

"TO BRING" LIST



You are not thinking about packing for Qwanoes yet, but there are some necessary items that you may need to pick up over the summer. So please look this list over today. This is a list of suggested items. It should not be used as a final packing list. You will want to add your own personal items. Note that there is ample shopping available near Camp Qwanoes, and you may want to buy some of these items after you arrive. Yet be sure to bring all backpacking clothing and equipment with you as our first trip begins soon after arrival.

Please keep in mind that you will share a room with three other students and that storage space in the room is very limited. Storage for larger items such as luggage, snowboards, and other gear is available in the lower floor of Pacific Woods Lodge (Qwanoes Leadership Centre).

CLOTHING AND EQUIPMENT FOR QWANOES

BASIC STUFF

- Bedding – blankets, sheets, pillows, pillow cases, comforter/duvet.
- Wall Space - posters (in good taste), pictures, Sticky tack (must be used to put up pictures & posters).
- Desk Top - pen holder, pictures, keepsakes, Kleenex, alarm clock, travel mug.
- Bathroom – soap, shampoo/conditioner, personal items, multiple towels.
- Laundry – collapsible clothes hamper, laundry soap, special soap for your clothing and outdoor gear.
- Other – hangers, laundry basket, shoe rack/bag, stereo, music, needle and thread, extra buttons, dry food/drinks (hot chocolate, coffee, tea, microwave popcorn).
- Cleaning and bathroom supplies are provided.
- Just take a look around your own room and choose what you think will make your room look comfortable without being too cluttered.

SCHOOL SUPPLIES

- Laptop - Most students have found a laptop computer to be a real advantage, and we highly recommended having one. A few computer stations are available for students without computers. Ethernet and wireless connects you to the internet and to a high-quality printer/copier (4¢/page).
- 1 or 2 binders, dividers (report covers or duo tangs are not used for assignments).
- A printer/photocopier is available to students, but you are welcome to bring your own printer and paper.
- Pens/pencils, highlighters, eraser, liquid paper, coloured pencils, ruler, stapler, extra staples.
- Bible – an edition such as the ESV or NIV Study Bible can be helpful. You may also want to have an easy reading level Bible for ministry with children and teens, such as the NIRV. The Audio TNIV and ESV Bibles are available in our library for student use.
- A blank, hardcover journal (needed for the first course, Spiritual Formation).
- Professors may have things to add to the list that can be purchased once here. In addition, you will have a number of textbooks to purchase on your Briercrest account (estimated cost: \$300-400).

CLOTHING

Clothing is weather-dependent, so what is the weather like on Vancouver Island? September through October is generally warm, cooler in evenings. November through December can be wet and cool, but rarely below freezing level. January and February are cool and rainy, and there may be a week or more when it drops below freezing (snow may occur temporarily, but it can also get up to 9 or 10° C. during the day). March and April are warmer but there may be showers frequently and unexpectedly. We will also spend some time in the deep snow of Mount Washington, so don't leave your winter clothing behind! Please include:

- Casual clothing for around Qwanoes, class (e.g., jeans, shorts, cotton pants, T-shirts, button-up shirts, runners, casual shoes).
- Clothing you don't mind getting dirty when doing activities or clean-up.
- Semi-formal wear for Sunday services, ministry, special occasions (dress pants, skirts, dress shirts/blouses, ties, sweaters, dresses or sport jacket if desired).
- Outside clothing – a 3-in-1 jacket that includes a waterproof shell and removable fleece lining is recommended, though you will usually use both together only on the ski hill. A hat or toque and light mitts for when it is cool and damp.
- Other clothing: swimsuits, gym clothes, bath robe, sports clothing (i.e., what you wear to do the sports you currently enjoy).
- Please see the list below of specialized clothing for adventures.

OPTIONAL EQUIPMENT

- Camera
- Musical instruments (guitar, etc.)
- Binoculars, telescope (great night skies!)
- Snowboard, helmet, skateboard, pads
- Skis – XC, downhill, helmet
- Mountain bike (note: helmet required)
- Wakeboard, waterski, gloves, wetsuit
- Surfboard & winter wetsuit, boots, gloves
- Sports Equipment (golf, tennis, team sports, climbing wall, etc.)

WHAT NOT TO BRING

For the sake of the Qwanoes community and your own spiritual progress, we ask you not to bring items such as music or reading material that dishonors God or that may offend your classmates, weapons of any kind (including airsoft guns), non-medicinal drugs or alcohol, laser pointers, immodest or inappropriate clothing or swimwear, pets or anything else that may distract you or others from God's purposes. Smoking and drinking alcohol is not permitted. **NOTE:** TV's and most appliances are not permitted in rooms.

PASSPORT

Because ministry and activity trips may include travel outside of Canada, we require that you arrive at Qwanoes in possession of a current passport valid until October 1, 2012, birth certificate and medical insurance card, as well as any other ID you think you may need. If you do not have a passport or if your passport will expire before October 1, 2012, please apply immediately. Canadian citizens, please see <www.pptc.gc.ca> for details.

