



## YETI Outdoor Program

### Winter Camp (Stagleap Park) - Participant Equipment Checklist

**\*\* Some packs and winter clothing available via YETI program**

- ☐ **Medical** - If you require any specific medications (Ventolin, Epinephrine, etc.) make sure you have this with you.
- ☐ **Food**
  - Use your food list we created during our safety night!
  - Extra snacks as required for personal use
- ☐ **Pack** - Needs to hold sleeping bag, pad, clothes, and food.
- ☐ **Reusable 1L Water Bottle**
- ☐ **Light source** - flashlight or headlamp
- ☐ **Winter Footwear** (please see Mr. Fisher if Snowboard boots are to be used that they will fit the snowshoes provided)
- ☐ **Warm winter gloves** (weather resistant) and **Toque**
- ☐ **Extra Dry Clothes** for the evening including **WARM SOCKS**.
- ☐ **Sunglasses**
- ☐ **Layers:** avoid cotton layers
  - Winter Jacket (Shell or lined)
  - Warm Top Layer
  - Base Top Layer
  - Waterproof Bottom Layer
  - Thermal bottom layer