

Outdoor Adventure Program

Clothing and Gear List

Please keep these points in mind when packing:

- Boundless does not launder student clothing except in unforeseen circumstances
 - Students should plan and pack for active days and evenings outdoors
 - Our program continues in all weather conditions and many of our activities are water-based
 - It can get cold at night, particularly in August
 - Wool socks and synthetic layers are the most practical for wet and cold conditions
 - Students do not require dry bags or back packs. Boundless provides waterproof barrels for all excursions. Duffel bags, hockey bags, and suitcases are all appropriate for packing clothing and gear.
 - **We recommend that all clothing/gear tags are clearly labelled with the student's name**
 - **Please ensure that the student is aware of what is packed in their bags**
 - **Boundless is not responsible for missing clothing or other personal items**
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Clothing:

- **t-shirts** - 5 (2 with long sleeves)
- **sweaters** - 3 (one of synthetic fleece)* **shorts**
- - 3 pairs
- **bathing suit** (1-piece or school appropriate please)
- **long pants** - 3 pairs (2 of these preferably not jeans)
- **socks and underwear** for 13 days (wool socks are best for wet environments)
- 1 set of **synthetic long underwear** (top and bottom)*
- 1 **jacket**
- waterproof **rain gear**- top and bottom*
- baseball **cap**
- 1 **toque**
- 2 **towels**
- **wrist watch**
- 2 pairs of **running shoes**:
 - 1 pair to keep dry
 - 1 pair that can get wet for the river

Both pairs must be sturdy, old runners are best for the river – the river shoes must protect the toes and tie on securely

*Students who do not have a synthetic fleece sweater (with no cotton), synthetic or wool long underwear (top and bottom – again, no cotton), waterproof rain gear (top and bottom), a sleeping bag or water bottle will be required to rent these essential items from Boundless for a small fee that will be charged to your account.

Gear and Supplies:

- **sleeping bag***
- personal **toiletries**
- **flashlight**
- personal **water bottle*** (hard plastic with carabiner clip)
- **sunscreen** (lotion - not spray-on types)
- **insect repellent**
- **sunglasses**
- **glasses safety strap** (for sunglasses and students wearing prescription glasses- to not lose them in the water)
- **prescription medication (if applicable)**

Optional Gear and Supplies:

- Pillow
- alarm clock
- camera
- hiking boots
- reading material
- cards and games
- sports equipment
- musical instruments (at own risk)

Please **do not** bring:

- **Electronics** (portable music players, mp3 players, ipods, iphones, laptops, cell phones, gaming devices, etc.)
 - Pocket or camping knives
 - Valuables that may get lost or damaged
 - **Boundless has a strict policy prohibiting alcohol and illicit drugs (including cannabis products)**
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Money: Students may bring a small amount of pocket money for a **potential** stop at a convenience store on route to their river expedition. If students want to purchase a Boundless t-shirt, they cost \$25. Otherwise, students should expect to be away from stores!