



Grade 8 Winter Camping Personal Gear List

2 Personal Bags

1. Duffel/soft bag or your 60-70 L backpack for all personal clothing and gear
2. **Large day pack for day trips**– (large enough and comfortable enough to carry a big lunch, water, thermos, your ski jacket, and spare clothes while cross country skiing!)

2 Group Bags

3. Sports bag for non-refrigerated food NOTE: all cook group food must fit in 1 sports bag
4. Cloth grocery bag for refrigerated food NOTE: all cook group fridge food must fit in 1 cloth bag

Personal Clothing and Gear

Mandatory:

- 1 Mummy Sleeping Bag with a hood (-12 to -15 Celsius) NOTE: bring the warmest bag you own
- 1 Thermarest or insulite pad NOTE: bring your own & we give an additional pad to each student
- 1 Sorels or good snow Boots (ideally they have a removable liner to dry out at night & are a high boot)
- 1 Waterproof snow pants
- 1 Waterproof snow jacket with hood
- 2 (**minimum**) of the following: *Down jacket* or vest/Thick fleece jacket/wool sweater
- 2 thermal Tops: long sleeve (polypro, capilene, silk, under armour)
- 1-2 Thermal bottoms: long johns (polyester, capilene, silk, under armour)
- 1 Fleece pants
- 2 Wool or fleece toques
- 1-2 Neck warmer or Scarf or Balaclava
- 1 Wool or fleece gloves
- 2 Ski Gloves(or Goretex or nylon overmitts to go over wool mitts)
- 1 wool/fleece gloves (thin gloves)
- 3 Thick Wool/Synthetic Socks
- 3 Underwear
- 1 Headlamp (preferred) or Flashlight with spare batteries
- 1 Toothbrush/paste
- 1 Sunscreen/chapstick
- 1 Sunglasses and/or Goggles
- 3 garbage bags and 5 large ziplock bags
- 1 Toilet paper
- 1 Water bottle 1 L (plastic not metal)
- 1 Thermos for hot drink
- 1 Camp bowl/plate, mug, Eating utensils
- 1 Hand sanitizer (one per tent group)
- Medications: Clearly labeled with name and dosage instructions
- Braces: knee, wrist, ankle, etc. (if applicable)
- Money (\$15) for snack on Monday and lunch on Friday

NOTE: Some general guidelines to follow

- **DO** dress in synthetic layers (Wearing layers of clothing helps to trap warm air close to your body as well you can cool down by removing layers when needed).
- **DO NOT** bring any cotton items- this includes jeans, cotton shirts, etc. (cotton absorbs water and takes heat away from the body).
- **DO NOT** bring electronic devices such as iPods or cell phones. If found, these items will be confiscated for the week. (Exception: Cameras are encouraged!)
- **DO NOT** bring your downhill or alpine skis; we provide the cross country rentals.

Optional:

- Watch
- Small personal first aid kit (band-aids, moleskin, second skin etc.)
- Camera
- *Small pocket knife for food prep (parent's choice – see below)
- *Lighter for lighting stoves (parent's choice - see below)

**These items may come as long as the student's parents feel the student is trustworthy with them. Any misuse will result in the knife or lighter being confiscated.*



Grade 8 Winter Cypress Day Trip Packing List

**Items should be worn or packed in a DAYPACK with a LUNCH and full WATER BOTTLE for Monday.*

**If you are bringing these items on the trip – they still need to be brought in on Tues. for the Gear Check*

Mandatory:

- Sorels** or good *snow boots* (check that they fit before you leave)
- 2 minimum:** *Down jacket* or vest/Thick fleece jacket/wool sweater
- Wool or fleece toque
- Wool or fleece gloves
- Ski Gloves (or Goretex or nylon overmitts)
- Spare gloves or mitts
- Scarf/Neck warmer
- Snow pants (waterproof)
- Waterproof jacket with hood
- Thick Wool Socks
- Long Johns (top and bottom)
- Sunscreen/chap stick
- Sunglasses or Goggles
- Water bottle 1 L (plastic not metal)
- Medications: Clearly labeled with name and dosage instructions
- Braces- knee, wrist, ankle, etc. (if applicable)

Optional:

- Camera
- Watch

Waterproofing

Don't forget to *water-proof your daypack with a Garbage Bag!*
A nifty trick is to put the garbage bag in first and then pack your stuff.

NO'S:

No cotton; No electronics