



ISLAND ESCAPADES

118 Natalie Lane,
Salt Spring Island, B.C.
V8K-2C6



ONE WEEK MOUNTAINEERING CAMP

CLOTHING LIST:

PLEASE LABEL NAMES ON ALL CLOTHING

- * Sun block
- * Baseball hat and winter hat
- * Sunglasses with straps
- * 6 pair underwear
- * 5 pair wool/synthetic socks plus 1-2 pair of cotton socks
- * Neck tube/ light gloves
- * Bathing suit/shorts and small towel
- * 2 pair shorts
- * 1 pair long underwear (synthetic is best)
- * 1 turtle neck
- * 2 pairs of long pants (not full cotton if possible)
- * 4 T - shirts
- * 1 sweater/ fleece jacket (synthetic or wool)
- * 1 light jacket
- * 1 set of rain gear (make sure it's waterproof and not just water-resistant). Coated nylon or even rubber is ok.
- * 1 Mess Kit - bowl/plate cup and cutlery-plastic or metal

- * 1 pair of thongs/Texas or water socks
- * 1 pair of hiking boots that can be waterproofed ie.leather
- * 1 pair of light runners

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* If you have climbing shoes or harness bring them along, Otherwise we will provide them.

* Personals - toothbrush, toothpaste, brush/comb, face cloth... any medication (please refer to medical form)

EXTRAS

- 1 pair of gaitors, if you have them.
- Flashlight or headlamp with extra batteries
- * Bug spray (recommended) or bug netting head cover.
- * 1 Water Bottle –make sure it has your name on it.
- 2 nylon stuff sacs (mid size) - or 2 - 10 or 15 litre sealine water bags
- * Sleeping bag - synthetic only - no down or cotton/flannel bags . We can provide sleeping bags at a cost of \$15. (This is the dry cleaning fee)
- *1 Thermarest or ensolite sleeping pad.
- ** Do not bring electronic equipment (ie. gameboys, walkmans...) on the expeditions. ** Cameras should be waterproof ones. Most conventional cameras break down in the moist Salt-Water air conditions.

Note: Cotton gear gets wet quickly and allows you to get cold quickly. Wool or synthetic gear acts like a wick and if your gear is wet the moisture is drawn to the outer layers. Wearing layers and mostly pile and synthetic is the most ideal for our climate. If you have any questions or concerns please call us re clothing suggestions.

Please call if you have any questions. We do carry a few bags of extra gear that can be borrowed from counsellors.

*\$10 should be brought for doing washing half-way through camp. During this day and a couple of times in

the two weeks, campers will be able to go to a store to purchase sweets if they wish.

