

OS Personal Equipment Packing List

Killarney and Georgian Bay

Head:	
	1 toque
	1 ball cap
	1 sun hat or bandana
Upper Body:	
	3 t-shirts/tank tops - one must have shoulders for sun protection.
	2 long underwear tops - no cotton.
	1 sweater - fleece or wool.
	1 raincoat - must be reliable.
Lower Body:	
	1 swimsuit
	2 pairs of quick-dry shorts
	4 pairs of underwear
	1 pair long underwear bottoms - no cotton.
	1 pair of wind pants or quick-dry pants - no cotton.
	1 pair rain pants - must be reliable.
Feet:	
	1 pair "wet shoes" - these must be sturdy running shoes, hiking shoes, or hiking boots which will be worn while traveling - these will get wet. Water shoes and sandals are not acceptable.
	1 pair "dry shoes" - these will be worn while in camp and can be kept dry. Breathable shoes or sandals with secure top and heel straps are acceptable. Absolutely no flip-flops.
	1 pair rubber boots - these are rarely worn but are needed for protection if staff judge there to be a reasonable risk of a rattlesnake encounter.
	3 pairs of wool socks
Equipment:	
	1 sleeping bag with a dry bag, or stuff sac and garbage bag
	1 4' x 8' groundsheet
	1 thermarest or insulate pad - insulate pads may be borrowed from Gould Lake. Please try to avoid thermarests or pads that do not roll up into a <u>small</u> cylinder.
	Personal Flotation Device (PFD) - Canadian approved PFDs must have an Underwriters Laboratories of Canada (ULC) maple leaf label on the inside of the jacket. Shorter PFDs are preferable as they do not interfere with a sprayskirt when kayaking. More information on PFDs is available at gouldlake.ca .
	Small dry bags - 10 litre bags are great, 20 litre bags are satisfactory, 30 litre bags are too big to pack into a kayak. Total of all bags (including your sleeping bag) should not exceed 30 litres.
	Small nylon stuff sacs - to organize your personal gear as needed.
	Cup, bowl, and spoon - sturdy tupperware bowl with lid can be very useful.
	2 one-litre water bottles - screw-top and sturdy.
	1 whistle - on a string or with a clip.
	1 pocket knife or multi-tool - no blades greater than 4" will be permitted.
	1 headlamp (great) or 1 flashlight (okay) with extra batteries.
	Sunscreen and lip sunblock - minimum SPF 20.
	1 pair sunglasses with UV protection.
	1 toothbrush & toothpaste - small, travel size tubes are great.
	1 small hand sanitizer (Purell)
	Feminine hygiene products - all females should bring these and appropriate disposal materials (aluminum foil squares, opaque bag or jar) even if not expecting to get their period while on trip.
	Other required toiletries - no deodorant, antiperspirant, make-up, soaps, or shampoos.
	Matches and/or lighters in a waterproof plastic bag.
	Insect repellent or bug jacket (optional) - ozone friendly please, no CFCs.
	Your OS student manual.
	Extra glasses or contacts - if you use glasses or contacts.
	Camera (optional)
	Watch with an alarm - strongly recommended.
	Trail food - this is your snack food for the trip. This could be a reasonable quantity of GORP (~100g per day) or granola/energy bars.
	Juice crystals (optional) - a reasonable amount (no more than enough for ~1 litre per day)
	Prescribed medications, inhalers, epi-pens, etc. - please bring two sets of any required medications. Students will keep one set and staff will keep the other safe in case one is lost or spoiled.
	Do not bring any electronic devices such as cell phones, Ipods, etc.
	DO NOT bring any non-prescription drugs, alcohol, or tobacco products - all are strictly forbidden.

OS Personal Equipment Packing List

Palmer Rapids

Head:	
	1 toque
	1 ball cap
	1 sun hat or bandana
Upper Body:	
	3 t-shirts/tank tops - one must have shoulders for sun protection.
	1 long underwear tops - no cotton.
	1 sweater - fleece or wool.
	1 raincoat - must be reliable.
Lower Body:	
	1 swimsuit
	2 pairs of quick-dry shorts - these may be used as swimsuits.
	3 pairs of underwear
	1 pair long underwear bottoms - no cotton.
	1 pair of wind pants or quick-dry pants
	1 pair rain pants - must be reliable.
Feet:	
	1 pair "wet shoes" - these must be running shoes or hiking shoes suitable for walking rocky shorelines or portaging. Heavy hiking boots are strongly discouraged as students will have to swim in their wet shoes. Water shoes, neoprene booties, and sandals are not acceptable.
	1 pair "dry shoes" - these will be worn while in camp and can be kept dry. Breathable shoes or sandals with secure top and heel straps are acceptable. Absolutely no flip-flops.
	3 pairs of wool socks
Equipment:	
	1 sleeping bag with a dry bag, or stuff sac and garbage bag
	1 4' x 8' groundsheet
	1 thermarest or insulate pad (optional).
	Personal Flotation Device (PFD) - Canadian approved PFDs must have an Underwriters Laboratories of Canada (ULC) maple leaf label on the inside of the jacket. More information on PFDs is available at gouldlake.ca .
	Dry bags or nylon stuff sacs lined with strong garbage bags.
	Cup, bowl, and spoon - sturdy tupperware bowl with lid can be very useful.
	2 one-litre water bottles - screw-top and sturdy.
	1 whistle - on a string or with a clip.
	1 pocket knife or multi-tool - no blades greater than 4" will be permitted.
	1 headlamp (great) or 1 flashlight (okay) with extra batteries.
	Sunscreen and lip sunblock - minimum SPF 20.
	1 pair sunglasses with UV protection.
	1 Toothbrush & toothpaste - small, travel size tubes are great.
	1 small sand sanitizer (Purell)
	Feminine hygiene products - all females should bring these and appropriate disposal materials (aluminum foil squares, opaque bag or jar) even if not expecting to get their period while on trip.
	Other required toiletries - no deodorant, antiperspirant, make-up, soaps, or shampoos. Anti-bacterial disinfectant is acceptable.
	Matches and/or lighters in a waterproof plastic bag.
	Insect repellent or bug jacket (optional) - ozone friendly please, no CFCs.
	Your OS student manual.
	Extra glasses or contacts - if you use glasses or contacts.
	Camera (optional)
	Watch with an alarm - strongly recommended.
	Trail food - this is your snack food for the trip. This should either be a reasonable quantity of GORP (~100g per day) or granola/energy bars.
	Juice crystals (optional) - a reasonable amount (no more than enough for ~1 litre per day)
	Prescribed medications, inhalers, epi pens, etc. - please bring two sets of any required medications. Students will keep on set and staff will keep the other safe in case one is lost or spoiled.
	Other items - since we are base-camping we are not as concerned with the weight & size of your equipment. If there are other items you'd like to bring (musical instruments, games, soccer ball, etc.), simply clear these with your instructors first.
	Do not bring any electronic devices such as cell phones, Ipods, etc. - these will be confiscated.
	DO NOT bring any non-prescription drugs, alcohol, or tobacco products - all are strictly forbidden.