

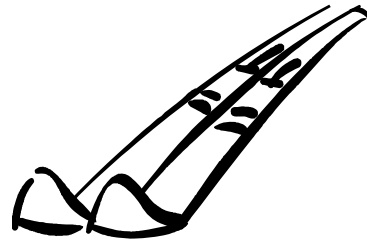
# Cross Country Skiing Outdoor Field Trip Student Checklist

## Clothing

- Dress in Layers - Make sure that you layer your upper and lower body. Try to avoid wearing any cotton or denim (**Jeans are not allowed**).
- You must have a winter jacket and ski pants or a snow suit as your outer layer.**
- Wool socks are the best. Bring an extra pair.
- Toque or balaclava (head band or ear muffs are inadequate by themselves)
- Neck warmer or short scarf
- A warm pair of mitts that are wind and waterproof an extra pair of lighter mitts or gloves if your hands get too warm.
- Backpack

## Lunch (we will be eating indoors)

- 1 – 2 litres of water
- Healthy bag lunch
- Small bag for garbage
- Hot beverage or soup in thermos
- Healthy snack
- No Gum! No Seeds! No Junk food! No Pop!



Bring more food than you would on a normal day. You will be hungry from the exercise and it takes energy to keep your body warm.

## Other Items

- Sunglasses – optional
- Sunscreen
- Personal Medication
- Personal first aid kit