

A.D. Rundle Outdoor Education
Winter Field Experience at Manning Park
Feb 3-4, 2021

Itinerary:	Wednesday, Feb 3 rd	7:45am - Arrive at ADR & pack communal gear 8:30am - Leave A.D. Rundle on bus 10:30am - Arrive at Lone Duck Group Shelter
	Thursday, Feb 4 th	12:30pm - Bus Pick up at Lone Duck 2:15pm - return to A. D. Rundle; return borrowed gear and set up tents, done by 3:15pm

PARENTS PLEASE NOTE YOUR CHILDREN WILL NOT BE ABLE TO LEAVE ADR ON THE 4TH UNTIL WE HANG AND SET UP ALL THE GEAR TO DRY OUT

Supplies: Pack all supplies in the OED backpacks or packs approved by 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 fiber such as polyester, nylon, polypropylene, or fleece. A cotton hoodie is OK for sitting around at night, but not during an active day.

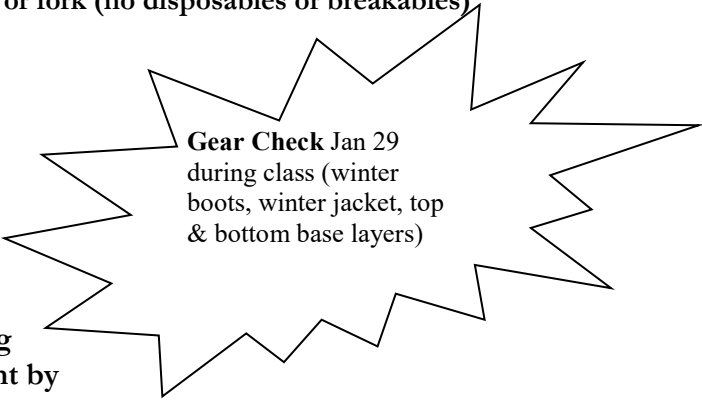
What to Wear:

- 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) 2 sleeping pads (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 & fleece blanket
- m) PEN/PENCIL
- n) 10 ESSENTIALS KIT

NOTE: You may bring a second sleeping bag from home (remember you are in a tent by yourself!)



Gear Check Jan 29
during class (winter boots, winter jacket, top & bottom base layers)

Food to Bring:

- a) bag lunch for Wednesday (sandwiches/bagels, fruit, granola bars, trail mix, cookies, juice)
- b) Full water bottle
- 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 trip or supplies, please do not hesitate to contact me.

Sincerely,
Mr. Lightle