



Your clothing and personal items are all you are required to bring. The list has been developed from years of experience on the trail and with current feedback from participants at the end of their courses. It has been designed for your safety and comfort. Having the proper clothing is important for your comfort and overall experience on the course. The Training Academy provides all the technical equipment and specialized gear particular to your course. If you have any challenges finding the required items, please contact the Admissions Department for support.

SELECTING THE RIGHT CLOTHING FOR YOUR ADVENTURE

The information below will help you to carefully select the clothing to bring with you on your Training Academy course. Here is some detail on how your clothing plays an essential role in keeping you comfortable in a variety of weather conditions. We will often separate the clothing into "daytime" (clothes that can get wet and still keep you comfortable) and "nighttime or campsite" (clothes that will always be dry and accessible once we are off the water for the day).

CLOTHING LAYERING SYSTEM

Layering is key to staying comfortable and being prepared in the outdoors.

First Layer – Keeps you warm. Ideally wicks away moisture and does not trap perspiration next to your skin. Do not bring items that are made with any cotton. When cotton gets wet, it stays wet.

Second Layer (or layers) – Provides insulation. They need to retain your body heat and yet not restrict movement. Synthetic fleece and wool are great.

Third Layer – This is your outside/rain layer and offers protection from precipitation and wind.

FABRICS

Synthetic or wool fabrics are best for most clothing. These include polyester, polar fleece, merino wool and polypropylene. They are fine insulators and retain much of their warmth when wet. When the clothing list says "synthetic/fleece" or "wool" you need to pack synthetic garments made of any of the above or wool blends containing at least 75% wool with no cotton included.

WHY NO COTTON?

Cotton and down (feathers) are ineffective as insulators when wet. Cotton is heavy compared to synthetics, especially when wet, and does not pack as well. Denim (especially blue jeans) is not appropriate. Do not bring them on your course (other than for wearing home). Cotton sweatpants are not a substitute for synthetic or wool pants.

WATERPROOF – BREATHABLE

Laminated fabrics with pores small enough to block rain/snow, yet large enough to allow perspiration to escape. Common brand names you will find are Gore-tex® and Entrant™. These are ideal for rain/wind jacket, gloves, and even rain-pants, but can be expensive.

KEEPING SAFE & HEALTHY

With the circumstances surrounding COVID-19, the Training Academy has put in place a set of practices and procedures to keep the entire group as safe and healthy as possible while on course. Physical distancing, and good hygiene, specifically hand washing, has been touted as the best defence against the spread and contraction of infectious illness. We have added to the packing list for each individual to bring your own face masks and personal hand sanitizer, and we will continue to follow the direction of federal, provincial and local health authorities on an ongoing basis as things evolve.

The masks you bring on course should be disposable, medical grade masks; they are most often blue in colour and sometimes referred to as "surgical" masks. You should be ready to change your mask whenever it becomes damp or dirty, and we highly recommend bringing a lanyard or pouch to keep your mask and sanitizer easily accessible, even when you are eating or drinking water. Your masks should be comfortable to wear for long periods of time; if you find that you get pain behind the ears, you may want to consider bringing a strap extender for a more comfortable fit. Please bring 1 mask for each day of your course, you may come home with extras but this will ensure you have enough to last for the duration of the program.



WHAT OTHER ITEMS TO BRING

CONTACT LENSES AND GLASSES

Contact lenses that require no special care may be worn on the course. If you wear contact lenses, bring plenty of solution for cleaning them and an extra pair. Please also bring along a pair of old glasses in a hard case.

PRESCRIPTION MEDICINE

Please bring two full sets of any prescription medication you are currently taking. Prescription medication must arrive in the original bottles and include the prescription dosage information.

When you arrive, please inform your instructors of your medication. Please ensure that you record the proper medication names, schedule and dosage information on your Confidential Medical History form.

CAMERA

You'll be traveling through some spectacular scenery, so feel free to bring along a camera. Disposable/waterproof/shockproof cameras pack well, or bring your own in a small protective case and a plastic bag to protect from the elements. Please do not bring a phone or iPod to use as a camera.

MONEY

You may want to bring some money (cash or credit card) to cover the following possible expenses: pre-and post-course meals or accommodation, airport improvement fees (if you are travelling by air), or emergency funds to cover any unanticipated travel costs.

HOW TO PACK

Please pack your belongings in a lightweight duffle bag and label your bag with your full name and course code. This bag does not go on expedition with you, it is only for getting your belongings to and from the course.

Upon arrival you will transfer your "non-expedition" belongings into a barrel provided by the Training Academy. Anything you don't need on expedition (clothes for your return home, money, duffle bag, airline tickets, etc.) will be safely stored for you until your course ends. Please do not bring any unnecessary valuable items with you.

