

## **NOVA SCOTIA 2015 PACKING LIST**

Note to packers: Pack everything into a large duffel bag, and include an additional small duffel bag that will be left at camp with unnecessary items in it. Please do not include anything that is not on this list—we will be moving a lot and cramming everything into small spaces. Excess stuff is a hassle!

Your camper will have laundry done a few times in Nova Scotia.

**PASSPORT** – IF YOU ALREADY HAVE A PASSPORT, PLEASE CHECK THE EXPIRATION DATE AND IF YOU DO NOT HAVE ONE, PLEASE APPLY NOW!!

FOR USE ON ACTIVE PORTIONS OF THE TRIP:

### **MANDATORY**

- 1 sleeping bag (synthetic fill, NO DOWN)
- 1 compression stuff sack for sleeping bag
- 1 sleeping pad (thermarest or ridgerest types work best, no absorbent open-cell foam)
- 2 pairs lightweight long underwear (tops & bottoms)
- 1 pair fleece pants (NO sweatpants)
- 1 wicking long underwear top (for active use on chilly days)
- 1 heavy fleece (NO sweatshirts)
- 1 mid-weight fleece top
- 1 **really good raincoat – breathable with a hood big enough to layer under it** (Mid range rain gear from LL Bean, REI or other outdoor retailers will work best)
- 1 pair of really good rain pants (NO track pants/windbreaker pants)
- 1 pair of quick-dry pants
- 1 pair old jeans/pants that you don't mind getting dirty/ripped during the sheep round up
- 2 bathing suits (1 one piece and 1 two piece)
- 2 sports bras
- 2 pair quick-dry shorts (liners optional but preferable. NO mesh athletic shorts)
- 2 t-shirts for active use
- 4 pairs quick-dry underwear
- 3 pairs warm hiking socks
- 2 pairs active socks that fit into sneakers (not cotton)
- 1 pair sneakers
- 1 pair water shoes (keen type - closed toe is required. NOTE: no crocs - they are very slippery when wet)
- 1 warm hat (preferably wool)
- 1 warm pair of wool or fleece mittens/gloves
- 1 pair of rowing gloves
- 1 headlamp with many extra batteries
- 2 bandannas
- 2 pair sunglasses w/case – Eye protection is a must!
- 2 athletic straps for sunglasses
- 1 sunhat with brim all the way around—make sure your camper likes the hat because they will have to wear it a lot!!!

1 baseball hat (optional)  
1 mosquito net for head  
1 smallish quick-dry towel. The super absorbent swimming towels (Speedo makes a great one ) work best.  
1 daypack  
2 heavy-duty water bottles (32 oz nalgene-type preferred)  
journal/stationary/cards/book to read for car ride  
lots of sunscreen  
bug repellent - lotion, not spray  
4 smallish stuff-sacks, of varying colors and sizes (these are really important because your camper will waterproof them and use them to organize all of their stuff for the entirety of the trip)  
gallon and quart size ziplock bags  
toiletries: small bottle of skin lotion, chapstick, toothbrush/paste, wet-wipes, tampons, face cream and face wipes if desired, hairbrush, no more tangles  
1 small duffel bag

### **OPTIONAL**

1 light weight (not cotton) skirt or dress (makes changing clothes and undergarments easier)  
foam earplugs (if your camper is a light sleeper)  
camera with waterproof case  
camera charger (keep in mind we will be away from electricity for up to three weeks at a time)

### **FOR USE ON OTHER PORTIONS OF THE TRIP**

2 pairs of cotton underwear  
2 t-shirts (long or short-sleeve)  
1 pair of pants (quick-dry or workpants—pants that can get dirty)  
1 pair of shorts (casual, sport-short types)  
1 bra  
\$125 in spending money - campers will exchange the money once they arrive in Canada.

### **FOR USE IN CAMP**

1 pair ALC white shorts  
1 pair ALC blue shorts  
1 ALC white shirt  
1 ALC blue shirt  
2 pair cotton underwear  
1 bra  
ALC chamois shirt  
ALC sweatshirt  
1 pair jeans

A note about books and summer reading: campers should plan to complete any summer reading assignments before or after the trip. Due to the intensive nature of the trip, there is not time to read on a regular basis, and campers need to be fully present and engaged in the Sea School program.