

Grade 9 Winter Camping Personal Gear List



***Guideline#1:** We will be skiing and snowshoeing hilly terrain and likely to be sweating. Bringing lots of synthetic **layers** is key for being comfortable during and after activities.

***Guideline#2:** We are winter camping both nights so your **systems need to be good**. Don't skimp on your toque, boots, jacket or pants - they are important for thriving while living out in a winter environment.

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 skiing!*)

1 Group Bag

3. Sports bag for food. NOTE: it's ideal if the cook group can fit all of their food in 1 tidy sports bag

Personal Clothing and Gear

- 1 **Mummy** Sleeping Bag with a hood (-12 to -15 Celsius) NOTE: bring the warmest bag you own
- 1 Thermarest or insulate pad NOTE: bring your own & we give additional insulate pads to each student
- 1 Sorels or good **Snow** Boots (ideally with a removable liner to dry out at night & are a high boot)
- 1 Waterproof snow pants
- 1 Waterproof snow jacket with hood
- 1 Waterproof rain/goretex shell with hood
- 2 (**minimum**): thick fleece jacket, thick wool sweater, down jacket or vest
- 2 thermal Tops: long sleeve (merino wool, polypro, capilene, silk, under armour)
- 1-2 Thermal bottoms: long johns (merino wool, polyester, capilene, silk, under armour)
- 1 fleece pants
- 2 wool or fleece toques
- 1-2 neck warmer *or* scarf *or* balaclava
- 1 Thin gloves (xc ski gloves)
- 2 ski gloves (or goretex or nylon overmitts to go over wool mitts)
- 3 pairs wool or fleece Socks
- 3 underwear
- 1 Headlamp (preferred) or small Flashlight with spare batteries
- 1 Toothbrush/paste
- 1 Sunscreen/chapstick
- 1 Sunglasses and/or Goggles
- 3 garbage bags and 5 ziplock bags
- 1 Toilet paper
- 1 Waterbottle 1L (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/dosage instructions
- Braces - knee, wrist, ankle, etc. (if applicable)
- Money (\$20) for lodge lunch on Thursday



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!)

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.