Electronic devices such as cell phones, laptops, tablets, music devices, or hand-held games are not allowed on expedition. We strongly recommend that you do not bring large amounts of cash, expensive jewellery, or electronic devices with you. The Training Academy is not responsible for any loss or damage to personal property that may be incurred while you are with us.



FOOTWEAR – CANOEING COURSES

<ul style="list-style-type: none"> Water Shoes 	1 pair	Closed-toed water shoe, with laces or straps for getting in and out of boats. Good ankle support and grip needed for stream crossings. Old running shoes that lace up are perfect for water shoes!
<ul style="list-style-type: none"> Camp Shoes 	1 pair	Lightweight, running shoes (closed-toe) for keeping dry and comfortable around the campsite.
<ul style="list-style-type: none"> Rubber Boots 	1 pair	Optional, for spring/fall courses only, for keeping warm/dry while getting in/out of boats.

CLOTHING – BASE LAYER

<ul style="list-style-type: none"> Heavyweight Socks 	3-4 pair	<u>No Cotton</u> : Thick wool, polyester or synthetic is best. Will keep you warm when wet.
<ul style="list-style-type: none"> Light Socks 	3-4 pair	<u>No Cotton</u> is preferred. Can be layered with heavier socks or worn on their own.
<ul style="list-style-type: none"> Underwear 	3-10 pair	Bring half the number of days of your course. Cotton is okay, but polyester/blend is best.
<ul style="list-style-type: none"> Long Underwear Set 	2 sets	<u>No Cotton</u> : top and bottoms, wool, synthetic or blend. To keep you warm at night and on cold days.
<ul style="list-style-type: none"> Sports Bra 	2-3	Quick-dry, sports bra style recommended for comfort and support.
<ul style="list-style-type: none"> Short-sleeved T-Shirt 	2-3	Quick drying, synthetic, polyester or nylon.

CLOTHING – INSULATING LAYER

<ul style="list-style-type: none"> Long-sleeved T-Shirt 	1-2	<u>No Cotton</u> : Quick drying, polyester or nylon. Light in colour is best.
<ul style="list-style-type: none"> Long-sleeved button-down shirt 	1	Quick drying, for protection from bugs (we will also provide you with a bug jacket).
<ul style="list-style-type: none"> Pants 	1 pair	<u>No Cotton</u> : Quick drying, fleece, synthetic or nylon. Layered with long underwear to keep you warm.
<ul style="list-style-type: none"> Warm Sweater 	1	<u>Fleece or Synthetic</u> : your thick layer for keeping warm, pullover or zip up.
<ul style="list-style-type: none"> Warm Hat/Toque 	1-2	Lightweight, wool or synthetic hat to keep warm (yes, even in the summer!).
<ul style="list-style-type: none"> Gloves/Mits 	1 pair	Lightweight, wool or fleece, synthetic work gloves work well.

CLOTHING – SHELL LAYER

<ul style="list-style-type: none"> Rain Jacket 	1	With hood! Waterproof & sturdy, loose fitting, must they fit over all other clothing layers.
<ul style="list-style-type: none"> Rain Pants 	1	Waterproof & sturdy, loose fitting, they must fit over all other clothing layers.
<ul style="list-style-type: none"> Shorts 	1 pair	Quick drying, nylon. For sleeping or keeping cool on warm days.

