

# School/Group Day Equipment List



**The Canadian Ecology Centre**  
**Centre écologique du Canada**

The following list is a guideline of items to bring for a day visit to the CEC so that everyone is prepared to fully participate in activities. Substitutions may be made, but please ensure that you have something suitable for all articles listed under the essential section. It is important that you pack warm clothes at all times of the year. Rain gear is essential in Spring and Fall. Several layers of clothing are best for cold weather.

***Dress according to the weather! We are outside rain or shine or snow!***

## ESSENTIAL ITEMS (ALL SEASONS)

- Litterless bagged lunch
- Reusable water bottle
- Sunglasses
- Sunscreen
- Watch
- Prescribed medications (if required)
- School supplies requested by the teacher

## PROHIBITED ITEMS

- × Tobacco, cannabis, matches or lighters
- × Alcohol or drugs
- × Knives, hatchets or weapons
- × Flip flops and open toed shoes (*NOT permitted during any CEC program*).
- × Electronic items (no cell phones, Ipods, electronic games, etc...)
- × jewelry or valuables

## ESSENTIAL CLOTHING (ALL SEASONS)

- Socks (extra pairs)
- Long Pants (*Preferably NOT jeans as they get cold if wet*)
- Long sleeved shirts
- Sweater (*wool, fleece or sweat shirt*)

## OPTIONAL ITEMS

- Camera or Cell phone for taking pictures (*rules on phone use are up to the discretion of each visiting group's supervisors*).
- Personal first aid kit
- Daypack (knapsack)
- Bug spray and/or bug net

## WINTER ESSENTIALS

## SPRING/FALL ESSENTIALS

### CLOTHING

- Long underwear
- Warm pants (*preferably NOT jeans*)
- Sweaters / sweatshirts (*Wool and fleece preferred*)
- Several layers of clothing and extra socks

- Light weight pants and/or Shorts (*preferably not jeans*)
- Light weight long sleeve shirt and/or T-shirts  
(*loose fitting light long sleeve and long pants are the best way to avoid insect bites and protect from the sun*)

### OUTERWEAR

- Insulated snow boots
- Water resistant winter coat and snow pants
- Winter hat or toques
- Several pairs of mitts or gloves (mitts are warmer)
- Scarf or neck warmer

- Sturdy pair of outdoor running or hiking shoes
- Rubber boots
- Full rainsuit (*raincoat AND rain pants*)
- Light or Warm jacket... (*depending on the weather*)
- Brimmed hat

### For ACTIVITY SPECIFIC programs

(ONLY if part of schedule – check with organizer/teacher)

- Aquatic Study (wetland, river etc.):**
  - Wet shoes or rubber boots (*old running shoes are okay – NO flip-flops! – crocs with back strap are permitted*)
- Canoeing:**
  - Wet shoes (*old running shoes are okay – NO flip-flops! – crocs with back strap are permitted*)
  - PFD or Lifejacket (*if you have one; we have some here*)
- Swimming:**
  - Swimsuit and beach towel (*if applicable to your program*)