INSURANCE

Insurance for your personal items is your own responsibility and is not covered by Qwanoes. Check with your parents to see if their home insurance will cover personal items while you are away. Qwanoes carries liability insurance in accordance with the accreditation standards of the BC Camping Association.

CLOTHING AND EQUIPMENT FOR OUT-TRIPS

NOTE: Our first backpacking trip will take place a few days after arrival at Qwanoes, and we will not have time for you to purchase the required clothing and equipment listed below. Please have all of these items upon arrival at Qwanoes.

Although adventures (out-trips) are a compliment to and not a major focus of the Kaléo program, there are enough outdoor activities throughout the year that specialized clothing and equipment are **required** for participation. Students who come unprepared pose a risk not only to their own health and safety but that of the entire group, and may not be permitted to participate in an adventure (out-trip) if they do not have the necessary clothing and equipment. You will learn to love being comfortable in the outdoors with the right combination of clothing.

If you already have some of this equipment and you are not sure if it is suitable, or if you are unsure of what to buy, please ask us before going out and buying new. What you have may be fine for what we are doing, but it is possible that clothing and equipment that are fine in your part of the country just won't cut it here.

CLOTHING

Weather on the West Coast tends to be cool and damp during a good portion of the Kaléo program. Though we are often blessed with exceptional weather for adventures (out-trips), it is **absolutely essential** that students have the clothing with them that will keep them dry and warm during an entire day outside in the rain or snow. Probably most clothing you own right now is made of cotton. However, anything made of cotton is useless – even hazardous – in these conditions, as it will absorb moisture, transfer heat from the body and remain wet for the duration of the trip. Man-made materials such as polyester fleece and "quick-dry" polypropylene garments wick moisture away from the body, retain some of their warmth when wet and dry quickly enough to be useful throughout the trip.

The secret to staying warm and comfortable in the outdoors is to **"layer" your clothing**. Layers allow you to build a tiny microclimate that surrounds your body and can be adapted to moisture, wind, temperature and exertion. For example, a large insulated winter jacket is not as useful as a breathable shell jacket worn with a high-grade fleece jacket underneath. These are the layers you will need:

1. **Base Layer.** The inner-most layer is critical because it's in direct contact with your skin. Base layers should transport moisture away from the skin and disperse it to the air or outer layers where it can evaporate. Because water is a good heat conductor, damp garments (especially cotton) draw precious heat away from your body. Even in conditions above freezing, this rapid heat loss can cause a dangerous drop in your body's core temperature. The best base layer materials are synthetics (polypropylene and polyester). These are light and strong, absorb very little water, and are quick to dry. Cotton and cotton blends have none of these qualities and should not be used as a base layer. Base layers should fit snugly without being constricting.
 - T-shirts – Short and/or long-sleeved shirts made of polypropylene or polyester (not cotton). These are often called "quick-dry" and are found in outdoor and sporting goods stores (\$15-25).
 - Underwear – Often the hardest to find, but again many outdoor and sporting goods stores offer them. More expensive than cotton, but will last a long time if only used on out-trips.
 - Long Johns – Close-fitting polypropylene or polyester (not cotton) long pants are essential.
 - Socks – Thin, quick-dry polyester socks are great, with a medium weight wool/poly sock ontop. Two layers keep hiking and snowboard boots from irritating the skin. Cotton socks are not suitable.
 - Light polypropylene or wool gloves.

2. **Warm Layer.** The mid-layer provides insulation and continues the transportation of moisture from the inner layer. To slow heat loss, this layer must be capable of retaining the warmth generated by your body. Wool and synthetics such as polyester fleece are well suited to this because the structure of the fibres creates small air spaces that trap molecules of warm air. Additional features, such as pit zippers and full-length front zippers, allow venting. As with the inner layer, this layer should be snug but not constricting.
 - Polyester fleece jackets are of various grades. Good-quality fleece, such as PolarTec and Windstopper, has a virtually unlimited useful life. It keeps its loft and warmth through countless launderings, without clumping, pilling, or becoming coldly threadbare as cheap fleece can. Depending on the weight of the fleece, it can function as anything from a light base layer, to a super-insulating mid to outer layer. A cotton hoody or sweatshirt is not suitable for out-trips.
 - Fleece pants (polyester fleece, not cotton) may seem like overkill, but are excellent for situations where you need to stay warm without lots of movement, such as at the campsite. Cotton fleece pants are not suitable, except in the lodge.
 - Polyester or nylon pants and shorts (not cotton or jeans) that dry quickly are essential for backpacking in our warm climate. Zip-off legs can save room and weight in your pack (\$25-50).
 - Fleece or wool gloves or mitts are needed even in fall and spring in the mountains.
 - Wool or wool/poly toque (that is, "beanie" for our American friends!)

