

## Student Supplied Equipment for SASE 9

### IMPORTANT NOTES

- Do not purchase any cotton clothing for the outdoors. “Cotton kills” due to its hypothermia inducing qualities in the Yukon bush.
- I encourage borrowing equipment on this list from friends/ family or finding good quality second-hand items instead of purchasing new gear.
- The SASE 9 program has some gear that can be loaned to students for the semester if necessary. Supplies are limited so please try to borrow as much from friends/ family members as possible. Contact me in advance of the semester start date if you can not secure any of the items listed below.
- If you are uncertain about a product you are acquiring or purchasing, do not hesitate to contact me at [Kathleen.mcdade@yesnet.yk.ca](mailto:Kathleen.mcdade@yesnet.yk.ca)

### EQUIPMENT

✓	Item	Notes/ Suggested Brands/ Models
	1 whistle on a lanyard	Fox 40 pea-less whistle is best
	1 pocket knife	Small Leatherman or Swiss Army knife
	Fire igniter	Lighter(s), waterproofed matches, flint striker
	Fire starter	Coghlan’s waterproof fire sticks or fire paste, drier lint, duct tape,
	100% synthetic or wool long underwear top	Any snug fitting base layer that does NOT contain cotton or silk
	100% synthetic or wool long underwear bottom	Any snug fitting base layer that does NOT contain cotton or silk
	Synthetic “quick-dry” pants	Nylon/ polyester blends are ideal
	Backpacking shoes or boots	Ensure that shoes/ boots are broken in and do not give blisters
	Winter boots	Warm, sturdy and water resistant; (Uggs or similar models not recommended)
	Rubber boots	Insulated rubber boots are ideal; non-insulated boots require a warm insole
	3 pairs synthetic or wool blend socks	Anything that does NOT contain cotton
	1 synthetic or wool long sleeve shirt	Comfortable shirt for trips and outdoor activities; NO COTTON!
	1 synthetic or wool insulating sweater/ jacket	Fleece jackets or sweaters are lightweight and pack well; wool is also warm when wet but heavier and less packable; NO COTTON!
	Waterproof rain pants	Rubber is more durable but less breathable and less packable; Gore-tex ore similar systems are more expensive and more fragile but lighter and more breathable
	Waterproof rain jacket with a hood	Same as for waterproof rain pants; jacket must have hood
	Snow pants	Insulated snow pants work well; shell pants (could be rain pants if they are breathable) plus an insulating layer underneath also work well for the winter
	Winter jacket	Down jacket is ideal because it can be packed on spring/ summer trips but any insulated jacket will do; hoods are excellent features to increase warmth
	Mitts and gloves with water-resistant shell cover	Inexpensive mitts are always warmer than expensive gloves; no cotton; shell cover that resists water is essential for both gloves and mitts (note that the shell and liner do not need to separate)
	Closed cell foam sleeping pad or thermarest	Inflatable Thermarest pads or brands with similar models work well; thin closed cell foam pads also work well – they are lighter, less expensive but are slightly more bulky
	Warm sleeping bag (rated at least -15°C for winter activities)	Sleeping bag must be packable yet warm – synthetic, down or combination fill; mummy-style are warmest and most compact
	Headlamp and extra batteries	Any brand that works
	1 unbreakable eating dish and cutlery	Avoid metal for the winter; Lexan Fairshare mugs are a common favourite among SASE students
	2 1L water bottles with screw top lids	BPA-free Nalgene bottles are ideal; anything with a securely sealed lid will do the trick
	1 Thermos	~500mL thermos that can be packed along on winter camping trips with soup or a hot drink