

## **Clothing for the Comox Rendezvous Activities 2018**

The Rotary Clubs in the Comox Valley have some great activities planned for us. Here are the clothes you need to enjoy these activities. We know that many of you do not have clothes for winter activities. Share this list with your host families to see what they could let you borrow. Perhaps you have friends at school who might have some of these clothes.

### **Cross Country Skiing and Snowshoeing:**

Both of these are great workouts! Even though you will be in the snow, your heart will be pumping and warming you up. You want to dress in layers so that as you warm up, you can take off some layers. If it is really cold and windy, all of those layers will keep you toasty and you will be glad you have them.

### **To dress in layers:**

#### **Base Layer (close to your body)**

The job of this layer is to move your sweat away from your skin. It is often called long underwear. This layer should be snug (close) fitting. Most long underwear is made of polyester or polypropylene. It can also be made of wool or silk. Do not use cotton long underwear for these activities.

#### **Mid-Layer:**

The job of this layer is to provide insulation - to hold in your body heat when it is cold. Mid layers can be made of polyester fleece, down (feathers) or synthetic down. The thicker or more puffy the layer, the more warmth it holds in.

#### **The Outer (Top) Layer**

The job of this layer is to protect you from the wind and the rain. You want a jacket and pants that are wind and rain resistant. If you fall, snow does not stick to these fabrics. These fabrics are sometimes called a shell because they are often thin.

#### **Boots for Snow Shoeing:**

You need insulated hiking boots or any other boots that are sturdy and that will keep you warm and dry. No fashion winter boots. We are talking REAL winter boots! You want socks that are wool or polyester to wear in your boots.

#### **Other:**

A warm hat that cover your ears.

Warm gloves or mittens.

A water bottle

A small pack to carry your water bottle, some snacks and the layers you take off as you warm up!

**Clothing for Ice Skating:**

It is cold in the ice rink. You will probably not need the outer layer for wind and rain – but wear your base and middle layers - hats and mittens too!

**What not to Wear For Winter Activities:**

You cannot wear cotton (denim) for winter activities. Snow sticks to cotton like a magnet! You will be soaked and cold after one fall in the snow if you are wearing cotton! Remember: There is no such thing as bad weather – only bad clothing!

**Yoga and Line dancing:**

For these activities you will want to have comfortable, stretchy, loose fitting clothes. It is hard to do yoga poses (even easy ones) if you are wearing tight jeans or pants.

**Swimming:**

There is a great aquatics center with many activities and a hot tub. Don't be left out! Bring your bathing suit !

**A visit to the Comox Long House:**

On Saturday we have the privilege of being invited guests to home of the indigenous people of the Valley - the Comox Band ( or Tribe as we would say in Washington). We will hear about their history and culture and they will share with us some of their special dances and stories. It is a very memorable part of the weekend.

The only heat in the Long House is a fire and most of the time you are sitting, listening and watching. It can be very cold in the Long House so you want to dress warmly – hat, mittens and the first two layers

**For the rest of the activities** you will just need the kind of casual clothes that you would wear to school. You do not need to bring any dressy or fancy clothes

**Last but not least –**

**Your Rotary Jacket!** You will be asked to wear your Rotary Jacket several times while we are in the Comox Valley.