



Boundless High School Summer Clothing and Gear List

Please keep these points in mind when packing:

- Students should plan and pack for active days and evenings outdoors
 - Our program continues in all weather conditions and many of our activities are water-based
 - It can get cold at night, particularly in August
 - Wool socks and synthetic layers are the most practical for wet and cold conditions
 - Boundless has limited laundry facilities. Students have an opportunity for ONE load during the course
 - Students do not require dry bags or back packs. Boundless provides waterproof barrels for all excursions. Duffle bags, hockey bags, and suitcases are all appropriate for kids' clothing and gear.
 - **We recommend that all clothing/gear tags are clearly labelled with the student's name.**
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Clothing:

- **t-shirts** - 5 (2 with long sleeves)
- **sweaters** - 3 (one of synthetic fleece)*
- **shorts** - 3 pairs
- **bathing suit** (quick dry & 1-piece are preferable)
- **long pants** - 3 pairs (2 of these preferably not jeans)
- **socks and underwear** (wool socks are best for wet environments)
- 1 layer of **synthetic long underwear** (top and bottom)*
- 1 **jacket**
- waterproof **rain gear**- top and bottom*
- **baseball cap**
- 1 **toque**
- 2 **towels**
- 2 pairs of **running shoes**:
 - 1 pair to keep dry
 - 1 pair that can get wet for the river

Both pairs must be sturdy, laced shoes (no velcro straps please)

River shoes must be laced, closed-toed shoes - old runners are best (no sandals please)

*Students who do not have a synthetic fleece sweater (with no cotton), synthetic long underwear (top and bottom – again, no cotton) or rain gear (top and bottom), or water bottle will be required to rent these essential items from Boundless for a small fee that will be charged to your account.

Gear and Supplies:

- **sleeping bag and pillow**
- personal **toiletries**
- **flashlight**
- personal **water bottle*** (hard plastic with carabiner clip)
- **sunscreen** (lotion - not spray-on types)
- **insect repellent**
- **sunglasses**
- **glasses safety strap** (for sunglasses and students wearing prescription glasses- to not lose them in the water)
- **prescription medication** (if applicable)

Optional Gear and Supplies:

- alarm clock
- camera
- hiking boots
- reading material
- cards and games
- sports equipment
- musical instruments (at own risk)

Please ***do not*** bring:

- **Electronics** (portable cd players, mp3 players, ipods, iphones, laptops, cell phones, gaming devices, etc.)
- Pocket or camping knives
- Valuables that may get lost or damaged
- **Boundless has a strict policy prohibiting alcohol and drugs**

Money: Students can bring a small amount pocket money for a potential stop at a convenience store en route to their river expedition. If students want to purchase a Boundless t-shirt, they cost \$20. Otherwise, students should expect to be away from stores!!