

## Participant Packing List

Please remember that you will be traveling in the wilderness. when packing, wrap your gear inside a plastic bag to keep it dry (this is the standard way to pack for camping in the Haida Gwaii rainforest). It is best to use a drybag or hiking backpack. Please pack only what is on the list, as boat space is very limited. Your personal gear should not be larger than a medium sized suitcase/duffel bag and a small day pack. Oversized bags will be downsized at the dock!

### **Essential Items:**

- |  |  |
|--|--|
| <input type="checkbox"/> Water bottle            | <input type="checkbox"/> Second dose of necessary personal medication                |
| <input type="checkbox"/> Flashlight              | <input type="checkbox"/> Sleeping bag  |
| <input type="checkbox"/> Small backpack/day bag  | <input type="checkbox"/> Small blanket for around camp                               |
| <input type="checkbox"/> Swim gear (goggles etc) | <input type="checkbox"/> Rain jacket/pants (please send even if the weather is nice) |

### **Footwear:**

- |   |   |
|---|---|
| <input type="checkbox"/> 1 pair of Gumboots (absolutely necessary)        | <input type="checkbox"/> 7 pairs cotton socks (minimum) |
| <input type="checkbox"/> 1 pair of ankle supporting hiking boots/hightops | <input type="checkbox"/> 2 pairs of wool socks          |
| <input type="checkbox"/> 1 pair water shoes/crocs                         |   |

### **Personal Clothing:**

- |   |   |
|---|---|
| <input type="checkbox"/> 5 pairs of pants (fast drying)         | <input type="checkbox"/> 1 bathing suit                   |
| <input type="checkbox"/> 2 pairs of shorts                      | <input type="checkbox"/> 1 sunhat                         |
| <input type="checkbox"/> 1 warm toque                           | <input type="checkbox"/> 1 nice outfit for ceremony night |
| <input type="checkbox"/> 1 warm sweater (polypropylene/ fleece) | <input type="checkbox"/> 4 T-shirts                       |
| <input type="checkbox"/> 1 sweater                              | <input type="checkbox"/> 2 Tank tops                      |
| <input type="checkbox"/> 1 belt (if necessary)                  | <input type="checkbox"/> 2 long sleeve shirts             |
| <input type="checkbox"/> 8 pairs underwear                      | <input type="checkbox"/> 1 pair of sunglasses             |

### **Toiletries:**

- ☐ Toothbrush
- ☐ Toothpaste
- ☐ Travel sized shampoo & body wash
- ☐ 1 Towel (preferably fast drying)
- ☐ 1 washcloth
- ☐ brush/ comb

**Prescription Drugs:**

If you are asthmatic or anaphylactic please provide the Senior Leader with your spare puffer, Epi-Pen, and Benadryl. Daily prescribed medications need to be given to the Senior Leader. Who will help will provide assistance with taken the prescribed medication.

**Rediscovery Supplies the Following:**

- 4” thick sleeping foam
- All First Aid supplies
- All cooking and eating supplies
- Toilet Paper
- Sunblock
- Hand soap/ Sanitizer

**Parents/Participants -Very important:**

Absolutely **No Electronic Devices** of any sort, including watches are permitted during the trips. Any electronic devices or games will be taken by a staff member and returned to the participant at the end of camp. All Valuables are to be left at home.

**NO** lighters, matches, knives, scissors, hatchets, or such sharp objects are to be brought into camp by participants. These will be taken by staff and returned to participants’ parents at the end of the camp session.