



## Dodd's Narrows Field Trip

### Gear List

Dear Parents and Guardians,

2 May, 2018

The latest weather forecast for Friday is calling for clouds and an average temperature of 16 degrees. In light of this, it is essential that students come prepared for potentially cold conditions down by the water. Additionally, students should all have a healthy packed lunch and at least 1 -2 litres of water or tea that will provide them with the energy and hydration needed to complete the 6 km round trip. Please see below for trip gear list:

1. Layered clothing: Base layer of fleece or wool with outer layer consisting of rain jacket and pants.
2. Toque or similar warm hat.
3. Gloves.
4. Sturdy footwear: Running shoes or hiking boots.
5. Backpack.
6. Water bottle/ thermos. Minimum 1 - 2 litre.
7. Lunch: High protein.
8. On trail snacks: Granola Bar, Clif Bar, Trail Mix, Chocolate Bar.

Students are welcome to bring along cellphones to capture photos of wildlife but DBES staff will not be responsible for lost items.

The trip to the Narrows should be a great learning and exploring opportunity. If you have any further questions or concerns please feel free to contact [REDACTED] or Mr. McDowall.