

Kit List

Parents: It is very difficult to keep your daughter warm, dry, comfortable and safe if she does not bring all the items on this list. If you do not have the necessary items, please borrow them or speak to your Guider.

We cannot keep girls who are not properly dressed or equipped safe, and they will be sent home if unprepared.

WHAT TO WEAR TO HOLLYBURN

- Waterproof winter jacket and snow pants (OR rain pants with warm fleece pants underneath)
- Waterproof winter boots or hiking boots
- Warm hat / toque to cover ears
- Gloves or mittens (mittens are warmer)
- Warm winter boots

CLOTHING & EQUIPMENT TO PACK *all clothes: wear a set and pack the remainder

- 2 pairs of pants or fleece joggers (NO blue jeans!)
- 2 warm, long sleeved tops (fleece or sweatshirts)
- 2 lightweight tops for layering
- 3 pairs of underwear
- 4+ pairs of thick socks (make sure your boots fit comfortably with your socks on)
- Extra toque, gloves and mittens
- 1 pair of long underwear or leggings
- 1 pair of warm pajamas or a sweatsuit for sleeping (no flimsy nightgown or one-piece pj's)
- Slippers with soles or running shoes for indoors (an absolute must as floors are cold and often wet)
- Toque for sleeping, separate from your outdoor hat
- **Waterproof** (not "resistant") snow OR rain gear
- Warm sleeping bag - waterproofed in plastic; must fit in your backpack!
- Closed-cell foam or Therm-a-Rest type sleeping pad; note:
 - thick foam pads are too bulky
 - air mattresses are too cold
 - yoga mats have been known to melt to the floor.
- Small blanket (polar fleece or flannel sheet work well)
- Pillowcase (to stuff clothing in) or small pillow (optional)
- Toilet kit: toothbrush, toothpaste, soap, face cloth, small hand towel, comb or brush, hair ties, etc
- Small daypack

- TWO filled, leak-proof water bottles
- Whistle
- Sunscreen (SPF 30 recommended)
- Lip balm or Vaseline for lips
- Sunglasses (optional)
- Flashlight with extra batteries and lightbulb or a headlamp (A must as there are no electric lights. Pack batteries separately from flashlight to ensure light does not come on in bag and drain batteries)
- Small personal first aid kit
- Small package or Ziploc of Kleenex
- 1 dish towel
- Plastic bag for dirty laundry
- Medication (In original container, clearly labelled with name and dosage, to be turned over to Guider upon arrival. Ensure medication is noted on Personal Health Form.)

IMPORTANT NOTES

1. All clothing must be warm, woolly if possible. Polar fleece and wool are warmer than cotton.
2. Everything must be labelled with your name.
3. All clothing and equipment must be packed into a backpack. Any items attached to the pack must be secured with proper straps or rope. No garbage bags except to line your pack.
4. Hollyburn Chalet is approximately a 30-minute walk from the parking lot, usually through snow or rain. Pack as lightly and compactly as possible, but do bring everything on the kit list.
5. Do not bring food items or candy, except as requested by your Guider. Food items left in personal gear attract critters!
6. Do not bring electronic devices; there is no mobile phone service at the cabin, internet, or electricity.