

B.B.O.L.D. To Bring List

For the B.B.O.L.D. program, participants are required to bring the following essential equipment and clothing items:

Equipment:

- 1) Sleeping Pad (thermarests can be a little expensive but we suggest them for comfort and warmth especially if your child intends to continue camping; foam (ensolite) pads can suffice but are slightly less comfortable and don't insulate the body from the ground)
- 2) A Rugged and Comfortable Backpack (minimum of 50 litres); size depends on the size of the child
- 3) Dry Bag-to go inside your child's backpack to keep their items dry when their backpack gets wet; dry bags need to be waterproof
- 4) Sleeping Bag (down sleeping bags are nice but can be expensive, synthetic sleeping bags are a good choice; we suggest a minimum -7 degrees Celsius rating)
- 5) A small camp pillow
- 6) 1 Flashlight with extra batteries
- 7) Sunglasses with attachment string
- 8) A Mug for hot chocolate, tea, etc.
- 9) A Personal Time Item (book, pen and paper, etc.)

Clothing:

- 10) Rain suit (pants and jacket)-it is essential that rain suits are waterproof and ideally breathable ; rain suits are very practical around the campsite even if the weather is damp
- 11) 3 t-shirts
- 12) 2 long sleeved shirts...1 that is quick dry material such as polypropylene or fleece
- 13) 2 sweaters
- 14) 4 pairs of socks...not cotton
- 15) 7 pairs of underwear
- 16) 1 hat to block the sun (ball cap or other)
- 17) 1 toque (in the case of colder nights)
- 18) 1 pair of long johns.....ideally polypropylene or merino wool ...not cotton

19) 2 pairs of shoes –one pair for canoeing that are rugged and will be wet most of the day; 1 pair for the campsite at night

20) Bathing suit and towel

***A Word About Why Cotton is Bad to Wear in the Wilderness: When cotton becomes wet, the fabric sucks heat from the person's body to dry itself, making the wearer colder . This can make things dangerous when temperatures turn colder. Clothes made of fleece, merino wool and polypropylene are good choices for our backcountry settings because they wick moisture away from the body and keep the wearer warm even when the material is wet.**

Toiletries:

21) Waterproof sunscreen

22) Lip Conditioner

23) Sanitary Products

24) Toothbrush and Toothpaste

25) Bug Repellent

Other Optional Items:

26) Camera and Optional Waterproof Case

27) a Deck of Cards

28) A Small Swiss Army Knife

29) Fishing Pole and Equipment

30) Sturdy Fabric Sandals (no leather)

Equipment List

For the B.B.O.L.D. program, **Paddles in Action Will Provide** the Following essential Equipment and Supplies for the Group (Campers Do Not Need to Bring the Following):

1) Tents

2) Canoes, Paddles and Personal Flotation Devices (Pfd's)

- 3) Cooking Supplies (stove, utensils, dishes, pots etc.)
- 4) Extensive First Aid Kit
- 5) Matches
- 6) Tarp for Shelter, extra rope
- 7) Food
- 8) 1 Satellite Phone in the case of Emergency
- 9) Group Games Equipment
- 10) Hatchet