

G9W- Personal Packing Organization

Organizational Visual



DUFFLE/ Back Pack BAG (water-proofed)

- Sleeping bag (water-proofed)
- Thermarest
- Down jacket/ vest
- Thick fleece pants
- 2nd set of thermal top and bottom
- Extra wool socks and liners
- Extra waterproof gloves
- 2nd toque
- Toilet paper
- Extra garbage bags
- Headlamp/ flashlight



DAY SKI Pack (water-proofed)

- Waterbottle, thermos
- Lunch and snacks
- Extra mitts
- Scarf/ neckwarmer
- Sunscreen and chapstick
- Sunglasses/ goggles
- Camera
- Hand sanitizer
- Medications i.e. inhaler
- Braces i.e. knee/ankle

FOOD BAG

- Two specific camping meals (2 dinners, 2 breakfasts)
- Lunches and snacks – that are freezer friendly
- 5 Ziploc bags for garbage and leftovers
- Camp bowl, mug, cutlery, lighter
- Toothbrush/ paste
- Optional- \$ for one hot lunch
- Labelled food:
ex. Name, Meal: Dinner #1 Rice with veggies, tuna, hot chocolate

What to wear on the Day Trip:

- Thermal top & bottom
- Wool socks and liners
- Snowpants - waterproof
- Rain jacket/ Goretex shell or ski jacket depending on temperature – with hood
- Fleece top
- Toque
- Gloves
- Snowboots



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 60-70 L 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!*)

 1 Cook/ Tent Group Bag:

One sports bag per group for food. It is ideal if the cook group can fit all of their food into a tidy sports bag.

- 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.*