

CSS Outdoor Education – Personal Gear List

The following supplies are required for participation in *CSS Outdoor Education*:

<input type="checkbox"/>	running shoes	Proper running shoes required! Skate shoes or Vans will not work. If you have difficulty with running, we recommend buying shoes from a store dedicated to fitting running shoes.
<input type="checkbox"/>	hiking boots	Waterproof hiking boots required: Gore-Tex lined or leather that can be sealed; light but supportive enough for a three-day backpacking trip is ideal.
<input type="checkbox"/>	hiking socks x2	Comfortable, absorbent hiking socks: med weight; synthetic or wool. No cotton.
<input type="checkbox"/>	base layer: bottoms	Tights: usually made of synthetic material, wool, or silk. Must keep you <i>warm-when-wet</i> . Under-layers used for other sports, like hockey, may be acceptable. No cotton or denim!
<input type="checkbox"/>	base layer: top	Same as above
<input type="checkbox"/>	quick-dry shorts	No cotton or denim!
<input type="checkbox"/>	t-shirt: warm-when-wet/quick dry	Must be made of a synthetic material, wool, or silk. Must keep you warm-when-wet. No cotton!
<input type="checkbox"/>	insulation layer – top	Warm, light-weight puffy jacket or sweater. Does not need to be waterproof because it will be layered with a shell jacket. Must be <i>warm-when-wet</i> : No cotton hoodies! Fleece jacket or synthetic filled jacket ideal. Down jackets with hoods work well too.
<input type="checkbox"/>	shell pants: waterproof/breathable	A Gore-Tex style, waterproof/breathable fabric to be layered over base layer. Zippers on legs are convenient for winter. Heavier products will be more durable – lighter products will be more breathable. Insulated ski-pants will wet-out in temperatures near 0°C and will be too heavy to carry.
<input type="checkbox"/>	shell jacket: waterproof/breathable with taped seams	As for above... but with taped seams. Taped seams are more important on the upper body: they keep water from seeping through stitching. Feel seams for a ribbon of tape that runs the length of the stitching.
<input type="checkbox"/>	toque	<i>Warm-when-wet</i> . Toques will be carried on all trips during fall and winter season, not just winter
<input type="checkbox"/>	sun hat or baseball cap	Quick dry is nice but not necessary.
<input type="checkbox"/>	sunglasses	Very important during winter. Must be rated to stop uv rays.
<input type="checkbox"/>	plastic eating utensils	Durable plastic required. Fast-food utensils will do in a pinch but will not last.
<input type="checkbox"/>	eating bowl	A 4-cup plastic measuring cup purchased from a grocery store makes a simple and light plate set: works as bowl, plate, and mug; or buy a fancy set from an outdoor store.
<input type="checkbox"/>	winter mitts and a light pair of gloves	Ideal mitts have a waterproof shell with removable insulation (such as fleece) for quick drying. Ski gloves will wet-out under warmer condition and are too hard to dry. A very light pair of gloves (like figure skating gloves) work well around camp or when hiking.
<input type="checkbox"/>	personal toiletries	Basic essentials only. No shampoo etc... not needed.
Optional Items		
<input type="checkbox"/>	fleece tights	If you get cold, or during the winter season, an additional mid-layer for the lower body will be needed.
<input type="checkbox"/>	quick-dry pants	General use nylon, quick-drying pants are more comfortable than waterproof/breathable when it is not raining.
<input type="checkbox"/>	blister supplies	We will go over various options in class. Lots to choose from these days.