

Wilderness Survivor Overnight Trip Information Package

In this document, you will find information on your child's upcoming overnight adventure! Our instructors have extensive experience working with children and youth and have multiple certifications to ensure the safety and enjoyment of all campers.

Checklist

Please review the checklist and go over it with your child, so they can also be involved in the process of preparing themselves for camping.

Please try to bring synthetic clothing and avoid cotton. Cotton does not dry quickly and is cold when wet. If you do not have synthetic options, please bring extra clothes!

Overnight Checklist

- 50-60L backpack* or duffle bag
- Warm sleeping bag* (-8C recommended)
- Sleeping pad*
- Hiking boots or sturdy runners
- Camp shoes
- 2 pairs of pants (1 pair for activities, 1 pair for at camp)
- 2 shirts (1 t-shirt, 1 long sleeve)
- Long underwear top and bottom
- Fleece sweater (or other synthetic mid-layer)
- Rain jacket and pants
- Toque and mitts
- Water bottle
- Flashlight/headlamp
- Plate/bowl
- Fork and spoon
- Mug or cup
- Toiletries
- Emergency supplies and required medications (inhaler, epi-pen, etc.)
- Group food (your portion of the divided dinner/breakfast; details below)
- Packed individual lunches (2)

* Starred items can be rented at the [Outdoor Centre](#). Please book in advance to ensure availability.

Knives or multi-tools are not permitted at this camp.

Please Note: We recommend labeling all personal items. Our staff will do their best to help participants keep track of their items, however we will not be held responsible for any lost or broken items.

Provided by the Outdoor Centre

- ✓ Shelter building supplies
- ✓ Emergency back-up tents
- ✓ Satellite communication device
- ✓ Stoves
- ✓ Pots/pans
- ✓ Cooking utensils
- ✓ Dishwashing supplies
- ✓ Backcountry toilet kit

Food

Food is not provided for this trip. Campers will be split into food groups and together with the instructors will plan one group dinner and one group breakfast. We include time for meal planning during camp prior to the overnight trip. Once they have decided on a meal plan with their group, each camper will have their own portion of the meals that they will need to prepare and bring. They will bring this list to you on **Tuesday**. The instructors will adjust food groups to accommodate any dietary restrictions.

Some key things to remember:

- There will be no refrigeration where they will be camping and there is not enough room for coolers in the van.
- It is important to ensure that all food is in waterproof packaging, such as Ziploc bags (limit the amount of tupperware containers as these will take up a lot of space in their backpack).
- The instructors will provide the group with meal ideas that are simple to prepare and clean up.