

KEEP THIS LIST!

Winter Outdoor Program 2008-2009

Gear List

<p><i>*Eat a hearty breakfast each morning.</i></p>
<p><i>*You will not be able to eat on the bus, and you need to fuel your body especially well for cold weather aerobic activity.</i></p>
<p><i>*Be sure to drink plenty of water <u>all day</u>: when you wake up, on the bus ride up the mountain, during activity, and on the bus ride home.</i></p>
<p><i>*Ample fluid in your system while we're out on the snow will keep you warm and energized.</i></p>
<p><i>*Ample fluid in your system after heavy alpine activity will help you recover faster, make you less likely to cramp, and make you less likely to feel fatigued through the weekend.</i></p>
<p><i>*Electrolytes will help your energy and recovery <u>a lot</u>, too (<u>ex.</u> Gatorade, Vitalyte, Nuun, Emergen-C, etc). [water only on the bus, though, please.]</i></p>
<p><i>*The more seriously you take these instructions, the more fun you will have in the mountains.</i></p>

What to wear

- Dress in layers
 - Outside layer – **WATERPROOF** jacket and pants
 - Middle layers – insulation (fleece or wool – *not cotton, especially not denim*)
 - Inner layer – comfort (non-cotton long underwear)
- Thick warm socks
- Warm hat
- Warm, waterproof gloves
- Goggles or sunglasses
- Sunscreen (yes, even in winter)
- 6th grade only – **WATERPROOF** boots

What to bring

- Backpack that can hold all of your items (6th graders, pack your items inside a garbage bag *in* your backpack)
- Extra socks
- A hearty lunch that is easy to eat
- Snacks that can be packed in your pocket (granola bar, chunk of cheese, etc.)
- Full water bottle (*at least* 1 liter)
 - an extra bottle to drink on the bus ride is *highly recommended*
- Optional Items
 - Camera (optional)
 - Something to do on the bus (book, magazine, cards, travel games, etc.)
 - Change of clothes for the bus ride home (optional)
- 7th/8th grades – equipment if you have your own (including helmet for 8th grade)

- 7th/8th grade – season pass if you have your own
- 6th grade – your snowshoes

What *NOT* to bring

Electronics (music or gaming devices, cell phones)

Glass bottles or jars