



Seventh Grade Winter packing list

What to wear & carry on departure day:

	Base layers + ski socks	Synthetic or wool long underwear and ski socks
	Mid layer	Fleece, wool, or synthetic
	Ski pants and jacket	
In a small bag for the bus ride:		
	Water	1 liter water bottle labeled with name. NO Camelbaks.
	Food	Day 1 lunch and snacks

Everything must fit in a large backpack (~50-60 liters). If you need to borrow one please email outdoored@aspencountryday.net

Accessible in top of pack:		
	Hat with visor	For skinning
	Warm winter hat	
	Neck gaiter or Buff	Mandatory for face protection
	2 pairs of ski gloves or mittens	+ Glove liners which are optional for skinning
	Food	Day 2 lunch and extra snacks (your child needs 2 lunches total) Packable lunch items and please reduce the packaging
	Water	Additional 1 liter bottle labeled with name
	Hand and toe warmer packets	
	Goggles + sunglasses	Both are mandatory for eye protection
	Sunscreen + lip balm with SPF	Small tubes
In the pack's main compartment:		
	Headlamp	With extra batteries
	Minimal personal toiletries	toothbrush, small toothpaste
	Underwear	Extras for days 2 + 3

	Socks	2 <i>extra pairs</i> of ski socks, wool or synthetic
	Packable Cozy pants & t-shirt	For hanging out inside the hut
	Long underwear/base layers	<i>Extra pair</i> of top and bottoms, synthetic or wool
	Booties or slippers	Lightweight, for wearing inside the hut
	Day pack	Compressible and lightweight for day tour. May be attached to the outside of the backpack.
In the bottom of the backpack:		
	Sleeping bag	15-25° rating recommended. Lightweight and compressible.
Attached to the outside of the backpack:		
	Ski helmet	

Please: NO CANDY OR ELECTRONICS.

Skis, skins, boots, and poles will be provided by the school.

Food: Please pack 2 lunches and snacks. [Click here for a list of ideas.](#) School will provide all other meals. **Please let us know of any food allergies ASAP, email: outdoored@aspencountryday.net**

Medications: If your child is bringing ANY medication (over the counter or prescription) on the trip, please contact the school nurse at maggieloor@aspencountryday.net as soon as possible to fill out the necessary paperwork. Please report any new **medical concerns or changes in your child's medications** by logging in to MyCountryDay.net and selecting Magnus Health. Example: recent injury, concussion, diagnosis. Please contact the school nurse with any updated information.