

GRADE 7 Explore Trip to Strathcona Park Lodge: Equipment List

All participants require appropriate clothing and equipment to participate in the Explore program. For our trip to Strathcona Park Lodge, we are providing a list of “must-haves” that will serve you well in Grades 8 and 9 Explore also. The weather in May is unpredictable; it can be sunny and warm OR unseasonably cool and wet, so participants need to be prepared for whatever nature brings us. Depending on the forecast you’ll want to add some warmer layers or extra shorts and T-shirts. It should not be necessary to purchase new items to enjoy your Explore experience. We recommend borrowing (from friends or Explore), renting or purchasing second hand items that you do not already own.

We highlight examples of ideal outdoor gear to pack **at our Parent Meeting in the FSC, this year due to Covid 19 we are constantly assessing the situation with regards to running this trip.** We also show examples to the students at their Grade 7 student meetings. Most importantly, we will be conducting a gear check at school on the **Monday before the trip.** We REQUIRE ALL STUDENTS to bring their gear to school that day to be checked. At the end of this day, we will have the students help to load their gear in our luggage truck so that it is packed and ready for our departure! Please email

explore@collingwood.org if you have any questions.

Before we inform you of what to bring, we would like to highlight some items NOT to bring:

Absolutely Do NOT Bring the following:

- Sound systems (i.e. Ipods, etc.)
- Snacks, Gum or other junk food
- Valuable or expensive items
- Electronic games or gadgets
- ****no cell phones!!!**
- Knives
- And of course, no e-cigarettes, cigarettes, drugs, alcohol! (Highly unlikely but we are duty bound to mention this).

*****It has been our experience that these items get in the way of the outdoor education experience. These items will be confiscated and you may be sent home.***

CLOTHING & FOOTWEAR TO BRING:

For active outdoor pursuits, the best way to regulate body temperature and to maintain warmth is to wear layers of clothing that can be adjusted depending on the weather, temperature and activity level. Layers should include long underwear, warm mid-layers and waterproof outerwear. Wool, nylon, polyester and synthetic fleece are recommended as clothing materials because they provide insulation even when wet and dry quickly. Cotton clothing is not acceptable for warm layers. Cotton loses any insulating value when wet, is slow to dry and should not be worn in damp conditions.



There is no such thing as bad weather, only inappropriate clothing.

THE IMPORTANCE OF PROPER RAINGEAR CANNOT BE OVERSTATED. Raingear must be waterproof (coated PVC or Gore-Tex) – if you can’t stay dry in the shower while wearing your raingear, it is not acceptable.

It is a wise idea to *put your name on everything you bring!*

Gear List

*Mandatory gear list, please supply all items on the list

Regular Clothes to Pack (can be cotton):

- 3 t-shirts
- 1 pair warm pajamas
- 1 pair of pants
- 1 pair shorts
- 3 pairs of underwear
- 3 pairs of socks

Plus: IMPORTANT OUTDOOR SPECIFIC CLOTHES (ALL NON COTTON) - each person requires:

- Rain pants (**track pants aren't rain gear**)
- Rain jacket
- 2 warm fleece/wool sweater/synthetic fill jacket
- 1 pair of nylon pants
- 1 pair of warm fleece or wool pants
- Wool or synthetic long underwear **top and bottoms**
- 2 pairs of wool or synthetic socks

*(We are not kidding **NO cotton**. If in doubt please check the label, if it says 40% cotton, it is still cotton)

- 2 Synthetic T-shirts
- Bathing suit
- Sun hat or baseball hat
- 2 Fleece/wool toques (warm hat) & gloves
- 1 pair shoes for water activities (with heel strap)- e.g. Crocs, Holey Shoes, Natives, sandals, old runners (will get wet)
- 1 pair of day hiker shoes or running shoes for general outdoor activities
- Rubber Rain boots (recommended not required)

Plus: SPECIFIC EQUIPMENT

- Large backpack (**minimum 60L**) or Duffel bag for carrying camping gear on Overnight excursion
- Day pack (large enough to fit their **Go Gear** – see list below)
- Sleeping bag and stuff sack (For future Explore trips, a -12°C Mummy bag is ideal for Explore 8/9)
- Sleeping Pad (Ensolite or Thermarest)
- Unbreakable Cup, Bowl and Spoon
- 5 Garbage Bags and 5 large Ziploc bags for waterproofing gear
- Headlamp or flashlight with spare batteries
- 1 litre water bottle (*Nalgene* brand is recommended)
- Toiletries & Towel (including toothbrush and toothpaste)
- Toilet paper *waterproofed* in a ziplock bag with hand sanitizer
- Sunglasses
- Sunscreen: SPF 30 or higher



OPTIONAL ITEMS

- Wrist watch – **HIGHLY** recommended
- Journal and pencil (Explore will provide a Journal and pencil for specific School assignments)
- Lip balm
- Camera (not your phone)
- A small reading book, deck of cards
- Money (\$15-30) for ferry food (**Note:** food can be purchased on both ferry rides)

IMPORTANT NOTES

- If you wear **glasses** (safety strap recommended) bring a second pair in case the first pair is broken or lost.
- If you wear **contacts**, bring a pair of glasses as a back-up.
- If you require **prescription medication**: A) Check the expiry date. B) Bring a second set (that your group's assigned teacher chaperone can carry) in case the first set is damaged or lost. C) Pack meds in a Ziploc bag and label with your name, drug name, and dose and expiry date, and let your teacher know.
- If you use an orthopedic brace for joints (i.e. Ankle, knee, wrist) then please bring it with your gear.

How To Pack

Gear Day: Monday

Please bring **EVERYTHING** on the gear list above.

To make the packing process easier we recommend that you first collect all of the gear listed above and then organize it as described below.

We ask that you **sort gear into two bags**: a day pack and a duffle bag/large backpack (minimum 60L). Please see the list below of what goes in the day bag. Everything else can be packed in the duffle bag/large backpack.

NOTE: *The day pack will return home after the gear check and the duffle bag/large backpack will be loaded into a truck to stay at the school overnight, you won't have access to the big bag once it is on the truck.*

What to Pack in your DAY BAG:

*this will return home Monday night and brought back to school Tuesday morning and is brought with you on the bus

- Water bottle
- Warm fleece
- Rain jacket
- Rain pants
- Sun hat/sun screen/sunglasses
- Toque
- Medications if applicable
- Money for the ferry ride (if desired)
- (You might be wearing a synthetic shirt, shorts or nylon hiking pants, wool/ synthetic socks, and runners/ day hikers)



How to pack while at Strathcona Park Lodge

“GO GEAR”

While at Strathcona Park Lodge, students will be going to different activities and will be required to have their “Go Gear” to ensure they are ready to go for anything.

“Go Gear” is a day pack with the following:

- Water bottle
- Warm fleece
- Rain jacket
- Rain pants
- Sun hat/sun screen/sunglasses
- Toque
- Medications if applicable
- Clothing (and shoes) specific for the activity (such as swimsuit and wet shoes)



And you will be wearing:

- Day hikers or runners
- Synthetic shirt
- Nylon pants/ shorts