A.D. Rundle Outdoor Education
Winter Field Experience at Manning Park
Feb 19 – Feb 20, 2019

Itinerary:

Tuesday, Feb 19th
7:45am - Arrive at ADR & pack communal gear
1:30pm - Leave A.D. Rundle on bus; gear check
3:00pm - Arrive at Lone Duck Group Shelter (near Manning Park Lodge)

Wednesday, Feb 20th
12:00 pm - Bus Pick up at Lone Duck
1:30pm - 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/mid layer
d) toothbrush, toothpaste, toilet paper, personal medication
e) plate and/or bowl, mug, knife and spoon or fork (no disposables or breakables)
f) sleeping pad (inside a garbage bag)
g) flashlight
h) garbage bag (for wet gear and laundry)
i) toque
j) mittens or gloves (2 pairs)
k) teddy bear
l) sleeping bag & light fleece blanket
m) PEN/PENCIL
n) 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 (no pop)
c) snacks (chocolate bars, granola bars, fruit bars, trail mix, nuts, raisins, etc…no chips, sunflower seeds or pistachios!)

Do not pack glass or tins; music is not permitted

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