

STRATHCONA PARK LODGE

ADVENTURE UNLIMITED - EQUIPMENT LIST

Our climate is similar to Vancouver, BC and Seattle, WA - only a bit cooler due to the mountains. Year round temperatures range from 0-27 degrees Celsius (32-80 Fahrenheit). Since we are in a temperate rainforest, it can rain at any time. During the summer months it tends to be warm and dry, with cool evenings. However, participants should be prepared for any type of weather. For your comfort, in addition to regular seasonal clothing and personal items, please bring as much of the following as possible:

- ⇒ sneakers/running shoes
- ⇒ sport type sandals
- ⇒ comfortable clothes that allow for ease of movement
- ⇒ warm sweater or jacket
- ⇒ rain jacket and rain pants (essential)
- ⇒ bathing suit and beach towel
- ⇒ sunhat, sunglasses, and sunscreen
- ⇒ water bottle
- ⇒ small day pack
- ⇒ flashlight

Optional Items

- ⇒ shoes that you won't mind getting wet (extra pair of running shoes or sport sandals)
- ⇒ light hiking boots
- ⇒ warm base layer underclothing (top & bottoms) in polypropylene, silk or wool for cooler weather
- ⇒ writing and drawing materials
- ⇒ insect repellent

* These items can be provided by the Lodge if they are difficult or awkward to bring with you.

Please Note: The Lodge provides all safety and group gear for all activities. If you wish to include an overnight camping trip to your itinerary, we will provide camping gear: sleeping bag, sleeping pad, shelter, cup, bowl and spoon. There are washers and dryers available for guest use and we have a small gift store that carries toiletries and snacks.

If you have any questions, please do not hesitate to call us (250) 286-3122 or e-mail us info@strathcona.bc.ca.