



## Howl Semester – Packing List

Here are a few considerations to consider as you are packing for your Howl Semester:

- Bring the things that you already own. If you are unsure whether it will be suitable for the activities and conditions that we expect to encounter, let us know and we can help you with decision making.
- There are numerous used clothing and equipment stores in Canmore. If there is something on the list that you need, consider waiting until you arrive to purchase it. Facebook Marketplace is also a good option for finding the things that you need.
- Canmore has all of the amenities you would expect to find in a town of its size. There will be many opportunities to purchase items (e.g., toiletries) that you need throughout the Semester. Expect to pay 20-40% more for basic items in Canmore than you would in a major Canadian city or town.
- If there are items on this packing list that you are unable to purchase for whatever reason, please let us know and we will help you find a way to get what you need.
- There will be several times throughout the program when we need to vacate our accommodation entirely for out trips. Keep this in mind when you are considering how much to pack. We'll provide you with a place that you can store your things that you are not bringing on the out trip while we are away.

### Clothing (indoor)

There will be occasions during the semester when you will be representing your partner organization in a more formal setting. We recommend bringing a combination of comfortable clothing (whatever you would normally wear day-to-day) and 1 or more formal outfits (think something that you would wear to a job interview). Please do not bring clothing that displays profanity.

Canmore has many indoor recreation facilities (e.g., [Elevation Place](#)) that you will have the option to access. Certain items like bathing suit, shorts and gym shoes are included on this list in case you are interested in making use of those facilities.

- |  |   |
|--|---|
| <input type="checkbox"/> Short sleeve shirt(s) | <input type="checkbox"/> Bathing suit                             |
| <input type="checkbox"/> Long sleeve shirt(s)  | <input type="checkbox"/> Comfortable clothing for yoga            |
| <input type="checkbox"/> Sweater(s)            | <input type="checkbox"/> Socks                                    |
| <input type="checkbox"/> Semi-formal attire    | <input type="checkbox"/> Underwear                                |
| <input type="checkbox"/> Pants                 | <input type="checkbox"/> Indoor shoes (e.g., slippers, gym shoes) |
| <input type="checkbox"/> Shorts                |   |

## January – April 2023 Semester

### Packing List



## Clothing (outdoor)

Outdoor activities are a core part of any Howl Experience. The weather in the mountains is unpredictable and can change at any moment. It is not unusual for temperatures in Canmore to go to  $-30^{\circ}\text{C}$  or lower during the winter. Bring a variety of layers that you can stack on top of each other and take on or off depending on the activity and temperature. These layers should be synthetic or wool (not cotton). For more information on dressing for mountain weather, [click here](#).

It is very important that you bring a small backpack that you can carry with you on hikes that is large enough to fit extra layers, water bottle, notebook, gloves, etc. This **must** be larger than a drawstring bag.

- Base layers/long underwear
- Light winter jacket
- Warm winter jacket
- Rain jacket
- Snow pants
- Wind/rain pants
- Thin gloves
- Warm gloves/mitts
- Warm hat/toque
- Wool socks
- Waterproof boots** (suitable for hiking)
- Sunglasses
- Small backpack/daypack for hikes, daily programming materials

## Learning activities

- Writing utensils
- Notebook (hardcover and/or waterproof recommended)

## Bedding

Our accommodation in Canmore has bedding and pillows that you will be responsible for caring for. At certain points in the semester, we will be travelling to other locations that will not have bedding provided. For these out trips, you will require the following:

- Sleeping bag
- Pillow

## Toiletries

- Towel
- Facecloth
- Ear plugs
- Other toiletries (e.g., toothbrush, toothpaste)
- Medications

## January – April 2023 Semester

### Packing List



### Miscellaneous

- Headlight/flashlight
- Reusable water bottle
- Thermos/travel mug
- Spending money
- Gifts for Elders if that is your custom
- Personal to-go food containers for lunches, leftovers and/or missed meals

### Optional

The Bow Valley has abundant opportunities to participate in outdoor activities, local arts and culture, and more. We encourage to bring whatever they need to take part in the activities that bring them joy. Consider how you might be able to share this passion with the group at some point throughout the Semester, either in a structured session or during your free time.

- Personal outdoor equipment (e.g., ice skates, snowshoes, microspikes, cross country skis, running shoes)
- Musical equipment
- Yoga mat
- Camera
- Personal computer
- Art supplies
- Books
- Personal first aid kit