3. **Outer Layer.** A shell made of a breathable and waterproof fabric, such as Gore-Tex, will protect you from wind and rain, and allow water vapour to escape. "Water resistant" will not be sufficient in our damp climate, and just "waterproof" may feel like you are wearing a plastic bag when you are active.
 - Waterproof, breathable outer shells are coming down in price, and are well worth the expense. However, after a couple of hours of rain, "waterproof" and "breathable" sometimes cancel each other out. For long wet days with less activity, such as might be encountered onboard ship, *additional* lightweight fully waterproof rain jacket is recommended.
 - Waterproof and breathable outer pants are essential. For long wet days with less activity, such as might be encountered onboard ship, *additional* lightweight fully waterproof pants are recommended.
 - Hiking boots – Ask an outdoor store such as Mountain Equipment Coop (MEC) about boots that are suitable for daytrips and short backpacking trips (\$150-200). They must be broken in according to store/manufacturer's recommendations before arrival.

SPECIAL CLOTHING FOR THE MAJOR OUT-TRIPS

- Clothing for the SALTS sail trip: rain gear (jacket and pants), rubber boots (can be bought locally; very useful after the trip too), sandals (Teva-style), mitts or gloves, swimsuit, hat or toque.
- Clothing for the ski hill: ski/snowboard jacket, fleece jacket, ski pants, felt-lined rubber/nylon winter boots for snowshoeing (such as Snowlions, \$30-70), toque, helmet & wristguards (included in rentals), ski gloves (2 pairs), neck warmer, ski goggles (can be rented at student's expense for about \$6/day).

NECESSARY EQUIPMENT

- Backpack – 65-80 litres recommended. Lower end (\$120-200): Asolo, Kelty, Camp Trails, MEC. Higher end (\$300-400): North Face, Serratus, ArcTeryx, Gregory. Should be fitted in the store by a professional if at all possible, and preferably tried on with sandbags or water containers in them for weight.

NOTE: If you think you will not use a pack after the Kaléo program, some rental packs (MEC Brio 70 litre) are available for rent for \$50 for the year. Contact your Kaléo leaders at kaleo@qwanoes.ca before August 15 or give us a call!

- Three-season sleeping bag (rated to -7 to -10° C.). Down-filled bags (\$200-300) are lighter and more compressible, but are more expensive and useless if they get wet. Synthetic bags (\$100-150) are filled with materials such as PrimaLoft or HyperLoft (higher quality and cost) or Polarguard or HolloFil (lower quality and cost) insulation. Synthetic bags cost less and retain more warmth when wet, but are much heavier and bulkier than down. The sleeping bag should be "mummy-style" rather than rectangular, and must not have a cotton lining.
- Sleeping pad – A necessity, not a luxury, as all sleeping bag temperature ratings assume the use of one. Without a pad, any bag's effectiveness is greatly reduced as the ground steals heat from your body. Either ensolite closed-cell (blue) foam (\$10), or a Thermarest-type inflatable (\$50-70). Ordinary air mattresses are too heavy and provide no insulation from the ground.
- Daypack for day trips (\$30-60) We also have these for rent for the year (\$30)
- Sunscreen (15 SPF or better), sunglasses, bug juice.
- LED Headlamp (recommended and very useful, \$25-40) or flashlight (\$10-20), with extra batteries.
- Pocket knife (e.g., Swiss Army knife, \$15-25), emergency whistle (e.g., Fox 40).
- Nalgene-type wide-mouth water bottles (63 mm cap fits our water filters, \$6-10). Also available at Qwanoes.
- Optional: Hydration system, \$20-25 (bring your Nalgene too).

WE PROVIDE

We provide all group equipment such as tents, shelters, pots, stoves, water filtration, communication, etc. We also give you a cup, bowl, spoon and fork at the beginning of the year, which is yours to keep and care for.

WHERE TO GET EQUIPMENT

It is best to shop locally for items such as packs and hiking boots, as these must be fitted in the store by a professional to ensure a proper fit. You will get much better service at a store specializing in wilderness gear (see list below) than a department or sports store (e.g., SportMart, SportChek, Canadian Tire). It is worth the slight extra cash in terms of durability, comfort and dependability. A good place to find used gear is MEC's Gear Swap <www.mec.ca/Apps/outdoorGearSwap/gearswap_main.jsp>.

We suggest the following retailers:

- Mountain Equipment Coop <www.mec.ca> (\$5 lifelong membership required)
 - Shop Online at <www.mec.ca> (reasonable shipping prices)
 - Go to the MEC website for the store nearest you.
- Valhalla Pure <www.shop.vpo.ca>
 - Go online to find the store nearest you.
- Atmosphere (formerly Coast Mountain Sports) <www.atmospherepleinair.ca>
 - Go online to find the store nearest you
- REI <www.rei.com>
 - Most States in the USA (see <www.rei.com/stores/storeloc.html>)
- See additional listings at <www.out-there.com/canada_outdoor_gear_retailers.htm>

Please contact us at kaleo@qwanoes.ca or call us if you have difficulty finding or deciding on anything!