

Item	Quantity	Optional?	Sent	Returned
Shirt (long sleeved)	3			
Trousers	3			
Socks	3			
Underwear	3			
Sweater	1			
Thermal underwear	1	Optional		
Gloves or mitts	3			
Winter hat	1			
Winter coat	1			
Winter boots	2			
Snow pants	1			
Sleeping bag (-20C rating or better)	1			
Sleeping pad (closed cell foam)	1			
Pillow	1	Optional		
Flashlight	1			
Spare batteries		Optional		
Wash kit (tooth brush, tooth paste, face cloth, soap, hair brush)	1			
Hand towel	1			
Mess kit (Plate, bowl, mug, knife, fork, spoon) in mesh bag	1			
Water bottle	1			
Kleenex	1			
Plastic bag for wet clothes	1			
Whistle on lanyard	1	Mandatory		
First Aid or Survival kit	1	Optional		
Campfire blanket	1	Optional		
Pocket knife	1			
Chapstick	1	Optional		

Prohibited Items:

- Food, snacks, candy, or drinks other water
- Electronic devices (e.g. Radio, tape/cassette/CD player, Game Boys, telephones)
- Camp beds, large air mattresses
- Aerosol sprays

Recommendations

- Sleeping pad should be closed cell foam. These are typically white or blue and 1/2" thick. A self-inflating air mattress (e.g. Thermorest) is even better.
- A rucksack is necessary for packing the kit.
- One sleeping bag can be placed inside another to achieve the necessary rating.
- MEC Hybrid -20C sleeping bag

Ensure all items are marked with the child's name.