



PACKING LIST

Please be prepared to pack for all types of weather. We experience having to pack for mild to cold, dry to wet temperatures and climates. Layers are KEY, and it is important for us to be prepared to adjust accordingly. We spend the whole program outside - keep this in mind when preparing for your programs. We strongly encourage you to label all items your child brings and wears to programs.

The basic considerations for layering are:

- Base Layer
 - Colder weather: wicking layer to remove sweat from the body, wool thermals
 - Warmer weather: wicking full length pants, tall sport socks
- Middle Layer (for all weather)
 - Thicker insulating materials (wool, goose down, or fleece)
- Outer 'Shell' Layer
 - Weather resistance and/or insulating materials (windproof, water resistant/waterproof and additional insulation)

Some general clothing you should wear may include:

- T-shirts or Athletic Shirt
- Sweatshirt
- Light and comfortable, but durable pants
- Long wool or hiking socks
- Warm hat and mittens/gloves combination
- Neck warmers
- Rubber boots and/or winter boots
- Raincoat and/or poncho
- Winter jacket and snowpants in colder conditions

If colder or wet weather is expected pack spare clothing

Safety

- Sunscreen and hats
- Bug repellent (for mosquitos, ticks, deer flies, etc.)
- Comfortable, sturdy footwear to run, hike and play in that can get dirty & wet
- Any medication requirements
- Personal protective equipment: personal hand-sanitizer, face covering (neck warmer, mask, etc.)

Food and Water

- Refillable Water Bottle
- Litterless and Boomerang Lunches/Snacks as we will be promoting environmental awareness
 - Help us by avoiding prepackaged foods
 - All food waste and packaging must go home with each participant and disposed of at home
- Please **no nut products** – participant allergy alert

Other Useful Supplies

- Pencil case with basic supplies: pencils, sharpener, erasers, small ruler, a few colouring pencils/markers
- Optional: magnifying glass, binoculars, personal safety glasses, personal work gloves