

YMCA Wanakita Outdoor Centre

Suggested Clothing & Equipment List for Winter Programs

CLOTHING

2	Pairs of Heavy Socks Per Day	1	Pair of Indoor Shoes / Slippers
1	T-shirt Per Day	2	Pairs of Pants (preferably not jeans)
2	Pairs of Long Underwear	2	Sweaters or Fleece Jacket
1 - 2	Pair(s) of Water Resistant Snow Pants	2	Pairs of Winter Gloves/Mitts (waterproof if possible)
2	Winter Hats	1	Water bottle
1	Pair of Winter Boots	1	Day Pack – For Personal Items
1-2	Winter Coat/Parka or Water Resistant/Proof Jacket with Layers Underneath		

BEDDING

1	Warm Sleeping Bag/Blankets & Single Fitted Sheet	If Participating in Quinzhee Sleep Out:	
1	Pair of Warm Pyjamas	1	Foam Sleeping Pad & Extra Sleeping Bag/Blanket
1	Pillow	1	Extra Set of Warm Pyjamas

EXTRAS

PLEASE DO NOT BRING

1	Flashlight /Headlamp	Junk Food, Pop, Candy or Gum
1	Camera	iPod, Nintendo DS, Laptop, etc.
1	Towel and Shower Gear	Cell Phone
	Sunglasses	
	Tissues	
	Skates & Helmet (Lake Skating Rink)	

REMEMBER:

- Plan for clothing that keeps you warm and dry. **NO COTTON:** Once cotton get's wet it stays wet, wool is a great alternative. Please try to ensure your base layer (*layer closest to your skin*) is made of synthetic fibers (*polyester, rayon, nylon, polypro*) or something that "WICKS AWAY" sweat
- No need to go out and buy the "proper gear": look in your closet first and read the labels on the clothing. Thrift /second hand stores are great places to purchase clothing if necessary
- It is advisable to wear several layers of light clothing rather than one or two heavy articles
- Try to bring boots that are flat and soft-soled for snowshoeing (*ex - Sorel's, Merrell's, Bogs, etc.*)
- Pack all personal items into one pack or suitcase and one bedroll since you will have to carry your gear from the bus to your cabin

YMCA Wanakita is a peanut & nut free facility, please do not bring products containing peanuts and/or nuts.