

## BC Guide House Sleepover - Personal Gear List

On Saturday, February 8, the 9<sup>th</sup> Vancouver Pathfinders will be heading to North Vancouver for a sleepover at the BC Guide House!

This adventure will involve taking transit to Guide House (SkyTrain, Sea Bus and walking from the station). We will explore Lonsdale Quay and Shipbuilders Plaza and meet with local Member of the Legislative Assembly Bonwinn Ma. We'll go grocery shopping, make dinner, play games and make crafts. We may also go skating or visit the Polygon Gallery in Shipbuilders Plaza.

Things to keep in mind when you are packing:

- We will be taking transit. Please bring your compass card or bus fare (\$1.95 each way). Wear your uniform while travelling.
- You will need to pack so you can comfortably carry your gear. We recommend a backpack.
- We will be sleeping on the floor and apparently the lights don't turn off completely in that room. You may want to bring a sleeping mask and earplugs.
- Dress for the weather! We will be outside. This means a warm sweater, rain gear, toque, socks and suitable shoes.

### Equipment

- Backpack lined with garbage bags or waterproof pack liner
- Waterproof pack cover
- Sleeping bag in waterproof stuff sack
- Sleeping pad – thin Thermarest
- Backpacking pillow or pillow case/stuff sack
- Daypack for exploring Shipbuilder's Plaza
- A reusable shopping bag (we're going to pick up groceries on the way to camp)

### Clothing

- Uniform
- Appropriate shoes
- Cool weather wear (1 long sleeved shirt, long pants, 1 sweaters/fleece)
- Sleepwear
- Something comfy to wear at Guide House
- 2 pairs underwear
- 1 bra
- 3 pairs of socks
- Rain gear (jacket and pants)
- Toque & Gloves/mitts

### Toiletries

- Pack towel/face cloth
- Biodegradable soap
- Toiletries: toothbrush, toothpaste, deodorant, brush/comb
- Hair ties (this is a must when cooking and around the fire)
- Feminine products
- Personal medications
- Prescription glasses/contacts

### Other

- Water bottle(s) (total capacity of 1L)
- Headlamp/flashlight and extra batteries
- Compass card or bus fare**

### Optional/nice to have:

- Journal/note pad and pen
- Camera with extra batteries and memory card
- Cell phone
- Small games/cards or book
- Spending money for Lonsdale Quay/Shipbuilders Plaza (optional)
- Sleeping mask (apparently the lights don't turn all the way off)
- Earplugs
- Slippers