



SEA TO SKY

Outdoor School for Sustainability Education Inc.
Sunshine Coast, British Columbia, Canada

PACKING LIST

This is an outdoor program that requires students to be dressed for the weather. Due to the high probability of rain and the need for the students to spend a large percentage of the day outside, please ensure that you come properly equipped so that this exciting learning experience is also a comfortable one. Activities will have you in forest, high bluff and shoreline environments so old clothes that can get dirty and will dry quickly are necessary. Both campus sites at Sea to Sky Outdoor School provide cabin accommodation with bunk beds and sealed mattresses as bed units for sleeping. Students should bring all their personal belongings in a large backpack (inside backpack clothes should be sealed in plastic bags). The following list of personal items is designed to be used as a general guideline only. In the spirit of Sea to Sky avoid new purchases as much as possible by going with what you've got or borrowing what you need. **Put your name on everything you bring.**

VERY IMPORTANT ITEMS

- sleeping bag (plus *sleeping pad* for select programs)
- pillow case (to be stuffed with clothes for pillow)
- rubber boots (for muddy trails and/or beach)
- medium sized day pack (see 'Go Gear')
- large lunch for Day 1 and travel snacks
(please don't bring any foods that produce garbage)
- large plastic drinking mug
- spoon and 'tupperware' container with tight lid
- cloth napkin (for mealtimes)
- rain wear
- personal medications (in ziplock bag with student's full name) to be collected by Teacher on Day 1

TOILETRIES

- towel and washcloth
- soap and shampoo (only small amount needed)
- toothbrush and toothpaste
- hair brush/comb

DON'T FORGET

- willingness to try new things
- a spirit of adventure
- positive energy
- respect for yourself, others and the natural world
- ~~name tag (if you're coming with an 'island name')~~

"Simplicity in all things is the secret of the outdoors and one of its most valuable lessons. It is what we leave behind that is important." Sigurd Olson

BASIC CLOTHING

- 2 long sleeved shirts
- 2 t-shirts
- 2 pants (no jeans or anything 100% cotton)
- 1 pair of shorts
- 3 underwear
- 5 pairs of socks
- sleep wear (turtleneck, sweatpants)
- 1 fleece jacket
- 2 pairs of outdoor shoes
- *1 swimsuit (polar dipping optional) *if you have "Get Wet"*
- 1 pair water shoes (old runners, sandals)

GO GEAR (in DAYPACK)

- rain wear (both jacket and pants)
- 1 litre water bottle
- 'sun' hat (~~gloves & warm hat when needed~~)
- ~~neck scarf or bandana~~
- flashlight (compact and lightweight)
- safety whistle (*if you have one*)
- 3 pens, 2 pencils (in 'ziplock' bag) - *fewer, if you're careful*
- sunscreen
- Day 1 Lunch (in re-useable 'tupperware')
- extra plastic bags/green garbage bag
- ~~compass (if you have one)~~

'Go Gear' items are carried in a medium sized day pack while on the island. Place inside the top of your big pack for the trip over.

PLEASE DO NOT BRING! - cameras, knives, radios, gum or other junk food, electronic gadgets, books, magazines, music machines, jewelry, hair dryers, money, make-up, expensive items, cards, watch or any 'disposable' items. *It has been our experience that these get in the way of the island experience.*



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PACKING PROTOCOL for Sea To Sky Programs at Camp Elphinstone

All luggage arriving on site will pass through a heat treatment process before our groups move their luggage to their cabins. This treatment will heat bags to 125 degrees (about the temperature of a clothes dryer) to ensure the prevention of bed bugs in the cabins.

Although the heat treatment is safe for most items, some care will be need to be taken in packing, to ensure that all participants' luggage is prepared. To allow for bags to be heated, we will need all participants **to ensure that all items that should not be heated are packed into their 'Go Gear'** which will be carried with them on Day 1 of the program.

The following items **should NOT be heated**, as it could cause damage:

- Toiletries and cosmetics
- ~~Electronics~~ (these should be left at home) *Not to be brought at all.*
- Rain boots
- Medicines
- Photographs
- Aerosols and ~~Pop Cans~~
- ~~Cameras~~ (these should be left at home)
- Food
- Some plastics (garbage bags are ok)
- ~~Candles and Wax~~

If you have any questions, please contact us at simonhocking@seatosky.bc.ca.

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~~○~~ circled items
shouldn't be coming at all.