

# Outdoor Escape - Overnight

## Clothing

Item	Use/Type
Everything on "What to bring to Barn Days" List	We will need these items not only every day but on the overnight as well
Toque	For cold weather
Pyjamas	May want extra layers when sleeping
Long underwear top and bottoms	For cold weather and/or sleeping in
Fleece or wool sweater	For cold weather
2 pairs of shoes	Must be sturdy, closed toed footwear that have good ankle support. Have one pair of shoes specifically for the water. Must be closed toed (no flipflops)
2 pairs of socks	Not cotton

## Gear List

Item	Use/Type
Sleeping Bag/Pillow	
Insect repellent	Bugs will be worse at night
Toothpaste, toothbrush, and dental floss	All toiletries and sanitary products needed for the night
Menstruation products	Should include the appropriate disposal materials (aluminum foil squares, Ziploc bag, and an air-tight container)

*We understand overnight camping gear can be expensive. Please do not feel the need to purchase brand new items. Second hand stores are a great place to find deals on gear! Later in our programs, certain gear may be mandatory for safety reasons, however in our junior programs, we can adapt gear list items to make it affordable. If you are in need of a certain item, please contact the Gould Lake office as we have some gear to lend for the session. Any other questions or concerns regarding equipment can be answered by the Gould Lake office staff.*

## Optional but not required

Item	Use/Type
Waterproof stuff sack or garbage bags	For clothes and other gear to stay dry. May not be needed
Carabiner	To attach water bottle to pack
Small flashlight	
Camera	Staff will be taking photos to send home
Watch	
Book	
Playing cards	
Stuffed Animal	

## DO NOT BRING

**Any alcohol, cigarettes, e-cigarettes (including vape-pens) or any other non-prescribed drugs- you will be evacuated from the course at YOUR OWN expense. Any electronic devices such as cell phones, iPods, etc.**