

LEADERSHIP PROGRAM CLOTHING LIST

Base Layer Top & Bottom



These layers should be non-cotton, and good options include Merino wool, Polartec and Capilene. The fit should be snug, but not constricting. If not already owned, should be bought new and are good long term investments.

Mid Layer Top & Bottom



These layers will fit over base layers, should be comfortable and are usually made of fleece or puffy fabric. A hooded top is recommended. They can sometimes be found at second hand stores at low cost.

Soft Shell Top & Bottom



Highly recommended, as these items play an important role in the layering system. They provide extra insulation and warmth. Otherwise heavy fleece is an affordable substitute that can be found easily at second hand stores at low cost.

Hard Shell Top & Bottom



Here you have a crucial part of the clothing system. Non-insulated, waterproof breathable shell such as Gore-Tex, to fit comfortably over all the other layers listed above. A hooded top is required for the jacket. 3 ply is best.

Insulated Synthetic Hooded Jacket



A great insulator jacket to fit over base layers and mid-layers. Particularly important, as our semester program is in winter. Down is also an option, but must have a waterproof bag to stuff into and always be kept dry.

Headwear



Ball Cap, Toque, and Buff. Important gear to keep your head and neck protected from sun, cold and wind. An extra thinner toque to fit under a helmet is a good addition.

Footwear



Hiking socks that are mid to heavy weight, made of wool or synthetic that are comfortable and fit over liners socks.

Liner socks that are thin and synthetic to reduce friction and increase comfort.



Hiking Boots should be broken in and fit comfortably.

Gaiters will help keep feet warmer and dryer by helping prevent snow and dirt from getting into boots.

Handwear



Liner gloves that have some insulation and are lightweight. Useful to do tasks around camp.

Hardshell gloves that are insulated and have a longer sleeves that can be closed with a strap or drawcord.

Underwear



Several pairs to suit your needs in comfort and style such as briefs, boxers, sport bras. Ensure good fit. Have one Synthetic non cotton pair as well.

Extras to Bring

The above items are related to the technical clothing required for the semester program. Please ensure that you **ALSO** have sufficient clothes for around camp, such as you would normally wear at home such as jeans, T-shirts, pyjamas, sweaters, runners etc...