



# John Bosco Wilderness Camp

## Wilderness Outtripping (WOTS) 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. *Padded straps and hip belt are essential. Large enough to hold sleeping bag, extra clothing and a small amount of group food and equipment for 7-day thru hike.*
- Day Pack** - *for carrying gear while in main camp*
- Sleeping bag** - *lightweight compact sleeping bag. Waterproof compression sac.*
- Non-Absorbant 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)*
- 4 to 6 waterproof bags - *For water proofing belongings inside the hiking backpack. Garbage bags work well. Compactor bags are lightweight and durable*
- Flashlight/headlamp and Extra batteries
- Straps - *used to attach sleeping bag or equipment to the outside of backpack*
- Whistle: *emergency whistle attached to hiking backpack (Fox 40)*

### PERSONAL ITEMS

- Pillow (*or a balled-up sweater, or a pillowcase of clothes*).
- 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
- Medication, Band-aids, blister care
- Hair Ties
- Hand sanitizer - *travel size*
- Feminine hygiene Products (*pads/tampons/cup, midol or other meds*)

### CLOTHING (*Comfortable, not new*)

- 10-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** to help prevent blisters
- 2-3 pairs of pants - *1 warm pair of sweats/fleece pants for at night, 1 or 2 pairs of quick drying and comfortable pants. 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 best). No flip flops, crocs or slides.*
- Pajamas
- Swimsuit
- Sun hat or ball cap (very important)
- Sunglasses
- Clean clothes for dance

### OPTIONAL GEAR

- Camera - *disposable cameras are a great idea*
- Electrolyte tablets (Nuun tablets)
- Protein bars (no nuts/peanuts)
- Journal / playing cards
- compass

***Please do not pack: electronic devices of any kind,***

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