

## **OAS/ODE Suggested Gear List**

### **Academic Year September 2016-April 2017**

Over the course of the Outdoor Adventure Skills/Outdoor and Adventure Education program we participate in a variety of outdoor pursuits. We often rent gear such as mountain bikes, cross country skis and kayaks. The costs of this gear rental are included in your tuition fees.

There are a number of personal items and some equipment which is either essential or will come in very handy in the upcoming year. I have broken them down that way. Some gear can be bought second hand and used clothing stores sometimes have some great clothes for cheap, so don't limit yourself to expensive outfitters for all your gear.

This list is only a guideline and is not meant to be an exhaustive list. Bring what makes sense for you in the outdoors or wait until you get more information in class before purchasing.

#### **Essential:**

- **Water bottle, 1 liter, metal or plastic**
- **CSA approved hard hat for Trails course**
- **Day pack for extra gear on a variety of trips**
- **Hiking shoes, light hikers (something more hardy than a running shoe)**
- **Whistle**
- **Compass ( with adjustable declination feature)**
- **Proper rain gear, tops and bottoms ( coated nylon or breathable rain coat) no ponchos**
- **Flashlight (headlamps are handier)**
- **Pocket knife**
- **Sleeping bag (3 season)**
- **Sleeping pad (Ensolite)**
- **Proper wicking long underwear, tops and bottoms (polypropylene, capilene, silk, Merino wool, ask any good outdoor clothing staff)**
- **Bathing suit**
- **Winter boots, ideally with removable felt/wool liner**
- **Winter clothing**

#### **Handy but not essential**

- **Wet suit**
- **Work gloves, steel toed shoes/boots for Trails course**
- **Bike helmet, gloves**
- **Swim goggles**
- **Canoe paddle**
- **CSA approved PFD**
- **Refillable coffee mug for camping and road trips**
- **tent**
- **Snowshoes**
- **Camelback or water pack**