



2015 LIT CAMP SUMMIT CLOTHING/EQUIPMENT LIST

NOTE TO LIT's: It is VERY important to ensure that you have the appropriate clothing and gear for Camp & Outdoor Education.

Mandatory items are necessary for safety and comfort and will help to ensure your enjoyment of your experience with Summit. All ** items may be purchased and/or rented from *Mountain Equipment Co-Op* at www.mec.ca. *You will be outside for the majority of your time here & you may go on backcountry trips – it is particularly important that you have the appropriate gear for this.*

Remember, you are in a leadership role at Summit – campers will all be looking up to you. You need to ensure that you have the appropriate clothing and gear so that you can set a good example.

You will have the opportunity to do laundry at the local Laundromat during your time off at Summit – it is not necessary to bring excess clothing.

If you have any questions please feel free to call us at: 604-898-3700 or Toll Free 1-866-550-1118.

Qty.	MANDATORY CLOTHING/EQUIPMENT	Check Packed
1	Khaki shorts (For meet the parents and first day camper arrivals)	
1	White long sleeve shirt (to wear under your staff shirt on colder days)	
1	Pair of Hiking Boots – they should be comfortable, previously broken-in and suitable for high energy activities such as hiking, etc. **	
1	Spare pair of Running Shoes	
1	Pair of Sport Sandals with secure heel strap **	
1	Waterproof Rain Coat (this is very important – and will be necessary for the backcountry trips) **	
1	Waterproof Rain Pants (this is very important – and will be necessary for the backcountry trips) **	
4	Long Sleeve tops (at least one should be polypropylene or wool) **	
1	Long Underwear pants (polypropylene) NO COTTON! **	
2	Quick Dry Pants	
2	Long Pants (casual - jeans etc)	
2	Polar Fleece Jacket or Sweater (needed for cooler weather and nights) **	
2	Casual Sweater or Sweatshirt	
6-7	T-Shirts	
2-3	Shorts (at lease one 'quick dry' pair for water activities)	
2	Bathing Suits	
	Pair of Pajamas	
6-7	Pairs of Socks (preferably wool or synthetic as they dry much faster)**	
	Pairs of Underwear (1 per day – enough for a two week cycle is suggested)	
1	Sun Hat / Ball Cap and Sunglasses (a must!)	
1	Pair of Gloves/Mitts (for hiking/overnight trips)	
1	Warm Winter Hat or Toque (for hiking/overnight trips)	
1	50+ Litre Internal Frame Backpack ** These medium to large sized packs have internal stiffeners and a more substantial padded hip-belt to bear weight. Their load capacity makes them useful for overnight backpacking or multi-day trips. ALL personal gear will need to fit INSIDE this pack.	
1	Mummy Style Sleeping Bag (no cotton lining- synthetic or down, rated to –10c, must pack down) **	
1	Camping Sleeping Pad (Thermarest or Ensolite Pad is best) **	
1	Pillow & Single Fitted Bedsheet (you can buy these here relatively inexpensively)	
1	Headlamp (Flashlight is ok, but is not hands free – headlamp style is best) **	
2	Bath Towels (one should be preferably a small camping towel that will dry quickly)	
1	Backpack (suitable for day excursions with enough room for lunch, a water bottle, a sweater, and a rain jacket)	
1	Toiletry Kit (toothbrush, toothpaste, shampoo, soap etc.)	
1	Bottle of Sunscreen (Waterproof - must be SPF 30+) **	
1	1 litre Water Bottle (Nalgene brand or similar styles are best) **	
1	BATTERY POWERED ALARM CLOCK (small travel style is best)	
1	Tripping Dishes - Cup, Bowl, and Utensils for backcountry eating (Lexan or plastic only please – no sharp knives) **	
1	Whistle on a cord (to wear around neck) **	
1	Nylon Stuff Sack to pack clothes in (a compression sack is great for this) **	



2015 CAMP SUMMIT LIT CLOTHING/EQUIPMENT LIST CONTINUED

Optional items can enhance your experience at Summit & can help you fill your days off with fun and adventure. Squamish is renowned for outdoor activities – having your own gear lets you get into them!

You can purchase necessities and some gear here in Squamish (or make a trip down to Vancouver on your days off) but keep in mind that Squamish is a small town and selection can be somewhat limited at times. All ** items may be purchased and/or rented from *Mountain Equipment Co-Op* at www.mec.ca.

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OPTIONAL ITEMS
Writing Kit (Stamps, Envelopes etc.)
Camera (a good idea!)
Musical Instrument (guitar, hand drum – bring your favorite noise maker!)
Craft Items and Ideas – got a favorite arts & crafts project? Bring it and share!
Laptop, MP3 player, personal electronics etc Summit does have a wireless setup for Internet – during your time off or downtime, you are welcome to set up your computer.
Books/Magazines/Journal
Mountain Bike Summit does provide these for while you are on program but if you have a personal one that you would like to bring, please feel free as it will fit you well.
Bike Helmet ** Summit does provide these for while you are on program but if you have a personal one that you would like to bring, please feel free as it will fit you well.
Camelback (personal hydration pack) ** or a water bottle that will fit in a bottle cage on a bike.
Bottle of Insect Repellent Lotion (no sprays or aerosols please). Natural Citronella lotions are recommended rather than DEET. **
30 Litre Dry Bag (Sealine, MEC or other brands). This is a water sport specific sack that is completely waterproof. This should fit inside your 50+ Litre backpack. **
Extra polypropylene or wool long sleeved undershirt. **
Flip Flops
PFD – Personal Flotation Device (also known as a life-jacket) ** Summit does provide these for while you are on program but if you have a personal one that you would like to bring, please feel free as it will fit you well. You will need to bring one if you are planning to do paddling on your days off as Summit PFD's are for programs only.
Canoe Paddle ** Summit does provide these for while you are on program but if you have a personal one that you would like to bring, please feel free as it will fit you well. You will need to bring one if you are planning to do paddling on your days off as Summit paddles are for programs only.
Set of Climbing Gear Summit does provide climbing gear for while you are on program, but if you plan on climbing on your days off, you will need to bring your own stuff!
Dress up Clothing, Games, Etc We are always looking to expand our costume cupboard! If you, your parents, friends, siblings, grandparents, have any old clothes looking for a home please bring them to camp. We are looking for clothes, dresses, props, accessories and jewelry.
A Set of Dress Clothes We do have special LIT outings, events, dinners – and sometimes it is nice not to wear camp clothes!