

Outdoor Ed.

Clothing and Equipment – Backpacking Trip

Here is a list of the clothing and equipment you will want to consider in preparing for over night trips. **Come with everything marked as a NECESSITIE (N).** You'll likely find bargains if you look around (especially in places like Value Village, pawn shops, second-hand stores, Salvation Army stores, Army/Navy surplus stores, other discount or second hand sporting good stores). Try to borrow from friends and family if possible. It is understood that getting all this stuff may be expensive, so be creative and problem solve, if there is a problem that you are unable to solve contact your teacher(s) and we will see what we can arrange.

Polypropylene, fleece and wool are constantly listed because they are of the best in the area of staying warm when wet. There is also a saying: "Cotton Kills" do not wear cotton clothing on outdoor ed. trips. Cotton gets wet stays wet and keeps you wet and thus more prone to cold related injury. Expect wetness. We will very probably be tromping around in rain and possibly snow.

N Journal

N Sleeping Bag (ideally mummy style, rated 0 C, synthetic fill)

N Sturdy Footwear (leave room for two pairs of wool socks) You will need something which provides good ankle support and which is waterproof or can be waterproofed.

* (okay)*Light hikers* (eg. Nike) are light, comfortable, & cheap, but not as durable or water resistant

* (*better*)*full leather hikers* are more durable and water resistant, with good ankle support. Make sure they are broken in before trip, or you'll suffer.

*****remember that you may be travelling on deep mud in the rain, slippery wooden board walks, slick ocean side rocks, and on beach sand*****

- Hiking Poles (*highly recommended on wet slippery terrain, an old pair of ski poles with the baskets removed work well - that's what I use ☺)

N Gaiters (School can supply the first ten students who sign them out)

N Wool Socks (2 pairs)

- Windbreaker and windproof pants (nylon is good)

N Raingear Top (Don't run off and blow your budget on a Gortex coat if you don't already have one; coated nylon raingear is adequate, a **strong** poncho is likely your best bet in heavy rain)

N Polar Fleece jacket or Thick Wool Sweater

- Good sun hat

N Sunglasses

N Good Flashlight or Headlamp (with extra bulb and batteries)

N Comfortable proper fitting Backpack in good repair

N Day Pack (Large enough to carry your lunch change of clothes and water bottle)

N Good Knife (straight blade or lock blade)

N Shorts

N sleeping pad – closed cell or a thermarest type sleeping pad

N Warm mitts or gloves (wool/fleece is best)

N Warm toque (wool/fleece is best)

N Nylon or polyester shirt for hiking in (dries quick, displaces moisture to insulating layers)

- Cotton shirt for sleeping in

N Polypropylene or wool long underwear (1 top & 1 bottom)

N Wool / Fleece shirt

N Wool / Fleece pants

- Running shoes (you may not always want to wear your hiking boots)

N Sunscreen

- Bug Dope (the powerful stuff) (over)
- Bandannas (these are very useful. The more the better)
- Cigarette lighter (the adjustable flame kind are great)
- N 2 Personal water bottles 2 x 1 litre
- Sleeping bag liner (an old sheet will do)
- Camera
- N Eating utensils, cookware, dish cleaner
- Scrubby pad
- Bivy Sack
- Toiletries
- First Aid Kit
- N Plastic bags (4), that can be worn over top of socks if boots are soaked
- Ziplock bags
- Stuff Sacks
- Tarps
- N Tent (see Mr Pontalti if you do not have a good tent with a fly that covers the entire tent)
- Extra laces
- Whistle (peeless)
- Shaver
- Skits
- N Stove & Fuel
- N Writing implement

*Each cooking/tenting group is expected to bring their own tent(s), and stove(s) to cook on.
-There are outhouses where we will be camping. -School will supply water filter for group use, if you have a good water filter bring it.
-You will be carrying everything on your back you need for camping/ eating on day 1 and the first half of day 2 so minimize weight.