

NOVA SCOTIA PACKING LIST*

****Some important clothing tips to consider****

CLOTHING MATERIALS

All clothing will be subjected to rugged use. It must be durable and roomy for free movement and layering. Clothing will get wet. Be sure it is quick drying (wearing wet clothes for an extended period is a sure way to get hypothermia). Insects sometimes avoid orange, red, yellow and white. They are attracted to dark colors like dark blue, purple or green. When choosing fabrics, consider how bulky they are (all your clothing and issued gear must fit into a single duffel), and how well they insulate when wet.

Wool - A traditional outdoor fabric, is often less expensive than newer outdoor synthetics.

Wool retains insulating properties when wet. Once wet, it dries slowly. Wool tends to be heavier and bulkier than synthetics that offer comparable warmth.

Outdoor Synthetics - Insulate well when wet and dry very quickly. They weigh less than wool and offer comparable warmth. Lightweight outdoor synthetics include Thermax, Capilene and polypropylene. Heavyweight warmer outdoor synthetics include pile fabrics such as Polartec, polar fleece, and Synchronilla.

Cotton and Cotton Blends - **DO NOT BRING COTTON** unless our list is specifically marked "cotton". Cotton absorbs moisture, provides no insulation when wet and dries slowly. This includes sweatshirts and jeans, and any clothing intended for warmth, even cotton blends. If your thermals say they have any cotton in them, leave them at home. When wet they pull away body heat, and once wet they stay wet. **"Cotton kills!" Read all labels carefully.**

Down - Is not acceptable. It insulates well when dry but absorbs moisture easily and provides no insulation when wet.

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 laundry will be done a few times in Nova Scotia. Please know that the clothing gets used lots, and it will take a beating – if you have siblings who might have equipment from past trips, feel free to use it again.

MANDATORY

PASSPORT

- 1 sleeping bag & stuff sack (synthetic fill, NO DOWN)
- 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
- 1 pair of really good rain pants (NO track pants/windbreaker pants)
- 1 pair of quick-dry pants
- 1 light-weight cotton sun dress (we use this on the boat to change with a bit of privacy!!)
- 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
- 5 pairs quick-dry underwear
- 5 pairs cotton underwear
- 3 pairs warm hiking socks
- 2 pairs active socks that fit into sneakers
- 1 pair of wicking sock liners
- 1 pair sneakers
- 1 pair water shoes (crocs, tevas, keen types. note: tevas/chacos give blisters when wet. you should pack crocs-type shoes too if you pack tevas/chacos)
- 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 bandanas
- 1 pair 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 smallish quick-dry towel (super absorbent swimming towels work best)
- 1 daypack
- 1 heavy-duty water bottle (32 oz Nalgene-type)
- journal/stationary/cards – NO BOOKS PLEASE
- lots of sunscreen
- bug spray
- 4 stuff-sacks - of varying colors and sizes (these are really important because your camper will waterproof them and use them to organize all of her/his stuff for the entirety of the trip)
- Gallon and quart size ziplock bags
- toiletries:** small bottle of skin lotion, lip balm w/sunscreen, toothbrush/paste, wet-wipes, tampons, face cream and face wipes if desired, hairbrush, no more tangles
- 1 small duffel bag

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 (no more than this please)

OPTIONAL

light weight cotton dress (makes changing clothes and undergarments easier)
mosquito net for head
foam earplugs (if your camper is a light sleeper)
camera with waterproof case
camera charger

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