

A.D. Rundle Outdoor Education
Winter Field Experience at Manning Park
Feb 22nd/Feb 23rd, 2018

- Itinerary:**
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| Thursday, Feb 22 nd | 7:45 Arrive at ADR & pack communal gear
9:15 Leave A.D. Rundle on bus; gear check
11:00 Arrive at Cambie Creek (near Manning Park Lodge) |
| Friday, Feb 23 rd | 11:30 am - Bus Pick up at Cambie Creek
1:00 - return to A. D. Rundle; return borrowed gear and set up tents |

Supplies: Pack all supplies in the OED backpacks or packs approved by Mr Shea or Mr Lightle.

It must be stressed that cotton is poor for winter weather. Wet cotton will cause you to lose critical body heat. Winter layers should be synthetic fibre such as polyester, nylon, polypropelene, or fleece

What to Wear:

- a) winter boots for hiking (snow boots have been used by past students)
- b) socks
- c) underclothes
- d) long sleeved over-shirt or sweatshirt
- e) pants, including ski pants or long underwear/tights for an additional layer
- f) hat or toque
- g) winter jacket (can attach to outside of pack)

What to Pack:

- a) extra pairs of socks
- b) extra underwear including long underwear/leggings
- c) extra sweatshirt/long sleeve layer
- d) pullover or jacket
- e) toothbrush, toothpaste, toilet paper, personal medication
- f) plate and/or bowl, mug, knife and spoon or fork (no disposables or breakables)
- g) sleeping pad (inside a garbage bag)
- h) flashlight
- i) garbage bag (for wet gear and laundry)
- j) toque
- k) mittens or gloves (2 pairs)
- l) teddy bear
- m) sleeping bag & light fleece blanket
- n) PEN/PENCIL
- o) 10 ESSENTIALS KIT

Food to Bring:

- a) bag lunch for Thursday (sandwiches/bagels, fruit, granola bars, trail mix, cookies, juice)
- b) 1 liter of water or juice (no pop)
- c) snacks (chocolate bars, granola bars, fruit bars, trail mix, nuts, raisins, etc...**no chips**)

Do not pack glass or tins; music is not permitted, NO sunflower seeds

Thank you for supporting your son/daughter as a member of the Outdoor Education class. If you have any questions about this weekend or supplies, please do not hesitate to contact us.

Sincerely,
Mr. Shea / Mr. Lightle