

Reminders: **Manage your Moisture**

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.

 There is no such thing as bad weather only BAD CLOTHING

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.

Personal Packing List: **2 Personal Bags:**

- One duffel/ soft bag or your 60-70L backpack for all personal clothing and gear
- One 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!*)

 2 Group Bags:

- Sports bag: all non-refrigerated food must fit in 1 sports bag (1 per cook group)
- Cloth grocery bag: all fridge food must fit in 1 cloth bag (per cook group)

- 1 Mummy Sleeping Bag with a hood (-12 to -15 Celsius) NOTE: bring the warmest bag you own
- 1 Thermarest or insulated pad NOTE: bring your own & we give additional insulated pads to each student
- 1 Pair of Sorels or good Snowboots (ideally a high boot with a removable liner to dry out at night)
- 1 Pair of waterproof snow pants
- 1 Waterproof snow jacket with a 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 Pair of fleece pants
- 2 Wool or fleece toques
- 1-2 Neck warmer *or* scarf *or* balaclava
- 1 Thin pair of gloves (xc ski gloves)
- 2 Ski gloves (or goretex or nylon overmitts to go over wool mitts)
- 3 Pairs wool or fleece socks
- 3 Pairs of underwear
- 1 Headlamp (preferred) or small flashlight with spare batteries
- 1 Toothbrush and paste
- 1 Small container of sunscreen & chapstick
- 1 Pair of sunglasses and/or goggles
- 3 Garbage bags and 5 ziplock bags
- 1 Toilet paper roll per (one per tent group)
- 1 Reusable Water Bottle 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.*

G8W- Grade 8 Winter Day Trip Packing List

Day Trip Packing List

The following items should be worn or packed in a day bag with a lunch and a full water bottle. Remember to waterproof your day bag with a garbage bag or waterproof stuff sack/ dry bag. Line your day bag with a garbage bag and then pack your stuff inside!

Mandatory:

- Waterproofed day bag
- Lunch
- 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
- Goretex or nylon overmitts (or ski gloves)
- Spare gloves or mitts
- Scarf/ neck warmer
- Snow pants (waterproof)
- Waterproof jacket with hood
- Thick wool socks
- Long johns (top and bottom)
- Sunscreen/ chapstick
- Sunglasses or goggles
- 1 Litre water bottle (plastic not metal)
- Medications- clearly labelled with name and dosage instructions (*if applicable*)
- Braces- knee, wrist, ankle (etc.) (*if applicable*)



Optional:

- Camera
- Watch

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!)



4 Bag Packing System

Wearing: Thermal top and bottom, wool socks, snow pants, waterproof shell jacket, toque and gloves

Personal Bags	
Large Duffle Bag	Day Ski Bag (waterproofed)
 <ul style="list-style-type: none"> • Sleeping bag (waterproofed) • Thermarest/ sleeping pad • Down Jacket • Fleece pants • Thermal top and bottom • Extra wool socks and liners • Extra toque • Camp bowl, mug, cutlery • Toothbrush/ paste • Headlamp. 	 <ul style="list-style-type: none"> • Water bottle, thermos • Lunch and snacks • Extra fleece jacket, down or insulated jacket • Mitts, scarf, or neckwarmer • Sunscreen and chapstick • Camera (optional) • Toilet paper (just in case) • Hand sanitizer • Personal first aid kit (optional) • Medications i.e. inhaler • Braces for any injuries
Group Bags	
Cloth Bag- Fridge Food	Sports Bag- Cupboard Food Bag
 <ul style="list-style-type: none"> • Used to organize your food in the fridge • Food that needs to stay cold • Label the bag with your name on it. 	 <ul style="list-style-type: none"> • Used to organize food in cupboard/ pantry • Big enough for your groups food • Label the bag with your name on it.