

# Two week west coast adventure

## ISLAND ESCAPADES ADVENTURES

### Clothing list:

#### PLEASE LABEL NAMES ON ALL CLOTHING

- \* sun block
- \* Baseball hat and winter hat
- \* sunglasses
- \* 8 pair underwear
- \* 6 pair wool/synthetic socks
- \* neck tube/ light gloves
- \* bathing suit/shorts and small towel
- \* 4 pair shorts
- \* 1 pair long underwear (synthetic is best)
- \* 1 turtle neck
- \* 3-4 pairs of long pants (not full cotton if possible)
- \* 6 T-shirts
- \* 1 sweater/ fleece jacket (synthetic or wool)
- \* 1 light jacket
- \* 1 set of rain gear (make sure it's waterproof and not just water resistant) . Coated nylon or even rubber is ok.
- \* 1 Mess Kit - bowl/plate cup and cutlery – plastic or metal
  
- \* 1 pair of thongs/Texas or water socks
- \* 1 pair of hiking boots that can be waterproofed i.e. leather
- \* 1 pair of light runners
- \* If you have climbing shoes or harness bring them along, otherwise we will provide them.

## 2.

\* personals - toothbrush, toothpaste, brush/comb, face cloth... any medication (please refer to medical form)

### Extras

\* 1 pair of gaitors, if you have them.

\* flashlight or headlamp

\* bug spray (recommended) or bug netting head cover.

\* 1 Water Bottle make sure it has your name on it.

\* 2 stuff sacs (mid size ,we will provide if you do not have them)

\* sleeping bag - synthetic only - no down or cotton/flannel bags . We provide sleeping bags ,( \$15, dry cleaning fee)

\*1 Thermarest or ensolite sleeping pad.

\*\* Do not bring electronic equipment (ie. Gameboys, Walkmans...)\*\* Cameras should be waterproof ones. Most conventional cameras break down in the moist Salt Water air conditions.

Note: Cotton gear gets wet quickly and allows you to get cold quickly. Wool or synthetic gear acts like a wick and if your gear is wet the moisture is drawn to the outer layers. Wearing layers and mostly pile and synthetic is the most ideal for our climate. If you have any questions or concerns please call us for clothing suggestions.

Please call if you have any questions. We do carry a few bags of extra gear that can be borrowed from counselors.