



Winter Activity Clothing List

A Note on Mother Nature

The nature of the Winter Slipstream weekend is very weather dependant. For example, if the lake is not frozen, we will not be skating! YMCA Wanakita has incredible facilities and there are plenty of opportunities to get active and have fun regardless of what Mother Nature throws at us, but keep your fingers and toes crossed for lots of snow!

A Word on Clothing

Outdoor people have many rules and quirks, but one thing we can all agree on is that...COTTON KILLS. When cotton gets wet, it loses all of its insulating abilities. It actually keeps water close to your skin, facilitating body cooling. Anything synthetic or wool is better for outdoor active wear and socks. Think wool, fleece, lycra, polypropylene, etc. Wearing many layers of clothing is also better than wearing a couple big heavy layers – that way you can easily adjust for the weather and your activity level.

Clothing List

This ain't no fashion show. Warm people are happy people. Dig through mom, dad, grandpa, cousin, brother, sister's stuff and see what you can come up with. Dad's suspended bellbottomed snowpants from the 70's, holiday print sweaters and the scarf that your great aunt made are more than welcome. There's no telling what the weather will be like – so come prepared for everything! Below are our recommendations!

Outdoor Stuff

- Your skimpies of choice
- Socks (3-4 pairs) – wool, fleece and synthetic are best.
- Thermal/Long underwear (top and bottom) Beware of the waffle-looking stuff—It is cotton!
- Warm Layers – wool sweaters or fleeces
- Warm Jacket (ski jacket, down jacket, etc.) Best if it is wind- and water-resistant.
- Snow pants – or some form of water repellent pant
- Rain gear (you never know!)

- Toque that will cover your ears
- Mitts and gloves
- Neck warmer / face warmer/scarf (optional)
- Winter Boots (warm and comfy) – high cut for deep snow if possible, like Sorels, etc.

Indoor Stuff

- Sleeping Bag (or comforter/duvet) for in the cabin
- Twin Fitted sheet (optional)
- Pillow
- PJs – hopefully matching plaid flannel
- Toiletries and personal kit
- Your best pair of sweatpants (and by ‘best’ we mean most comfy)
- Comfy clothes for lounging – jeans, Tshirts (cotton is okay!), long sleeves, pants, hoodies, etc.
- Slippers/indoor shoes (to wear/leave in main lodge)

Other Stuff

- Camera
- Musical instrument – guitar, bongos
- Flashlight
- Sunglasses
- Water bottle (1L)
- Kleenex
- Small Day Pack
- “Low” pick me ups
- ‘Betes supplies (X2)

Gear

Aside from skates, gear will be provided; however, if you have your own gear, would like to use it and can convince the people you’re carpooling with to have it smooshed against them for a few hours, then by all means, bring it up!

- Cross-country skis, poles, boots
- Skates
- Hockey helmet (Wanakita does have some)
- Hockey Stick
- Toboggans
- Snowshoes

Questions?

Please feel free to email Chloe at: chloe@connectedinmotion.ca