

## Grade 9 Spring HIKING Personal Gear List

- ✓ Please pack EVERYTHING on the equipment list - your comfort and safety depends on it!
- ✓ Remember: you will be carrying your personal gear, group gear and food – so pack light.
- ✓ Waterproof your sleeping bag and your entire backpack.
- ✓ Food should be waterproofed in ziplocs then organized into stuff sacs – Explore provides 1-2 stuff sacs/group

### Mandatory:

- Hiking pack 60L or larger (fitted, with hip belt to help distribute load). We have many to lend out!
- 1 Mummy Sleeping Bag (-5 to -15 degrees Celsius)
- 1 Thermarest or insulite pad
- Hiking Boots (medium-weight boots with **full ankle support**). PLEASE NOTE: If you plan on buying new boots be sure to wear them as much as possible to break them in. Blisters can ruin a trip!
- 1 Waterproof jacket with hood (gore-tex or DWR coated)
- 1 Waterproof Rain Pants (gore-tex or DWR coated)
- 2 (total) of the following: *Down jacket* or vest/Thick fleece jacket/wool sweater
- 1 short sleeve synthetic/wool shirt
- 2 Thermal top (long sleeve)
- 1 Thermal Bottom long underwear
- 1 pair Nylon or quick dry Hiking pants (go over your thermal bottoms to reduce wind, dampness and retain heat)
- 1 Fleece pants
- 3 Wool/Synthetic Socks
- 2 Wool or fleece toques
- 1 Wool or fleece gloves
- 4 Pairs of underwear
- 1 Sun hat
- 1 Sunglasses
- 1 Sunscreen/chapstick
- 1 Headlamp (preferred) or Flashlight with spare batteries
- 1 Toothbrush/paste
- 5 garbage bags and 5 ziplock bags
- 1 Toilet paper (in a ziplock)
- 1 Water bottle 1 L (leak-proof, plastic not metal)
- 1 Camp bowl/plate, mug, Eating utensils
- 1 Hand sanitizer (one per tent group minimum)
- Medications: Clearly labeled with name and dosage instructions
- Braces- knee, wrist, ankle, etc. (if applicable)
- Money (\$15) for 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 until Monday. (Exception: Cameras are encouraged!)

### Optional:

- Watch
- Small personal first aid kit (band-aids, moleskin, second skin etc.)
- Camera
- Polypropylene sock liners (to reduce the chance of blisters)
- 1 pair quick dry/nylon shorts
- Gaiters
- Hiking poles
- \*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.*