC or Gore-Tex). Strathcona Park Lodge advises that if you can't stay dry in the shower while wearing your raingear, it is not acceptable.

- Rain jacket and pants
- Rubber rain boots

In addition to regular clothes each person requires:

- 2 fleece, wool or acrylic tops/sweaters
- 1 pair of nylon, fleece or wool pants
- Wool or synthetic long underwear top and bottoms
- Warm fleece or synthetic fill jacket
- Synthetic T-shirt
- 2 pairs of wool socks
- Bathing suit
- Sun hat or baseball hat
- Fleece/wool toque (warm hat) & gloves

FOOTWEAR

- 1 pair of shoes for general activities
- 1 pair of old running shoes, Teva-style sport sandals or Holey Soles for water activities (these will get wet); no flip-flops

EQUIPMENT

- Three-season sleeping bag and stuff sack
- Closed cell foam sleeping pad or therma-rest
- Mess kit (unbreakable bowl, cup, plate, knife, fork, spoon)
- Water bottle
- Day pack
- Duffel bag or large backpack to hold sleeping bag and clothes for overnight canoe trip
- Toiletries (toothbrush, toothpaste, soap, shampoo)
- Towel
- Sunglasses
- Sunscreen: SPF 30 or higher
- Headlamp or flashlight with spare batteries

OPTIONAL ITEMS

- Camera
- Insect repellent
- Dry Bags for clothing and sleeping bag

For active outdoor pursuits, the best way to regulate body temperature and to maintain warmth is to wear layers of clothing that can be adjusted depending on the weather, temperature and activity level. Layers should include long underwear, warm mid-layers and waterproof outerwear. Wool, nylon, polyester and synthetic fleece are recommended as clothing materials because they provide insulation even when wet and dry quickly. **Cotton clothing is not acceptable for warm layers.** Cotton loses any insulating value when wet, is slow to dry and should not be worn in damp conditions.