



John Bosco Wilderness Camp

Adventure Leadership Experience (ALE) Supply List 2026

EQUIPMENT

LABEL EVERYTHING

- Duffle or other bag; *for clothes/equipment to be used in main camp. To store clothes and equipment left back at main camp.*
- Hiking Backpack for hike - 50 to 60 litre pack. Good shoulder straps and hip belt. Large enough to hold sleeping bag, extra clothing and a small amount of group food and equipment for a 21-day outtrip.
- Day Pack** - *for carrying gear while in main camp*
- Sleeping bag** - *lightweight compact sleeping bag. Waterproof compression sac.*
- Sleeping Pad - *To insulate against the cold ground.*
- Refillable Water Bottle - 2 x 1-litre water bottles (*smart water bottles work well*) 2-litre water bladder.
- Table Utensils - (*not breakable*) Plate, Bowl, Cup spoon, fork and knife (*Please do not send disposable plates or cutlery*)
- 6 to 8 waterproof bags - *For water proofing belongings inside the hiking backpack. Garbage bags work well. Compactor bags are lightweight and durable (can be purchased in the canteen)*
- Flashlight/headlamp and Extra batteries
- Straps - *used to attach sleeping bag or equipment to the outside of backpack*
- Whistle: *emergency whistle attached to outtripping backpack (Fox 40)*

PERSONAL ITEMS

- Pillow (*or a balled-up sweater, or a pillowcase of clothes*). *main camp*
- 2 towels - *one for swimming, one for washing up*
- Laundry bag - *to keep dirty clothes separate from clean*
- Toiletries - *sample or travel sizes work well; (soap, toothbrush, toothpaste, shampoo; comb/brush)*
Pack toiletries and lotions in a zip lock or nylon bag as items will be stored in main camp
- Insect Repellent - *deet is the most effective*
- Sunscreen - *SPF 30 or greater*
- Lip Balm
- Band-aids, blister care
- Hair Ties
- Hand Sanitizer - *travel size*
- Feminine hygiene Products (*pads/tampons/cup, midol or other meds*) *please send extra.*

CLOTHING (*Comfortable, not new*)

- 24-day supply of underwear -*consider options that will be comfortable while doing strenuous activity*
- 7 pairs of socks - *both thin and thicker socks; wool or wool blend for hiking*
- 2 pairs of sockliner** *these help to prevent blisters.*
- 2-3 pairs of pants -*a warm pair of sweats/fleece pants for at night, quick drying and comfortable materials for the other pairs. Jeans take a long time to dry*
- 2-3 shorts
- 4 t-shirts
- 2 long sleeved shirts
- 2 warm sweaters or sweatshirts
- Jacket or heavy sweater
- Toque and mitts - *for those cooler evenings*
- Long underwear - *tops and bottoms*
- Waterproof rain gear** (jacket & pants) - *coated nylon or similar fabrics with sealed seams made of a durable material that does not tear easily - waterproof not just water resistant*
- 1 pairs of good running shoes/broken in hiking shoes/boots - *shoes one size too big are best to prevent toe blisters, shoes with a **wide toe box**.*
- 1 pair of sandals/water shoes/keens - *shoes that can get wet, but dry quickly while providing foot protection, (heel loop and toes protection is required). No flip flops or crocs.*
- Pajamas
- Swimsuit
- Sun hat or ball cap (*very important*)
- Sunglasses
- Electrolyte tablets (Nuun tablets)
- Protein bars (no nuts/peanuts) snacks for outtrip
- Clean cloths for dance

OPTIONAL GEAR

- Camera - *disposable cameras are a great idea*
- Journal / book / playing cards
- Folding knife
- Fishing tackle
- compass

Please do not pack: electronic devices of any kind

Camp is not responsible for the loss or damage of items.