

Palisades Centre Winter Travel 25 Course

Personal Equipment List

Please bring all of the following items for your stay at the Palisades Centre. If you don't have any of the gear please arrange to borrow it for the time required. It is important to the comfort, safety, and enjoyment of the entire group that all participants are outfitted appropriately.

No jeans please for any of the activities.

Outdoor Clothes:

- Winter gloves or mitts (2 pairs)
- Toque
- Socks that are not cotton, or just extra cotton socks for when they get wet

Pants:

- Base Inner Layer: Long underwear (Polyester type clothing)
- Insulating Mid Layer: Fleece/polyester
- Waterproof Outer Layer: Snow/ski waterproof pants

Tops:

- Base Inner Layer: Long underwear (Polyester type clothing)
- Insulating Mid Layer: Fleece/polyester
- Waterproof Outer Layer: Snow/ski waterproof jacket
- Extra fleece or sweater

Footwear:

- Ski/snowboard boots- available for rent from the ski hill
- Warm winter boots or insulated hiking boots- for snowshoeing

Outdoor Gear:

- Daypack
- Water bottles- enough for 1L
- Sunscreen & Sunglasses
- Personal ski or snowboard equipment- available for rent from the ski hill
- Ski/Snowboard helmet- required, available for rent

Other Items:

- Toiletries
- PJ's
- Underwear and socks
- Shirts
- Pants
- Casual shoes
- Camera, video camera & extra batteries
- Spending money- approx \$20-40
- Winter Travel Binder
- Flashlight or headlamp

**Please don't bring valuables to the Palisades Centre.
We will not be responsible for lost or stolen articles.**

Parental Sign Off

Dear Parents and Guardians:

Please review the above Personal Equipment List with your son/daughter. It is their responsibility to have packed all the above equipment. However, for the 100 Level Winter Travel course we also require that a parent double check and sign off that this has in fact occurred.

The students are also responsible for leaving a "Trip Itinerary" with you. The students had completed this important form as an assignment during a pre-session for this course. Please also verify below that the student has left this with you.

Please check and sign bellow:

- All equipment on the above list has been packed
- My son/daughter has left the "Trip Itinerary" with me

Name (print)

Name (signature)

Date