"TO BRING" LIST

kaléo
Inspired for Life.
Called to Lead.

You may be thinking about what you need to bring and there are some necessary items that you may need to pick up over the summer. So please look over this list 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 very 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.

CLOTHING AND EQUIPMENT FOR QWANOES

BASIC STUFF

- Bedding – blankets, sheets, pillows, pillow cases, comforter/duvet.
- Wall Space - 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, 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 - Students are required to bring a personal computer. Wifi connects you to the internet and to a printer/copier.
- A printer/photocopier is available to students, but you are welcome to bring your own printer and paper.
- Pens/pencils, highlighters, eraser, coloured pencils, ruler, stapler, extra staples.
- Bible – an edition such as the ESV, NIV, or NLT Study Bible can be helpful.
- A blank, hardcover journal (needed for the first course, Introduction to Spiritual Theology).
- 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, but cooler in the 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 10º 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 specialised clothing for adventures.

OPTIONAL EQUIPMENT

- Filming equipment - camera, go-pro, drone.
- Musical instruments - guitar, recorder from grade six, ukulele.
- Winter sports equipment - snowboard, helmet, skis (downhill or cross country).
- Bicycle - mountain, road, helmet.
- Slackline
- Sports equipment - basketball, climbing shoes and chalk bag, skateboard and pads, 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 dishonours God or that may offend your classmates, weapons of any kind (besides your camping knife), non-medicinal drugs or alcohol, laser pointers, airsoft guns, inappropriate clothing or swimwear, pets or anything else that may distract you or others from God's purposes. Smoking, vaping and drinking alcohol is not permitted. **NOTE**: TVs and most appliances are not permitted in rooms. We only allow 1 mini fridge in each room which must be located on the laminate.

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, 2027 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, 2027, 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 your 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 specialised 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 can be hazardous – in these conditions, as it will absorb moisture, transfer heat away 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, retaining 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 innermost 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 overtop. Two layers keep hiking and snowboard boots from irritating the skin. Cotton socks are not recommended.
- 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 or pilling like a cheap fleece might. 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 hoodie or sweatshirt is NOT recommended 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.

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 day trips and short backpacking trips ($150-250). They should be broken-in according to store/manufacturer’s recommendations before arrival. **We recommend you start wearing new boots frequently by mid summer at the latest**. Otherwise you may be dealing with blisters on the side of a mountain.

SPECIAL CLOTHING FOR THE MAJOR OUT-TRIPS

- Clothing for the SALTS sail trip: rain gear (jacket and pants), rubber boots (optional), mitts or gloves, swimsuit, hat or toque.
- Clothing for the ski hill: ski/snowboard jacket, fleece jacket, ski pants, toque, helmet (included in rentals), ski gloves (2 pairs), neck warmer, ski goggles. Snow boots for snowshoeing are recommended but not essential as hiking boots could also be worn.

NECESSARY EQUIPMENT

- Backpack – 55-65 litres recommended. ($250-400): Asolo, Kelty, Camp Trails, MEC. Higher end ($400-600): North Face, Serratus, Osprey, Arc’Teryx, Gregory, Black Diamond. 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 Program leaders at kaleo@qwanoes.ca before August 15 or give us a call!*

- Three-season sleeping bag (**rated to -7 to -10º C**.). Down-filled bags ($250-400) are lighter, more compressible, and overall warmer, but are more expensive and lose their warmth if they get wet. Synthetic bags ($200-300) 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. We highly recommend a sleeping pad with an **R-value of 3 or higher** to prevent heat loss when we camp throughout the winter. **You will need a Thermorest-type inflatable** ($125-250). Ordinary air mattresses are too heavy and provide no insulation from the ground.
- Daypack for day trips (a simple backpack to bring water and small supplies)
- 30 Litre Dry Bag. This will be essential for our Kayak Trip ($20-50). Some come with backpack straps which are really handy.
- Backpacker Hammock with tree straps ($20-60)
- Sunscreen (15 SPF or better) and sunglasses.
- 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 water bottles. Also available at Qwanoes.
- Optional: Hydration system, $20-25 (bring your Nalgene too).
- Optional: Compression sack, $20-60 (helpful for packing backpack).
- Optional: Camping Mug, $10-40 (enamelled steel or insulated)
- Optional: Carabiner or exterior backpack straps, $5-25 (attaching supplies to your backpack)

WE PROVIDE
We provide all group equipment such as tents, shelters, pots, stoves, water filtration, communication, etc. We also give you a cup/bowl and utensils 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 specialising 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.

We suggest the following retailers:

- Mountain Equipment Coop <www.mec.ca>
  - 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 <www.atmosphererepleinair.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>

- The Last Hunt - Online Discount Gear and Outerwear. <www.thelasthunt.com>
  - This Canadian online retailer sells outdoor clothing and gear at a much cheaper rate but it does not offer returns.

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