

Exercise Kit List

Personal Clothing

Qty	Item Description	
Not e	ITEMS INDICATED BELOW ARE IN ADDITION TO THE CLOTHES WORN	
3 ea.	Socks (wool) / Socks (cotton)	
1	Pyjamas (Jogging/Track Pants and Hoodie also acceptable)	
1	Hiking Boots, Waterproof (with ankle support)	
3	Underwear	
1	Long underwear (shirt/pants)	
2	T-Shirt	
1	Long Sleeve Shirt	
2	Sweater/Hoodie	
1	Jogging pants/track pants	
2	Pair of pants (Jeans not recommended)	
1	Snow Pants	
1	Winter Jacket (very warm)	
1	Rain Gear Set (Pants and Jacket or Poncho)	
2	Gloves, Winter (waterproof if possible)	
1	Toque	
1	Tilly Hat (Ball Cap if not issued)	

Personal Kit

Qty	Item Description	
1	Pair of Sunglasses	
1	Flashlight or Headlamp	
1	Bathroom Kit (Including toothbrush, toothpaste, deodorant, facecloth, soap, etc.)	
	Notebook, pen/pencil	
1	Towel/ wash cloth	
1	Water Bottle	
1	Sleeping Bag and Pillow	

DO NOT BRING

Item Description
Large Knife – (Note: A flip knife measuring no larger than 4inches that has an open locking mechanism is preferred) this applies to levels 3 and higher only.
Cell Phones or Electronics
Jewelry
Food or Drink (unless for medical reason - please inform staff members ahead of time)
Drugs (other than prescribed), Alcohol or Vaping Material