



YETI Outdoor Program

Goat Mountain Camp- Participant Gear Checklist

Some Packs and Winter Clothing Available via the YETI Program

- MEDICAL** - If you require any specific medications (Ex: Ventalin, Epinephrine, etc.) make sure you have this with you.
- FOOD**
 - Use the food list we created during the safety night!
 - Personal snacks as required
- PACK** - Needs to hold sleeping bag, pad, clothes, food and your portion of the tent
- 1L WATER BOTTLE** (Reusable)
- LIGHT SOURCE** - headlight (recommended) or flashlight
- COMFORTABLE FOOTWEAR** (Please bring these to the safety night)
- WARM GLOVES**
- TOQUE**
- EXTRA DRY CLOTHES** for the evening
- SACRED SOCKS**
- SUNGLASSES**
- SUNSCREEN (or UV resistant clothing)**
- INSECT PROTECTION (either repellent or clothing)**
- LAYERS:** avoid cotton if possible
 - Waterproof Jacket (Shell or Lined)
 - Warm Top Layer
 - Base Top Layer
 - Waterproof Bottom Layer
 - Thermal Bottom Layer