

WHAT TO BRING LIST – OPTION SPECIFIC

Please find the option that you are registered for, and ensure the appropriate items are included in your packing. For the “Extra Activities” option, following the General What-to-Bring List will be sufficient.

For Horsemanship Options (Gr 2/3, Gr 4/5, Gr 6, Level I, and Level II):

- Footwear: **Boots with heels** i.e. cowboy boots, rubber boots. *This is an important safety point.*
- Pants must be worn for a ride - denim is the best. Do not wear nylon pants or shells.

For Gr. 6 Overnight Hike:

- Small backpack to carry gear in the van
- Please try to stay away from 100% cotton clothing. Cotton holds water next to the skin lowering body core temperature.
- Hiking boots / shoes or strong running shoes (preferably high tops) for ankle support.
- Warm Jacket - medium to heavy warmth
- Wool socks 1 or 2 pair
- Toque / Gloves are important if the weather turns bad.

PANTS: Denim jeans are not recommended for this trip. Pants worn should be loose fitting, non-restrictive and comfortable. A fleece pair would be ideal.

For Canoeing Options (Overnight or Day Trip):

Please bring the following additional items for your safety and full enjoyment of the day. Spending a full day on the water without proper outerwear can be a chilling experience even during the summer months.

- Small backpack to carry gear in the van
- Please try to stay away from 100% cotton clothing. Cotton holds water next to the skin lowering body core temperature.
- Synthetic (polypropylene or polyester or 50/50 blend) long sleeve top;
- Fleece or Wool Jacket or Sweater (retains heat even when wet)
- Warm Jacket – medium to heavy warmth
- Loose fitting wind/water proof shell
- Single or double layer of wool socks
- Sunglasses
- Toque / Gloves are important if the weather turns bad.

For Soccer:

- Shin Pads
- Long Soccer Socks
- Outdoor Running Shoes; or Soccer Cleats (optional)
- Extra Shorts and T-Shirts (to be used specially for soccer sessions)

For Laser Tag:

- Strong running shoes or hiking shoes
- Outdoor clothing that can get dirty or torn while running through the bush
- Toque / Gloves and wool socks may be desired if the weather turns bad

For Volleyball:

- Gym Shoes (required for everyone, but especially volleyball)
- Kneepads
- Extra Shorts and T-shirts (to be used specially for volleyball sessions)
- DO NOT BRING spandex shorts (see modesty guidelines)
- Ankle braces (optional)

For Basketball:

- Gym Shoes (required for everyone, but especially basketball)
- Extra shorts and T-shirts (to be used specially for basketball sessions)
- DO NOT BRING spandex shorts (see modesty guidelines)
- Ankle braces (optional)

For Mountain Day Hike:

- Hiking boots / shoes or strong running shoes (preferably high tops) for ankle support.
- Warm Jacket - medium to heavy warmth
- Wool socks 1 or 2 pair
- Toque / Gloves are important if the weather turns bad.
- Please try to stay away from 100% cotton clothing. Cotton holds water next to the skin lowering body core temperature.
- Daypack Optional. We supply day packs for campers.

For Mountain Boarding:

- Hiking boots/shoes or strong running shoes (preferably high tops) for ankle support.
- Work gloves or leather gloves
- Grubby long sleeve shirt (could get dirty or torn)
- Grubby pants (could get dirty or torn)

For Overnight Trail Ride:

- Backpack to carry gear in the van. Your gear will be driven to your base camp where you will eat and stay overnight in tents.
- Footwear: **Boots with heels** i.e. – cowboy boots, rubber boots. *This is an important safety point.*
- Pants must be worn for riding – denim is the best. Do not wear nylon pants or shells.
- Please try to stay away from 100% cotton clothing. Cotton holds water next to the skin lowering body core temperature.
- Warm Jacket – medium to heavy warmth
- Wool socks – 1 or 2 pair
- Toque / Gloves are important if the weather turns bad.

For Whitewater Rafting:

*Wetsuit, dry jacket, rafting boots, helmet, and paddle provided.

- Small backpack to carry gear in the van.
- Please try to stay away from 100% cotton clothing. Cotton holds water next to the skin lowering body core temperature.
- Synthetic (polypropylene or polyester or 50/50 blend) long sleeve shirt
- Fleece or Wool jacket or sweater
- Wind proof shell jacket
- Warm Jacket medium to heavy warmth
- Single or double layer of wool socks
- Toque / Gloves are important if the weather turns bad.

For Climbing & Rappelling:

- Small backpack to carry gear in the van.
- Footwear: Hiking boots / shoes or strong running shoes (preferably high tops) for ankle support.
- Climbing shoes are optional if you have a pair.
- Please try to stay away from 100% cotton clothing. Cotton holds water next to the skin lowering body core temperature.
- Warm Jacket medium to heavy warmth
- Wind/waterproof pants
- Wool socks - 1 pair
- Toque / Gloves are important if the weather turns bad.
- Sunglasses

For Paintball:

- Sturdy running shoes
- * Coveralls and safety glasses will be issued by Weekend Warriors, the Paintball company. However, it is advised to wear clothes that can get dirty or torn.

For Waterskiing:

- Small backpack to carry gear in the van.
- Please try to stay away from 100% cotton clothing. Cotton holds water next to the skin lowering body core temperature.
- Synthetic (polypropylene or 50/50 blend) long sleeve shirt
- Fleece or Wool jacket or sweater
- Wind proof shell jacket
- Warm Jacket – medium to heavy warmth
- Wool socks – 1 or 2 pair
- Toque / Gloves are important if the weather turns bad.