

Strathcona Park Lodge & Outdoor Education Centre

DAY PROGRAM EQUIPMENT LIST

All program participants, including chaperones, require appropriate clothing and equipment to participate in SPL programs. The weather is unpredictable, it can be sunny and warm in April or unseasonably cool and wet in August, so participants need to be prepared for whatever nature brings us. Consider this a list of “must-haves,” regardless of the season. In early spring or late fall you’ll want to add some warmer layers, and June thru mid September you may want extra shorts and T-shirts.

It should not be necessary to purchase new items to enjoy your SPL experience. We recommend borrowing, renting or purchasing second hand items that you do not already own.

CLOTHING

For active outdoor pursuits, the best way to regulate body temperature and to maintain warmth is to wear layers of clothing that can be adjusted depending on the weather, temperature and activity level. Layers should include long underwear, warm mid-layers and waterproof outerwear. Wool, nylon, polyester and synthetic fleece are recommended as clothing materials because they provide insulation even when wet and dry quickly. Cotton clothing is not acceptable for warm layers. Cotton loses any insulating value when wet, is slow to dry and should not be worn in damp conditions.

THE IMPORTANCE OF PROPER RAINGEAR CANNOT BE OVERSTATED. Raingear must be waterproof (coated PVC or Gore-Tex) – if you can’t stay dry in the shower while wearing your raingear, it is not acceptable.

There is no such thing as bad weather, only inappropriate clothing.

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|---|--|
| <input type="checkbox"/> Waterproof rain jacket and pants | <input type="checkbox"/> Wool socks |
| <input type="checkbox"/> Fleece, wool or acrylic jacket/sweater | <input type="checkbox"/> Bathing suit |
| <input type="checkbox"/> Fleece, wool or synthetic pants | <input type="checkbox"/> Sun hat or baseball hat |
| <input type="checkbox"/> Shorts (June thru September) | <input type="checkbox"/> Fleece/wool toque (warm hat) & gloves |

FOOTWEAR

- Running shoes
- Extra pair of running shoes that can get wet or sport sandals for water activities. No Flip-flops.
- Rubber rain boots (recommended early spring and fall)

EQUIPMENT

- | | |
|---------------------------------------|--|
| <input type="checkbox"/> Day pack | <input type="checkbox"/> Sunglasses |
| <input type="checkbox"/> Water bottle | <input type="checkbox"/> Sunscreen: SPF 30 or higher |
| <input type="checkbox"/> Towel | <input type="checkbox"/> Camera (optional) |