

# Hollyburn Chalet Kit List

Parents: It is very difficult to keep your daughter warm, dry, comfortable and safe if she does not bring all the items on this list. If you do not have the necessary items, please borrow them or speak to your Guider. We cannot allow girls who are not properly dressed or equipped, and they will be sent home.

## *What to Wear to Hollyburn*

- Winter jacket and snow pants (or rain pants with warm fleece pants underneath) or snow suit
- Waterproof winter boots or hiking boots
- Warm hat / toque to cover ears
- Gloves or mittens (mittens are warmer)
- Warm winter boots

## *Clothing & Equipment to Pack*

- 2 pairs of pants or fleece joggers (NO blue jeans!)
- 2 warm, long sleeved tops (fleece or sweatshirts)
- 2 lightweight tops for layering
- 3 pairs of underwear
- 4+ pairs of thick socks (make sure your boots fit comfortably with your socks on)
- Extra toque, gloves and mittens
- 1 pair of long underwear (optional)
- 1 pair of warm pajamas or a sweatsuit for sleeping (no flimsy nightgown or one-piece pj's)
- Slippers with soles or running shoes for indoors (an absolute must as floors are cold and often wet)
- Toque for sleeping, separate from your outdoor hat
- Waterproof (not "resistant") rain gear
- Warm sleeping bag
- Closed-cell foam or Therm-a-Rest type sleeping pad (thick foam pads are too bulky to carry and are not waterproof; air mattresses are too cold)
- Extra blanket (a flannel sheet works well)
- Pillowcase or very small pillow (optional)
- Plastic ground sheet wrapped around sleeping bag securely to keep out weather (no plastic bags except to line a proper stuff sack)
- Toilet kit: toothbrush, toothpaste, soap, face cloth, small hand towel, comb or brush, hair ties, etc.
- Small daypack and filled leak-proof water bottle
- Whistle
- Sunscreen (SPF 30 recommended)
- Chapstick or Vaseline for lips

- Sunglasses (optional)
- Flashlight with extra batteries and lightbulb (A must as there are no electric lights. Pack batteries separately from flashlight to ensure light does not come on in bag and drain batteries)
- Small personal first aid kit
- Small package or Ziploc of Kleenex
- 1 dish towel
- Plastic bag for dirty laundry
- Medication (In original container, clearly labelled with name and dosage instructions, to be turned over to Guider upon arrival. Ensure any medication is noted on Personal Health Form.)

## *Important Notes*

- All clothing must be warm, woolly if possible. Polar fleece and wool are warmer than cotton.
- Everything must be labelled with your name.
- All clothing and equipment must be packed into a backpack. Any items attached to the pack must be secured with proper straps or rope. No garbage bags except to line your pack.
- Hollyburn Chalet is approximately a 30-minute walk from the parking lot, usually through snow or rain. Pack as lightly and compactly as possible, but do bring everything on the kit list.
- Do not bring food items or candy, except as requested by your Guider. Food items left in personal gear are likely to attract critters!

