

## GRADE 8 EXPLORE FALL BACKPACKING EQUIPMENT LIST:

- Everything listed is **MANDATORY** clothing and equipment.
- Monday is a day hike on the North Shore to try out some of the gear. Therefore, some of the items will need to be worn or packed into a Day pack on Monday (known in Grade 7 as **Go-Gear!**)
- The **entire list must be brought to school on Tuesday** including what was brought on the Day hike, packed into a large backpack. The backpacks will be unpacked at school and every item WILL BE checked off to ensure students are prepared for whatever weather we may encounter.
- Students will be carrying group food and group gear as well so they need to remember to leave at least **1/3 of the big backpack empty**. The best strategy is to **pack from the list** and nothing more.
- **Gear options:** Although it is vital that students are equipped to stay warm and dry, it is not necessary to spend a lot. Mountain Equipment Co-op (new gear) and Sport's Junkies (used) are good sources. Explore has a variety of items that students may borrow - first come, first serve. E-mail us well in advance with requests and then have your son/daughter come in person to follow up.

### Mandatory Equipment:

- 1 Hiking Boots (good boots with **full ankle support**, waterproof or leather and comfortable fit)
- 1 Hiking pants (light weight nylon - quick dry or sport/ track pants)
- 1 Short sleeve top (polypro, capilene, wool, silk)
- 1 Long sleeve thermal top (polypro, capilene, wool, silk)
- 1 Thermal bottoms (polyester, capilene, wool, silk)
- 2 Fleece, wool or puffy jackets (one that is a thin layer and one that is thicker)
- 3 Wool or synthetic socks
- 2 Wool or fleece toques
- 1 Rain pants (waterproof e.g. Gore Tex)
- 1 Rain jacket (waterproof e.g. Gore Tex with a hood)
- 1 Sun hat, Sunscreen/ Sunglasses/ Chapstick
- 1 Fleece or wool pants
- 1 Wool or fleece gloves
- 1 mini Hand sanitizer (one per tent group)
- 1 Leak proof water bottle 1L (e.g. Nalgene. Please no disposable ones)
- 1 Backpack **60L OR BIGGER** (fitted, with waist strap to help distribute load)
- 1 Thermarest/ensolite pad
- 1 Warm sleeping bag (3season bag, "mummy style", **at least -12 deg., synthetic or down**)
- 3 garbage bags and 5 Ziploc bags (to waterproof backpacks and for garbage)
- Toothbrush/paste
- Headlamp or Flashlight (not too big and heavy!) with spare batteries
- Toilet paper per Tent Group (in a Ziploc bag)
- Leak proof containers for any liquid food (Nalgene)
- Camp bowl/mug/spoon/knife/fork
- Extra pair of prescription eye glasses for students wearing contacts

### **NO'S:**

No cotton; No electronics

### Waterproofing

*Don't forget to water-proof your pack and sleeping bag by lining them with a Garbage Bag! A nifty trick is to put the garbage bag in first and then pack your pack or stuff your sleeping bag. So much easier ☺*

### Packed 60L Backpack



### OPTIONAL items:

- 2 Polypropylene sock liners (help keep feet dry and blister-free)
- Orthopedic Braces for joints if you own one (i.e. ankle, knee, wrist)
- Medications - Clearly label name, dosage & instructions if currently taking
- Camera
- Small personal first aid kit
- Hiking Pole(s)
- Small pocket knife (Not to be taken on the bus )
- Lighter (Not to be taken on the bus )

*\*Knives and lighters may only 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 Fall Day Hike 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:

- 1 pair Hiking Boots (good boots with **full ankle support**, waterproof or leather and comfortable fit)
- 1 Hiking pants (light weight nylon - quick dry or sport/track pants)
- 1 Short sleeve top (polypro, capilene, wool, silk)
- 1 Long sleeve thermal top (polypro, capilene, wool, silk)
- 1 Fleece or wool jacket
- 1 pair Wool or synthetic socks
- 1 Wool or fleece toque
- 1 Rain pants (waterproof e.g. Gore Tex)
- 1 Rain jacket (waterproof e.g. Gore Tex **with a hood**)
- 1 Sun hat and Sunglasses
- 1 1 litre full reusable Water Bottle
- 1 healthy Lunch
- A positive attitude☺

### NO'S:

No cotton; No electronics

### Waterproofing

*Don't forget to waterproof your daypack by lining it with a Garbage Bag! A nifty trick is to put the garbage bag in first and then pack your stuff. So much easier☺*

### Optional:

- 1 pair Polypropylene sock liners
- 1 Thermal bottom (polyester, capilene, wool, silk)
- Small amount of Sunscreen
- Orthopedic Braces for joints if you own one (i.e. ankle, knee, wrist)
- Medications - Clearly label with name, dosage and instructions
- Mini-Hand sanitizer
- Camera
- Hiking Pole(s)

