

## PA Day Nature Camp

### What to Bring:

We are an outdoors based camp and will spend a most of the day outdoors. Clothing must be practical and comfortable. In checking the weather, it's best to refer to the Toronto Islands forecast [here](#). Make sure all personal belongings fit into one back pack. Please carefully check the list below on what to bring to camp.

### On **warm-weather days**, ensure your camper has:

- ✓ Sunscreen SPF 30 or higher (please ensure your camper has sunscreen applied before coming to camp as well as packing it for them to use during the day)
- ✓ Wide brimmed hat or baseball cap (strongly recommended)
- ✓ Reusable water bottle filled with water – we will provide water for refilling (note: there is no running water on-site)
- ✓ Backpack
- ✓ Closed toed, flat soled shoes (such as running shoes) with socks
- ✓ Lunch and snack \*please pack only nut free food items
  - Note: lunch will be carried with us and potentially eaten in the park interior. We don't have refrigeration or microwaves available to us.

### On **cold-weather days**, ensure your camper has:

- ✓ Warm mittens/gloves, scarf, toque
- ✓ Warm winter coat – and consider using the 3Ws in the “Tips” section below
- ✓ Snow pants (if the weather forecast calls for \_\_\_\_ temps or below)
- ✓ Reusable water bottle filled with water – we will provide water for refilling (note: there is no running water on-site)
- ✓ Backpack
- ✓ Warm boots
- ✓ Lunch and snack \*please pack only nut free food items
  - Note: lunch will be carried with us and potentially eaten in the park interior. We don't have refrigeration or microwaves available to us.
- ✓ If you would like to pack any additional cold-weather items, you are welcome pack them in a separate bag which your camper can leave in the Nature Centre while we are out exploring.

### Optional items to pack:

- ✓ Sunglasses
- ✓ Inexpensive camera

### Please do not bring:

- ✓ iPod, video games, or other electronic devices
- ✓ Knives
- ✓ Any kind of aerosol sprays



## Tips for Dressing for the Cold

The weather at Tommy Thompson Park (TTP) is more dramatic than weather on the mainland due to the open environments and exposure to winds off of Lake Ontario. When it's cool downtown, it will be downright cold at TTP.

Dress according to the 3 W's: **Wicking, Warming, and Weathering**

When spending long periods of time outside in cold weather, there are ways to stay warm so you can enjoy your outdoor time! One cause for concern is wet skin. Moisture against your skin can quickly draw heat away from your body. By wearing a **WICKING** base layer, your body's sweat is drawn, or *wicked*, away from your skin so your skin then stays dry. *Merino wool is an excellent material for wicking. Cotton is not a good base layer as it will keep moisture/sweat close to skin without wicking it away.*

A **WARMING** mid-layer helps trap heat. Your body produces a lot of heat, especially when you're active. While sweating in cold weather isn't ideal, you do want to keep that body heat close to your body. *Fleece is a great warming layer, or if you're concerned about microplastics in the wash, wool is great too.*

A **WEATHERING** outer layer will help protect against wind and rain. Ideally, this layer should be breathable but also waterproof. If rain isn't in the forecast, then at the very least, the weathering layer should keep snow from making your warming layer wet. *Rainwear or a soft thin shell can do the trick.*

Winter coats often combine the warming and weathering layers. You may need to provide a good wicking layer to complete the 3 W's.

