

STRATHCONA PARK LODGE

FAMILY ADVENTURE - EQUIPMENT LIST

Our climate is similar to Vancouver, BC and Seattle, WA - only a bit cooler due to the mountains. Year round temperatures range from 0-27 degrees Celsius (32-80 Fahrenheit). Since we are in a temperate rainforest, it can rain at any time. During the summer months it tends to be warm and dry, with cool evenings. However, participants should be prepared for any type of weather. For your comfort, in addition to regular seasonal clothing and personal items, please bring as much of the following as possible:

- ⇒ sneakers/running shoes
- ⇒ sport type sandals (no flip flops)
- ⇒ comfortable clothes that allow for ease of movement
- ⇒ warm sweater or jacket
- ⇒ rain jacket and rain pants (essential)
- ⇒ bathing suit and beach towel
- ⇒ sunhat, sunglasses, and sunscreen
- ⇒ water bottle
- ⇒ small day pack
- ⇒ flashlight

Optional Items

- ⇒ water shoes
- ⇒ light hiking boots
- ⇒ warm base layer underclothing (top & bottoms) in polypropylene, silk or wool for cooler weather
- ⇒ writing and drawing materials
- ⇒ insect repellent

Recommended List for Overnight Canoe Trip

- ⇒ sleeping bag*
- ⇒ ensolite or Therm-a-rest*
- ⇒ unbreakable cup, bowl and spoon*
- ⇒ 3 large Ziploc bags for keeping small things dry
- ⇒ 2 garbage bags per person for waterproofing
- ⇒ soft sided duffle bag for carrying your gear
- ⇒ extra pair of shoes that you won't mind getting wet (see optional items)
- ⇒ thin nylon wind-resistant or water-resistant paddling jacket

* These items can be provided by the Lodge if they are difficult or awkward to bring with you. Please notify us in advance if you require them.

Please Note: The Lodge provides all safety and group gear for all activities. There are washers and dryers available for guest use and we have a small gift store that carries toiletries and snacks.

If you have any questions, please do not hesitate to call us (250) 286-3122 or e-mail us info@strathcona.bc.ca.