

Vedder Middle School Outdoor Education Academy

Personal Supply List

The following supplies are required for participation in Vedder Middle School's *Outdoor Education Academy*. Students should have all items by the end of the second week of school. We will review these items with students during the first two weeks of school.

<input type="checkbox"/>	running shoes	Proper running shoes required! Skate shoes not acceptable. If you have difficulty with running, we recommend purchasing shoes from a store dedicated to fitting running shoes, such as <i>Peninsula Runners</i> in Abbotsford.
<input type="checkbox"/>	hiking boots	Waterproof boots required: Gore-tex lined or leather that can be sealed; light but supportive enough for a three day backpacking trip is ideal.
<input type="checkbox"/>	hiking socks x2	Comfortable, absorbent hiking socks: med weight; synthetic or wool. No cotton.
<input type="checkbox"/>	base layer – bottom	Tights or long johns: usually made of synthetic material, wool, or silk. Must keep you <i>warm-when-wet</i> . Under-layers used for other sports, such as hockey, may be acceptable. No cotton or denim!
<input type="checkbox"/>	base layer – top	See above...
<input type="checkbox"/>	quick-dry shorts	No cotton or denim!
<input type="checkbox"/>	t-shirt warm-when-wet/quick dry	Must be made of a synthetic material, wool, or silk. Must keep you warm-when-wet. No cotton or denim!
<input type="checkbox"/>	long sleeve shirt warm-wen-wet/quick dry	Must be made of a synthetic material, wool, or silk. Must keep you warm-when-wet. No cotton or denim!
<input type="checkbox"/>	insulation layer – top	A warm, light weight jacket or sweater. Does not need to be wind or waterproof because it will be layered with a shell jacket. Must be <i>warm-when-wet</i> : No cotton hoodies! Fleece jacket or synthetic filled jacket ideal. Down is good for dry conditions only.
<input type="checkbox"/>	shell pants waterproof/breathable	A Gore-tex style, waterproof/breathable fabric to be layered over others layers. Zippers on legs are convenient for winter. Heavier products will be more durable – lighter products will be more breathable. Insulated ski-pants will wet-out in temperatures near 0°C and will be too heavy to carry.
<input type="checkbox"/>	shell jacket waterproof/breathable with taped seams	As for above... but with taped seams. Taped seams are more important on the upper body: they keep water from seeping through stitching. Feel seams for a ribbon of tape that runs the length of the stitching.
<input type="checkbox"/>	toque	<i>Warm-when-wet</i> . Toques will be carried on all trips during fall and winter season, not just winter
<input type="checkbox"/>	sun hat	Quick dry is nice but not necessary.
<input type="checkbox"/>	sunglasses	Very important during winter. Must be rated to stop uv rays.
<input type="checkbox"/>	sunscreen	With a high spf rating: 45+ spf or above.
<input type="checkbox"/>	underwear x2 warm-when-wet/quick dry	Cotton is nice during good weather, but <i>warm-when-wet</i> is safer for maintaining warmth during rainy and cold weather trips.
<input type="checkbox"/>	plastic eating utensils	Durable plastic required. Fast-food utensils will do in a pinch but will not last.
<input type="checkbox"/>	eating bowl	A 2-4 cup plastic measuring cup purchased from a grocery store makes a simple and light plate set. Works as bowl, plate, and mug.
<input type="checkbox"/>	winter mitts	Ideal mitts have a waterproof shell with removable insulation (such as fleece) for quick drying. Ski gloves will wet-out under warmer condition and are too hard to dry. A very light pair of gloves (like figure skating gloves) work well around camp or when hiking.
<input type="checkbox"/>	personal toiletries	Basic essentials only, such as toothpaste, personal hygiene products, and medication. No shampoo, deodorant, perfume etc... not needed.
<input type="checkbox"/>	light dry bag	One light-weight dry bag for hanging food in.
<input type="checkbox"/>	stuff sacks x2	Two stuff sacks for clothing to separate items in backpacks.
Optional Items		
<input type="checkbox"/>	fleece tights	If you get cold, or during the winter season, an additional mid-layer for the lower body will be necessary.
<input type="checkbox"/>	rain hat	Not needed if you always carry a hooded shell jacket. A rain hat lets your upper body breath better than wearing a hood while hiking.
<input type="checkbox"/>	quick-dry pants	General use nylon, quick-drying pants are more comfortable than waterproof/breathable when it is not raining.
<input type="checkbox"/>	blister supplies	We will go over various options in class. Lots to choose from these days.