

Grade 5: Outdoor Skills - Fire Lighting and Cooking

Students have chosen groups that they will be working with to learn fire lighting skills in the river valley. As a team they have talked about the materials they would like to bring.

Do not send matches or lighters, the school will provide these.

Each child needs to bring:

Tinder of their choice they have learned about types or check <http://www.practicalsurvivor.com/tinder> for other ideas.

Each team needs to bring

1 - tin can for boiling water

Clothing

- 1 synthetic long underwear bottoms
- 1 synthetic long underwear tops
- 1 fleece jacket
- Waterproof/ breathable jacket and track pants or ski/ snow pants
- 2 pr. Synthetic/ wool socks
- 1 toque
- 1 hat
- 1 pr. mitts
- 1 pr. Gloves
- Sunglasses
- Sunscreen
- Lip Balm
- Toilet paper and multiple Ziplocs
- Backpack, min 20L
- 1L water bottle (filled)
- Healthy lunch and snacks
- Warm winter boots or shoes, that come above the ankles

Note: We will be walking from the school to the Sheep River Park across from the library.

Great Winter Food Ideas:

Fruit and Veggies

- Fruit
- Dried Fruit
- Veggie sticks with hummus

Protein

- Deli Meat
- Beef Jerky
- Pepperoni Sticks
- Tuna and crackers
- Cheeze
- Hard boiled eggs
- Cream cheese
- Wraps
- Sandwiches

Snacks

- Energy Bars
- sesame snaps
- Granola bars
- Cookies

Putting it all together:

- Tuna or Egg Salad Sandwiches are great
- Wraps with meat and cheese
- Wrap with cream cheese and peppers
- Bagels with cream cheese
- Crackers (stoned wheat thins) and cheese