



Outdoor Recreation Department

Dear Participant:

Thank you for registering for an Outdoor Recreation program. We'll provide the equipment and guide....you provide the enthusiasm and sense of adventure! Please sign and bring the waiver to the course and also keep in mind that those under the age of 19 will need their parent/guardian to sign the waiver and participant profile form. Please refer to the maps for directions to the location of your program.

If your child has any **life threatening allergies or requires program support** or for any other inquiries, please contact Vince Kwong at 604-294-7224. Thank you and we look forward to a great day!

Vince Kwong
Coordinator, Outdoor Recreation

PLEASE BE ADVISED THAT ALL PROGRAMS RUN RAIN OR SHINE

We are hoping for ideal conditions but you never know what the weather will be like. In other words, coastal weather can be unpredictable and change quickly. It is important that you come prepared with the necessary clothing/supplies.

Should you have any special needs that our staff should be aware of, please be sure to contact the Outdoor Recreation Coordinator in advance of the trip. Special needs may include allergies, behaviours we should be aware of, or relevant issues related to having a physical challenge.

Clothing: Layering your clothing is the best way to prepare for any outdoor activity. We recommend that participants dress in insulating layers and wear clothing that they don't mind getting wet in. This allows participants to adjust their clothing easily when our activity level or the weather changes. Everyone should wear clothing made of synthetic fibers (preferably fleece, polypropylene, wool or silk because of their ability to retain body heat when wet). Ideally, participants should come fully prepared for ALL weather conditions. Cotton clothing is not preferred because it will not insulate when damp or wet. Following these guidelines will help you have a safe and enjoyable trip.



RECOMMENDED CLOTHING:

- Long under-wear for early and late season trips
- Pants that you don't mind getting wet in. Waterproof or repellent pants are best...denim jeans or cotton sweatpants are not recommended.
- Sweater or over shirt
- Shell or fleece jacket (waterproof or repellent)
- Hat. It should be water repellent...(a hood is okay also)
- Appropriate footwear

OPTIONAL CLOTHING:

- Towel & change of clothing for after the program or for increasingly inclement weather

RECOMMENDED EQUIPMENT / SUPPLIES:

- Snacks. Prolonged physical exercise will drain your energy and burn calories quickly. Pack healthy, high-energy foods such as a bagel, fruit, granola bars, trail mix, jerky, etc.
- Water. Physical activity can cause dehydration so be sure to pack water to drink.
- Sunglasses
- Backpack to carry snacks, drink and extra clothes in. Place items inside the backpack in zip lock bags, grocery bags or garbage bags to ensure that they stay dry
- Sunscreen

OPTIONAL EQUIPMENT / SUPPLIES:

- Camera – ensure that it is in a protective, waterproof/resistant case
- Lip balm
- Tissues

This list is a guideline for our Outdoor Recreation trips. The guide will be carrying all of the emergency equipment.

April 16, 2019