

Outdoor Education Winter Prep and Gear List

- Eat a hearty breakfast each morning. You will not be able to eat on the bus, and you need to fuel your body especially well for cold weather activities.
- Be sure to drink plenty of water all day: when you wake up, on the bus ride up the mountain, during activity, and on the bus ride home.
- Gear Library will be available January 10th-12th for students to checkout any gear they need (8th grade:10th, 7th grade:11th, 6th grade:12th)
- Have fun out there but remember our #1 goal is safety so carefully read below to be prepared!!!

******We will send out a gear library checkout form as we get close to trip time for students wishing to checkout gear to fill out!!!☺**

1. Clothing

Dress in layers that can be added or removed so you will be warm enough for each activity

- Outside layer – **WATERPROOF** jacket and pants
- Middle layers – Warmth and insulation (fleece or wool – *not cotton*)
- Inner layer – Comfort (*non-cotton* long underwear)
- 2 pairs of Socks – thick, warm, wool or polyester, *not-cotton*
- 6th & 8th Grade – **WATERPROOF** warm boots (hiking boots are okay and can be checked out from us as well)
- 7th grade – lightweight boots for walking in snow from bus to Nordic Center (to be left in lodge during the day) (*if tennis shoes are all you have they will suffice but are not recommended)
- Hat (fleece or wool)
- 2 pairs of warm, waterproof gloves or mittens
- Sunglasses or goggles (important even in winter) & sunscreen (yes, even in winter)

All of these items are needed each week for your student's safety☺

2. What to pack

- Small Backpack for the day (pack your items inside a garbage bag **lining the inside of** your backpack)
- A hearty lunch that is easy to eat outdoors
- Snacks that can be packed in your pocket (granola bar, chunk of cheese, crackers, etc.)
- Full water bottle (*at least* 1 liter)
- 6th grade – your hand-made willow snowshoes
- 7th grade – If you have your own, cross country ski equipment & Summit season pass. If not, they will be provided for you.
- 8th grade – If you have your own, cross country ski equipment & snowshoes. If not, they will be provided for you.
- Optional Items
 - Camera
 - Something to do on the bus (book, magazine, cards, travel games, etc.)
 - Hand/toe warmers
 - Change of clothes in a separate bag for the bus ride home

3. What NOT to Bring

- Electronics (music or gaming devices, cell phones)
- Glass bottles or jars