

# WS10 Winter Survival Level 1: Participant Information



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## Clothing You Should Have For WS10

- **CLOTHING** appropriate to the expected weather conditions:
  - Multiple **layers** are better than a single, super-warm jacket
  - this enables you to add or remove layers as you get warmed up during activities, or as weather conditions change
  - A **warm hat** that covers your ears
  - Warm **gloves** or **mitts** – and a spare pair might be a good idea!
    - ◆ some lesson tasks may require the use of fingers
  - **Scarf** or **neck gaiter**
  - **Footwear** that will keep you warm for periods of standing or sitting, but will also enable you to walk, run, and do exercises and stretching – and which will not fill up with snow!
  - **Sunglasses** – bright sunny days and snow can hurt your eyes



## Equipment to Bring to WS10

- Comfortable **DAYPACK** you can wear for walking & running
  - a **water bottle** (METAL preferred for winter)
  - **dry socks** (always a good idea)
  - a **notebook, clipboard, or thin binder**
    - ◆ there will be notes and handouts!
  - **pens** and **pencils** (pencils work even when it's really cold)
  - a folding or non-folding pocketknife
  - small pack of **tissue** for those runny nose moments
  - a **plastic bag** for used tissues
  - a **snack** for the break between lessons