

Equipment List for Point of Aim

Forecast high: 8°C low: -5°C

Total time away from school is 55 hours. Try to pack light as you must carry your own gear into the campsite, 1.1 km from the parking area down a dirt road that is often extremely muddy this time of year.

Bedding: A sleeping bag with at least a 0 °C rating plus a blanket liner is recommended. For a mattress I recommend a 2” thick ethafoam pad cut to your height. It will be light but bulky. Economical and will get you off the ground.

- Bring a set of clean, dry sleeping clothes. It is very important that you do not try to sleep in the clothes (even underwear) that you wore during the day. The moisture in them will chill you at night. I recommend fleece pyjama pants and a long sleeve tshirt plus warm socks if you get cold feet when you sleep.
- A toque is a **must have** item. You will need it for sleeping. Most heat is lost through your head and neck.
- I don't recommend pillows – bulky and only one function. Instead bring a pillow slip. You can stuff it with clothes as a pillow; use it as a laundry bag in your pack out.

Clothing:

- a daily change of light underwear
- one pair of long underwear (yoga pants as an under layer would work too)
- sweat pants are better than jeans –they dry faster if you get them wet.
- A long sleeved top – I prefer a long –sleeved work shirt over t shirts to protect from sun,bugs and brush when I am outdoors
- At least one pair of heavy, warm socks. Daily pairs of light socks. You want to keep your feet dry.
- Outer jacket (light windbreaker) over a hoody might be best this time of year.
- A poncho in case of rain. Cheap, lightweight. Always handy.
- You may want wind pants over your sweats.
- A hat
- Light gloves. Knit are fine – I'll be going with leather this time of year.

Wear most of your outer layers in the morning when we leave. It will lighten your pack and will likely be the coolest that morning.

Footwear:

- most difficult to predict. Rubber boots with a Bama sock liner may be best in the spring. Bama socks can be found at Mark's. I've seen them at Value Village too. They are a quilted bootie that makes wearing rubber boots all day easier on your feet. Dry them by the fire before you go to bed. They soak up a lot of sweat.
- Medium hiking shoes or light boots are OK if you stay out of the puddles.

- Running shoes are only good at camp or in the range building. An old pair for use around camp is recommended.

Personal items:

- Toothbrush, toothpaste, dental floss, washcloth, small towel.
- Hand sanitizer. Pit toilets are the facilities at the range and at camp.
- Feminine products as needed.
- Lip balm, sunscreen.
- Any personal medications. Epi pens etc.

A headlamp is highly recommended if you have one, a flashlight if you don't. It gets pretty dark if you are used to electricity at night.

Wooden, strike anywhere matches. I bring extras if you forget these.

You do not need a knife but if you bring one, it must be pre-approved by me. 4" max single blade sheath knife. Multi-tools, Swiss Army knives, Leatherman are all OK.

Banned items:

- Cell phones, iPods, video games. Portable music devices. One of the goals of the camp is to go without these.

Mr. McKinnon has contact with the school and always carries the contact forms with him. The parent volunteers also carry phones.

- Cots, folding chairs, tents. We are trying to imitate a survival scenario as best we can.

Packing: a backpack is best. Athletic /duffle bags are good. Wheelie bags are not recommended – too heavy to carry, terrain not suitable for rolling.

Provided items:

First aid kit, tarps, twine, poles, firewood, axes, cooking grates.

Drinking water. City water. **Bring your own wide-mouth water bottle and a heat proof mug.**

Food:

We discussed this in detail in class. The meals list is below. Campers/groups must bring their own food.

Day 1: Bag lunch, Group meal #1 supper.

Day 2: Group meal #2 breakfast, Bag lunch, Group meal #3 supper.

Day 3: Group meal #4 breakfast, Bag lunch.

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