PERSONAL ITEMS

<ul style="list-style-type: none"> Toiletry Kit Medications 	1	Toothbrush, toothpaste (small tube), hairbrush/comb. Prescriptions, over the counter for "as needed", vitamins or supplements. Please be sure to list all of these on your Confidential Medical History form.
<ul style="list-style-type: none"> Glasses/Contact Lenses 	2 pair	If applicable, please bring a pair of old glasses as a backup and protective case.
<ul style="list-style-type: none"> Sunscreen 	1	Small tube, SPF30 or higher.
<ul style="list-style-type: none"> Insect Spray 	1	Optional – if the bugs bother you! Small container, pump spray – no aerosol if possible.
<ul style="list-style-type: none"> Sunglasses 	1 pair	Durable, must have UV protection, with retainer strap, in a protective case.
<ul style="list-style-type: none"> Lip Balm 	1	With SPF protection.
<ul style="list-style-type: none"> Menstrual Hygiene Supplies 	As needed	Participants with a menstrual cycle should bring ample supplies of the products they are most comfortable using, even if they do not expect menstruation while on course (Bodies change and adapt in new environments). Stored in re-sealable plastic bags is recommended.
<ul style="list-style-type: none"> Face Masks 	1 per day	For when physical distancing is not possible. Must be medical grade, "surgical" masks.
<ul style="list-style-type: none"> Hand Sanitizer 	1	100ml-120ml, Personal or travel sized. At least 60% alcohol-based.
<ul style="list-style-type: none"> Hand Cream/Moisturizer 	1	Small tube, unscented.
<ul style="list-style-type: none"> Soap 	1	Small container, for hand washing and mask washing between uses.
<ul style="list-style-type: none"> Headlamp 	1	With 1 extra set of batteries. Regular flashlight works too, but a headlamp is most convenient.
<ul style="list-style-type: none"> Swimsuit 	1	For summer season courses only. Quick drying, nylon.
<ul style="list-style-type: none"> Hat 	1	With sun visor (ex: baseball cap)
<ul style="list-style-type: none"> Water Bottle 	2	1L capacity (each), must be hard-sided and durable, Nalgene style is recommended.
<ul style="list-style-type: none"> Bandana / Neck Tube 	1-2	1 is sufficient, 1-2 extra is recommended for backpacking courses.
<ul style="list-style-type: none"> Watch 	1	Should have an alarm function, no valuables or smart watches.
<ul style="list-style-type: none"> Journal/Pen/Pencil 	1	Lightweight and compact, in a resealable plastic bag to protect from the elements.
<ul style="list-style-type: none"> Shampoo/Soap/Small Towel 	1 each	Small containers, for cleaning up before travelling home (longer courses)
<ul style="list-style-type: none"> Change of clean clothes 	1	For travelling to/from your course.
<ul style="list-style-type: none"> Warm Jacket 	1	For spring/fall courses, or if you get cold easily. Puffy coat or shell with some insulation.
<ul style="list-style-type: none"> Bug Jacket 	1	Mesh, for extra protection against bugs in the spring/summertime.
<ul style="list-style-type: none"> Dry Bag 	1-2	Small in size for packing/organizing.
<ul style="list-style-type: none"> Small day/backpack 	1	Lightweight, small in size for packing/organizing and easy access to your belongings while on the move.
<ul style="list-style-type: none"> Ear Plugs 	2-3 pair	Recommended for light sleepers.
<ul style="list-style-type: none"> Face Cloth / Hand Towel 	1	Quick drying, small pack towel is recommended.
<ul style="list-style-type: none"> Sleep Pad/ Thermarest 	1	Only if you have one, a foam pad will be provided by OBC for tent sleeping (we will provide you with a solo tent).
<ul style="list-style-type: none"> Camera 	1	Lightweight with a protective case, OBC will provide a group camera. (No phone / iPod cameras).
<ul style="list-style-type: none"> Carabiner 	1-3	Small, useful for attaching items to backpack/daypack for easy access.



CLASSROOM SPECIFIC ITEMS

• Sleeping Bag or Linen for a Single Bed	1	You will be provided a single bed within the cabin.
• Toiletry Kit	1 set	Toothbrush, toothpaste (small tube), hairbrush/comb.
• Water Bottle	1	1L capacity, must be hard-sided and durable, Nalgene style is recommended.
• Headlamp	1	With 1 extra set of batteries. Regular flashlight works too, but a headlamp is most convenient.
• A good book to read	1	For use during program down time.
• Change of Clothes	As needed	Enough to support the duration of the program.
• Slippers	1 pair	For use in the shower.
• Indoor Shoes	1 pair	For use in the dining hall and common areas.
• Outdoor Shoes	1 pair	Ones that you don't mind getting a little muddy.
• Toque, gloves/mitts	1 pair	It can get cold at night, so we advise that you bring a toque and gloves/mitts to help keep you warm.
• Rain Boots (Optional)	1 pair	For use in case it starts to rain.
• Rain Jacket	1	With hood! Waterproof & sturdy, loose fitting, must fit over all other clothing layers.
• Rain Pants	1	Waterproof & sturdy, loose fitting, must fit over all other clothing layers.
• Day Pack	1	To carry your pen, pencils, pencil crayons, markers, journal, notebook and binder.
• Pen	1-3	For writing.
• Pencil	1-3	For writing.
• Pencil Crayons	1 set	For writing.
• Markers	1-3	For writing.
• Journal	1	For writing down your thoughts and ideas.
• Notebook	1	For writing down notes.
• Face Masks	1 per day	For when physical distancing is not possible. Must be medical grade, disposable masks.
• Sunglasses	1 pair	With retainer strap, in a protective case. Should block UV and infrared light.
• Hat	1	With sun visor (ex: baseball cap)
• Thermos	1	To keep drinks warm.

WE'RE PREPARED TO MAKE SURE YOU FEEL PREPARED!

We are aware that access may be an issue with regard to attaining some of the above items. Please do not hesitate to reach out to us with any questions or concerns that you may have in relation to the above items and we will do our very best to help accommodate you and ensure that you have the best experience with us.