



## Join the OUTDOOR CLUB for MS Camping and Outdoor Adventure!

- Who: Grade 6-8 students (limit 15 – so sign up quickly!)
- When: May 7, 3:15pm (or after practice) – May 8, 12:30pm, 2021
- Cost: \$20 – includes dinner, breakfast, and lots of snacks
- **To complete your signup, your parent must sign the waiver on PowerSchool and submit payment** (via check payable to SGS or email [Gayle.Brown@sgs.org](mailto:Gayle.Brown@sgs.org) authorizing her to bill your account).

Dave Holte, Joelle Neiwert, and Melanie Mildrew will chaperone this outing with help from Jim Tuck and other staff depending on numbers of participants, as well as some upper school students serving as mentors. We will introduce basic camp craft skills, climb at the Dragon Crag, camp in individual tents on the grad lawn, then float the Little Spokane River and hike back to campus. We will be following Covid safety protocol with physical distancing and will wear masks unless we are on the river, eating, or sleeping. The goals of this trip are to start building basic skills in setting up a tent, hiking and exploring the outdoors, how to take care of yourself on outings, and have fun in the great outdoors! For students to be successful, they need to have the correct gear for the trip. Please see the list below:

- ✓ Sleeping bag – not cotton (may borrow from the Outdoor Club)
- ✓ Sleeping mat (may borrow from the Outdoor Club)
- ✓ 2 water bottles or a hydration system and water bottle (ability to carry a minimum of 2 liters)
- ✓ Day pack (this may be their school backpack) for hiking
- ✓ Mess kit (insulated cup, bowl or plate, fork, spoon)
- ✓ Backpacking tent – (may borrow from Outdoor Club) – we want smaller tents since we will be sleeping individually in them
- ✓ Raingear this includes rain jacket and pants
- ✓ Appropriate hiking shoes (can be sneakers) – shoes that fit and support you
- ✓ 2 pairs of socks (synthetic or wool, not cotton)
- ✓ Synthetic or wool tops (2-3) and bottom – no Cotton
- ✓ Shorts/pants to hike in
- ✓ Heavier weight top and bottom for at night
- ✓ Wool or Fleece hat and gloves
- ✓ Baseball cap or visor
- ✓ Toiletries and personal medication, including sun block and bug spray
- ✓ Headlamp or flashlight
- ✓ Clothes to paddle the river in with appropriate shoes that can get wet
- ✓ Camp shoes
- ✓ Optional items: camera, cards, soccer ball, Frisbee, football

If you would like to borrow anything, please let Melanie know by Friday, April 30<sup>th</sup>. We are looking forward to this trip!