









PARTICIPANT PACKING LIST (WINTER)

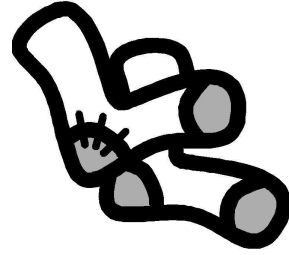
Use this list to help prepare for seven (7) days on the land. The weather can change at any time, so it is important to be prepared. Check off each item when you have packed it.

Recommended Clothing Checklist— when packed	
<input type="checkbox"/> Snow boots (we will be spending time on the land and on skidoos). 	<input type="checkbox"/> Parka/Winter Jacket 
<input type="checkbox"/> Insulated jacket 	<input type="checkbox"/> Snow pants 
<input type="checkbox"/> 2 sets of thermal underwear layers, a shirt and pants (wool, fleece, polypro, no cotton) 	<input type="checkbox"/> 2-3 shirts for 7 days on the land. 

Recommended Clothing Checklist— when packed

- ❑ 2 warm sweaters or fleece jacket (fits under insulated jacket and parka)

- ❑ 3-7 pairs of warm wool socks



- ❑ 2 pairs of warm long pants that can fit over thermal underwear/base layer. Fleece, polypropylene preferred.



- ❑ 2 toques (remember we will be in camp, but also on skidoos and walking on the land).



- ❑ 1 pair gloves



- ❑ 1 pair warm mitts



- ❑ Neck warmer and/or balaclava



- ❑ Non-medical face covering (mask!)



Recommended Clothing Checklist— when packed

☐ Pyjamas!



☐ Underwear to last seven days!



☐ Slippers/Moccasins with rubber sole



☐ Work gloves



Recommended Equipment Checklist— when packed

- ☐ Day pack (small backpack)



- ☐ Headlamp and/or flashlight



- ☐ 1 insulated water bottle and/or thermos (one-litre screw top is best)



- ☐ Personal toiletries (note: no running water)

- Comb/Brush
- Toothbrush and paste
- Deodorant
- Full set tampons, pads, diva cup, etc. (even if you may not need them)
- Etc.



- ☐ 1 sunglasses



- ☐ 1 lip balm (with SPF protection)



Recommended Equipment Checklist— when packed

- ☐ Medications if required (bring two inhalers or Epi-pens)



- ☐ 60% alcohol-based personal hand sanitizer



- ☐ 1 Sleeping bag (there will be a furnace in your accommodations)



- ☐ Goggles for skidoo rides



- ☐ Skidoo helmet



OPTIONAL ADDITIONS

Optional Checklist— when packed

☐ Compass/GPS



☐ Binoculars



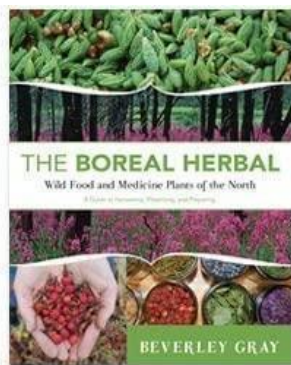
☐ Camera (know it can be damaged)



☐ Portable battery charger



☐ Animal/bird/plant field guides

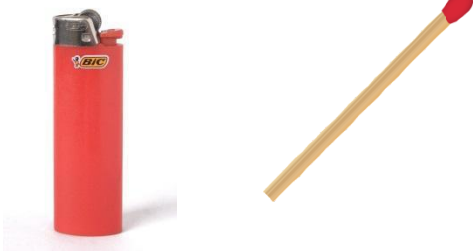


☐ Small sewing/beading projects



Optional Checklist— when packed

- ☐ Bush tools (saw, knives, matches, lighter, etc.)



- ☐ Books, cards.



- ☐ Self-care items for free time (smudge, drum, headphones to listen to meditation/music, journal, etc.)



- ☐ Snacks/Treats



- ☐ Gifts for Elders/Guides (there will be two Elders, one guide)

- ☐ Pillow



- ☐ Sleeping pad

