**\* “NO COTTON” – means avoid cotton clothing if at all possible as this material steals heat from your body when it gets wet.**

Upper Body

* 1 long underwear top (wool, silk, synthetics).
* 4-5 insulating layers (wool, fleece, down, synthetics sweaters or jackets).
* Heavy Parka

Lower Body

* Wicking underwear
* 1 pair long underwear bottoms (wool, silk, synthetics). NO COTTON.
* 1 pair long pants (ideally wool, fleece, synthetics).
* 2 pairs of insulating layers (wool, fleece, down, synthetic)
* Insulated pants (snowpants)
* 1 belt

Head

* 2 toques – wool or fleece is best
* 1 neck warmer/scarf
* 1 pair sunglasses

Feet

* 2 or 3 pairs of thick wool or synthetic socks (NO COTTON).
* 1 pair well-fitted, worn in hiking shoes (NO Skate shoes).
* Thick insulated boots

Hands

* 2 pairs of shelled gloves or mitts
* 1 pair of thin gloves or mitts
* Hand warmers

**Equipment**

* Sleeping bag (with winter rating)
* Sleeping pad
* Extra sleeping pad or tarp (the more the better)
* Water bottle (NOT metal!)
* Camping bowl (NOT metal!)
* Eating utensil (NOT metal!)
* Drinking cup (NOT metal!)
* Thermos
* Camp Stove
* Stove Pad
* Cooking Pot
* Shortie Pad
* Shovel
* Hand warmers
* Backpack (at least 50 litres in volume and lined with garbage bag – school can provide some).
* Sun block
* Lip balm\*\*\*
* Knife
* Firestarter
* Small supply of duct tape
* Whistle
* Book for Reading
* Head lamp + extra batteries\*\*\*
* Toothbrush + paste
* Hygiene products
* Personal first-aid items as needed (e.g., EpiPen)