

What to Bring to the Edge

Do you have questions about this list or wonder about appropriate choices? Give us a call toll free at **888.383.8320** and we'll share some ideas. There is never a requirement to purchase anything to participate in our experiences at Northern Edge Algonquin. If necessary, outdoor clothing can be borrowed upon arrival. If you have forgotten an item, please inform host staff. We endeavor to ensure everyone is warm, dry, and comfortable, regardless of the weather conditions.

Personal Items:

- + toothbrush/paste
- + personal medications
- + camera and film
- + flashlight or headlamp (with spare batteries) - not optional, it's dark at night
- + sun/rain hat and a warm hat (toque)
- + sunglasses
- + sun screen
- + insect repellent
- + lip balm
- + personal water bottle

Winter Clothing Packing List

- 2-4 long pants (sweat pants, cotton, nylon, canvas...)
- 1-2 snow/waterproof pants
- 4-5 long sleeves/sweat shirts
- wind & water repelling jacket/shell
- 1-2 sweaters
- 2 pairs of boots
- 5-6 pairs of warm socks
- Long underwear/long johns
- 2 pairs of mittens/gloves
- toques
- scarf; neck warmer
- personal skiis
- ice skates (ask about ice conditions just prior arrival)
- indoor shoes/slippers
- warm sleeping clothes
- tote bag
- towel (we're off the grid, so we request guests bring their own towels to help us conserve laundry)

Summer Clothing Packing List:

(Based on a 3-4 day retreat stay or canoe trip)

- 2 long pants (at least 1 quick dry)
- 1-2 pairs of shorts (at least 1 pair of quick dry)
- 2 long sleeve shirts
- 2-3 T-shirts (at least 1 quick dry shirt)
- 3 pairs of socks
- warm pants and sweater (fleece or wool sweater)
- 2 pairs shoes/hiking boots (one pair likely to get wet)
- sport sandals or water shoes for swimming
- underwear; long underwear
- swimsuit,
- towel (we're off the grid, so we request guests bring their own towels to help us conserve laundry)
- wind & water repelling jacket/shell with pants
- indoor shoes/slippers (for retreat stays)

*Quick Dry Materials are synthetic materials that do not hold moisture and dry quickly. Avoid cotton.

Experience-enhancing items:

- + snacks or treats to share
- + journal
- + inspirational reading material (poem or story to share)
- + musical instrument
- + a surprise to share?