

HOW TO PREPARE FOR THE NORDIC CENTER WINTER TRIP

The following information will help you prepare your child for their upcoming field trip to the nordic center. 4th graders will snowshoe and 5th graders will cross-country ski. It is very important to make sure your child is ready to go for this fun day in the snow. An appropriately dressed child that has eaten an amazing breakfast and packed a solid lunch will have the best time on their field trip.

Please don't forget to send your child with a signed waiver and the \$10 fee to give to their teacher!

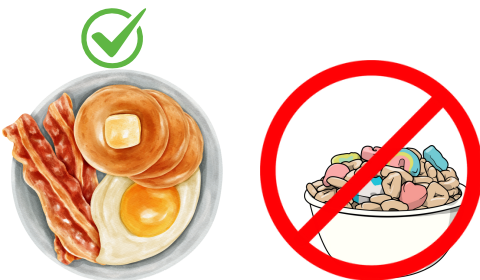
If you have any questions please feel free to reach out to the Pocatello Outdoor Recreation department at 208-234-6237.

FOOD!



GIVE YOUR CHILD A GREAT BREAKFAST

It is important that your child starts their day with an amazing breakfast so that they can have the energy to enjoy their field trip and stay warm. This should combine a good mixture of carbs, proteins and fruits. They should eat eggs, bacon, oatmeal, juice, fruit, bagels, waffles, hash browns, sausage, vegetables, etc. If they just eat a bowl of cereal, they will be hungry before they even start the day. Please provide a plentiful, above average, big breakfast before they leave home.



SEND YOUR CHILD WITH A SOLID LUNCH

We do not have electricity, running water, garbage, or janitorial services at the nordic center. Therefore, sending your child with a cup of noodle or microwave lunch will not work. Send your child with something that is easy to pack and eat. Be sure to include a snack that can fit in a pocket! You can send them a hot lunch in a thermos, a sandwich with all the sides, or a packed school lunch. It is important to remember that your child will be hungrier than usual and will eat more. Send food that is already prepared and ready to go. We do not have a drinking fountain. We haul our water for the students in 5 gallon jugs each day. Send your child with a refillable water bottle so they can stay hydrated during the day. We will provide the best-ever hot chocolate during lunch, so there is no need to send specialty drinks (this hot chocolate is not dairy-free).



HOW TO DRESS!

Before the field trip, have your child try on all of their outdoor clothes and boots to make sure that they still fit because they most likely grew from last season. The night before, lay out all of these clothes and pack a bag with extra layers.

Send them to school dressed and ready to go; there is only a very cold outhouse to change in at the nordic center.

DRESS IN LAYERS

START WITH A WICKING
BASE LAYER

LONG UNDERWEAR IN SYNTHETIC OR
WOOL MATERIALS, TOP & BOTTOM



WEAR THICK, LONG SOCKS!
WOOL ARE BEST.
DO NOT WEAR ANKLE SOCKS!



ADD YOUR WINTER COAT!



WEAR INSULATED SNOWPANTS,
SNOW BIBS, OR SLICK PANTS* ON TOP!
ABSOLUTELY NO JEANS
OR SWEATPANTS!



IF WEARING UNINSULATED
SLICK PANTS,
ADD A WARM BOTTOM LAYER
UNDER THEM AS WELL.

ADD A SYNTHETIC FLEECE TOP OR
WOOL SWEATER



DON'T FORGET TO ACCESSORIZE! WARM HAT, WATERPROOF GLOVES/MITTENS,
BUFF/NECK GAITER, AND SUNGLASSES ARE A MUST!
DO NOT WEAR A FULL FACE MASK, GOOGLES, OR THIN KNIT GLOVES!



WARM SNOWBOOTS
ARE A MUST FOR 4TH
GRADERS



AND RECOMMENDED
FOR 5TH!

FOLLOWING THESE GUIDELINES WILL MAKE YOUR CHILD HAPPY!



DON'T FORGET
SUNSCREEN!