

# Lindeman Lake Overnight Camp #1

## Parent and Participant Information Handout

Outdoor Education Academy  
Vedder Middle School

The following information is intended to help participants and parents prepare for our first overnight camp. This short, overnight trip is intended to introduce students to backpacking and camp life. We will establish and familiarize students with safe camping practices that we will use throughout the school-year. Three other handouts accompany this handout: *Oct 10,11 Overnight Itinerary.pdf* , *Food Preparation and Planning.pdf* , and *Personal Supply List.pdf* .

### LINDEMAN LAKE:

Camping at the Lindeman Lake.

Trail: 2km & 700 feet elevation gain. (For comparison, Elk Mt to first lookout, approx. 4km & 2000 ft elevation gain).

#### Learning Outcomes

Outdoor Education: packing, backpacking, tent set-up, cooking and staying warm!

Science: Astronomy

Socials: reading contour intervals and elevation on topographic maps.

### PREPARATION SCHEDULE:

Wed, Oct. 10 – **Overnight Packs sent home with students. Pack all personal supplies and food.**

Thur, Oct. 11 – Students bring fully packed bags to school in morning.

– Regular school day

– **Add school-supplied gear to bags before school & during lunch.**

– 3:00 departure on school bus.

Fri, Oct. 12 – 2:15 return to school: unpack, sort/return equipment.

### FOOD PLANNING:

See the attached *Food Preparation and Planning.pdf*

Students need to plan **one group dinner** with tent mates, and each bring enough personal food for **1 breakfast, 4 snacks, and 1 lunch** (in addition to their lunch for Thursday's regular school day).

### PACKING:

#### Personal Supplies

- ✓ Pack all clothing items on the personal supply list: **base, insulation & shell layers, gloves, toque, waterproof hiking boots, eating utensils and personal toiletries are all required.** Swim suit, heavy winter mitts, running shoes, and goggles are not needed.
- ✓ Include a special bag to hang food and scented items in: a waterproof stuff sac is ideal, but a kitchen garbage bag wrapped overtop of any bag will do.
- ✓ Pack clothing items in smaller bags to keep them organized inside the larger pack: stuff sacks are ideal, plastic grocery bags will work.
- ✓ Add a large garbage bag to the bottom of the pack for emergencies and rain.
- ✓ Ten Essentials: Students should do a mental check that within their tent group they have all *ten essentials*. Some items provided by school, see below.

#### Individual (supplied by school)

- ✓ Sleeping bag & pad
- ✓ Headlamp
- ✓ Water bottle

#### Group Supplies (supplied by school)

- ✓ Tent
- ✓ Stove, pots, fuel, cleaning supplies
- ✓ Compass & map
- ✓ Rope

#### Shared between 2 tent groups (supplied by school)

- ✓ Water purifier
- ✓ Cooking shelter

## **SUPERVISION & CHAPERONES**

Mr. Shea, Mr. Falk, and Nancy Howden (female chaperone)

## **FIRST AID**

The group will carry one large first aid kit and bear spray, in addition to Mr. Shea's and Mr. Falk's personal first aid kits. Mr. Shea and Mr. Falk completed their wilderness first aid certification in August and their advanced wilderness first aid certification last weekend. The group first aid kit has some **blister supplies** for surprises. As students become more familiar with where blisters are likely to develop on their feet, they will need to carry their own supplies.

## **COMMUNICATION WHILE IN THE FIELD**

We will carry an Inreach satellite communicator that will allow us to send and receive text messages and, in the unlikely case that help is required, contact emergency rescue when needed. We will not be receiving text messages or emails from individuals while in the field. We will be in touch with our administration while on overnight trips. Please direct all questions towards our administration team while we are in the field. They will be able to contact us in case of emergency (with a time delay). See contact information below. A vehicle will be left at the trail head.

Facebook and twitter posts will be possible from the field and we will test this feature out on the trip. We will enable a tracking feature on our next extended overnight trip to allow families to follow our progress from home on satellite imagery.

## **GENERAL INFORMATION**

### **Leave-No-Trace**

The academy will always practice a "Leave-no-trace" approach when camping. We will "pack out" what we "pack in": excess food, food packaging, & garbage will be carried out. Fires will only be built if existing fire pits are available (or under emergency circumstances). Human waste will be buried when outhouses are not available.

### **Toilets**

Separate latrines will be established for boys and girls. Waste will be buried. Given the dry conditions, toilet paper in small quantities will be buried.

### **Knives**

Small, Swiss-army-style knives will be permitted as part of first aid kits and for cooking. Please review safe knife handling practices with your son or daughter, and we will too. Knives may not be used outside of cooking for any reason and will be confiscated if they are. Carving and whittling is not allowed. Large knives and knives that do not fold will be confiscated. Thank you for your support in this area.

### **Fishing**

Please leave fishing rods at home for this short trip.

### **Swimming**

Swimming will not be allowed. SD33 requires a certified lifeguard for swimming activities.

We have had a great start to the year and have been looking forward to our first trip! Students are well prepared. Please encourage them to be diligent in their preparation and planning this week so that we have a smooth trip. Remember, mornings are very cold these days so plan appropriately.

## **CONTACT INFORMATION**

### **Vedder Middle School**

Phone: 604-858-7141

### **Greg See, principal**

Email: greg\_see@sd33.bc.ca

Cell: 604-793-6348

### **Grant Kushniryk, vice-principal**

Email: grant\_kushniryk@sd33.bc.ca

Cell: 604-798-8672

### **Chris Falk, OEA teacher**

Email: chris\_shea@sd33.bc.ca

Cell (personal): 604-793-3231

### **Jason Shea, OEA teacher**

Email: jason\_shea@sd33.bc.ca

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