

## **Suggested List of Personal Effects to Bring**

- toothbrush and toothpaste
- walking shoes or boots
- jacket (windproof)
- shoes/sandals for use in laboratory and dormitory (leave muddy boots in entrance way)
- shower shoes (optional)
- several pairs of socks
- pants suitable for outdoor use
- shirts/blouses
- sweater (woolen or fleece are best) (Note: clothing layers are more versatile than a heavy jacket)
- mitts/gloves
- sunglasses
- sunhat/(toque if you will be hiking to alpine zone)
- insect repellent/sun block
- waterproof boots
- raingear: jacket, hat, trousers ( courses go out in rain, snow or sunshine)
- small packsack to carry extra clothing, lunch, note-taking materials in the field
- re-usable lunch bag
- water bottle (at least 1L)
- clipboard or 3-ring binder, pen, pencil, eraser, calculator, laptop with a wireless access (optional), flash drive
- laundry soap and loonies for washing machine and dryer
- camera
- binoculars
- alarm clock
- bathing suit for the glacier-fed lakes (if you're lucky!)

**Note: It can snow any month of the year so prepare yourself accordingly and there are no nearby stores so bring what you need when you come.**

**This list is a suggestion only. Please coordinate with your group leader for the requirements during your stay.**