

Lindeman-Flora Lakes Multiday Backpacking Trip

Parent and Participant Information Handout

Outdoor Education Academy
Vedder Middle School

This three-day, two-night backpacking trip is our culminating outdoor education activity for term 1. It is intended to give students the opportunity to apply all of the skills and practices they have learned throughout the term. Two other handouts accompany this handout: *Food Preparation and Planning.pdf*, and *Personal Supply List.pdf*.

WINTER WEATHER: Weather can change very quickly at this of year: alternative routes need to be planned for and used subject to trail and snow conditions. If snow conditions do not permit travel over Flora ridge, the alternative route will be to camp both nights at the site between Lindeman and Greendrop Lakes and day hike from there to Greendrop and Flora Lakes.

We will conduct a strict personal equipment check on Wednesday morning. Students who are not appropriately packed will not be allowed to attend. On our first overnight, some students did not pack enough insulation layers. We will be camping higher in the alpine and the weather will be colder. Proper shell layers, insulation layers, and waterproof boots will be essential on this trip. Students will be asked to include an additional layer of warm clothing that they will keep dry in their bags for wearing in their tents. Keeping ourselves and our equipment as dry as possible will ensure a successful trip.

LINDEMAN-FLORA LAKES LOOP TRAIL:

Trail: 20km & 3700 feet elevation gain.

Day 1: Hike to camping site between Lindeman and Greendrop Lakes.

Day 2: Hike to Flora Lake, up to Flora Ridge, and camp south of ridge.

Day 3: Return to school

SCHEDULE:

Tuesday, October 15

– **Students take overnight packs home. Pack all personal supplies and food.**

Wednesday, October 16

– Students bring fully packed bags to school in morning.

– **Students' personal supplies are checked by teachers.**

– School-supplied gear handed out.

– 9:30 departure on school bus.

Friday, October 19

– return to school by 2:00 PM. Unpack, sort, and dry equipment.

FOOD PLANNING:

See the attached *Food Preparation and Planning.pdf*

Students need to plan **two group dinners** with tent mates and each bring enough personal food for **2 breakfasts, 6 snacks, and 2 lunches** (in addition to their lunch for the bus ride home). **Please eat a good breakfast the morning of the hike.**

PACKING:

Personal Supplies

- ✓ Pack all clothing items on the personal supply list: **base, insulation & shell layers, gloves, toque, waterproof hiking boots, eating utensils, winter mitts and personal toiletries are all required.** An extra pair of small gloves and a toque take up little space and increase comfort.
- ✓ 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.
- ✓ **Line the entire pack with a large garbage bag to keep everything dry.**
- ✓ Add a large garbage bag to the bottom of the pack for emergencies.
- ✓ 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.
- ✓ Pack clothing items in smaller bags to keep them organized inside the larger pack: stuff sacks are ideal, plastic grocery bags will work.

Continued below

Individual (supplied by school)

- ✓ Sleeping bag & pad
- ✓ Fleece sleeping bag liner (optional)
- ✓ 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 Ingrid Schoolkate

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.

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 the trip and will update our location as needed. 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.

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. Depending on the dry conditions, toilet paper in small quantities will be buried or burned.

Knives

Small, Swiss-army-style knives are 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.

Students are well prepared. Please encourage them to be diligent in their preparation and planning this week so that we have a smooth trip. Winter is here so pack appropriately.

CONTACT INFORMATION**Vedder Middle School**

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Food Preparation & Planning

Outdoor Education Academy

Food should be...

- well balanced: every meal or snack is a mixture carbohydrates, protein, and fat.
- light weight: no glass jars, large cans or liquids!
- non-perishable.
- sturdy enough to be packed.
- able to be boiled: frying, toasting, baking, searing, and simmering are challenging to do on our light-weight camp stoves. So, keep it simple – keep it “boil-only”.

Things to know...

Tents groups will cook dinners together but all other meals and snacks will be individually planned and prepared. Water will be boiled for breakfast. Stoves will be used for breakfasts and dinners only: lunches and snacks will be eaten cold.

Tips...

- Remove food from bulky packaging – repackage in zip-lock bags.
- Divide snacks into smaller serving sizes for quick access while on the move.
- Large freezer bags work great for separating items in the beginning, but also work well as a large garbage container for messy items, like tuna cans, later on in the trip.
- ***Avoid overly-processed foods. Whole grains breads and simple foods, such as nuts, will provide a steady, long-lasting energy supply.***

Examples:

Breakfast: Quaker Instant Oatmeal, bagel and jam, Red River Cereal, porridge. A warm drink.

Lunches: pita bread/Stoned Wheat Thins/bagels... with cheese/peanut butter/jam/salami or summer sausage.

Dinner: Spaghetti, rice, or freeze-dried meals with canned tuna or canned chicken and a cheese, spaghetti or alfredo sauce.

Snacks: pita bread with cheese or sausage, nuts with dried fruit and chocolate

Treats: bulk candy or mini candy bars, cup-of-soup.

Drinks: hot chocolate, milk powder, tea, juice crystals, or my favorite in the evening... hot Gatorade!

Condiments: spices, sugar, pepper, & salt etc...

Name: _____

Cooking partners : _____

Every meal must contain protein, carbohydrates, and fat.

No processed foods, like chips or sugary-granola bars.

Pack whole-foods, like nuts & dried fruit mixed with chocolate chips; canned tuna or chicken with pasta and a dried sauce (like Knorr soups).

See the *VMS Cooking Guide*.

	Day 1	Day 2	Day 3	Day 4
breakfast	C P F	C P F	C P F	C P F
am snack	C P F	C P F	C P F	C P F
lunch	C P F	C P F	C P F	C P F
pm snack	C P F	C P F	C P F	C P F
diner	C P F	C P F	C P F	C P F

Plan to eat from a variety of food groups every couple of hours. In general, a person needs 1800-2000 calories a day. Add on to these 400 calories – or more – for every hour of hiking with a large pack. Hiking with a pack for eight hours can burn over 5000 calories in a day!

Vedder Middle School Outdoor Education Academy

Personal Supply List

The following supplies are required for participation in Vedder Middle School's *Outdoor Education Academy*. Students should have all items by the end of the second week of school. We will review these items with students during the first two weeks of school.

<input type="checkbox"/>	running shoes	Proper running shoes required! Skate shoes not acceptable. If you have difficulty with running, we recommend purchasing shoes from a store dedicated to fitting running shoes, such as <i>Peninsula Runners</i> in Abbotsford.
<input type="checkbox"/>	swim suit	
<input type="checkbox"/>	hiking boots	Waterproof boots required: Gore-tex lined or leather that can be sealed; light but supportive enough for a three day backpacking trip is ideal.
<input type="checkbox"/>	hiking socks x2	Comfortable, absorbent hiking socks: med weight; synthetic or wool. No cotton.
<input type="checkbox"/>	base layer – bottom	Tights or long johns: usually made of synthetic material, wool, or silk. Must keep you <i>warm-when-wet</i> . Under-layers used for other sports, such as hockey, may be acceptable. No cotton or denim!
<input type="checkbox"/>	base layer – top	See above...
<input type="checkbox"/>	quick-dry shorts	No cotton or denim!
<input type="checkbox"/>	t-shirt warm-when-wet/quick dry	Must be made of a synthetic material, wool, or silk. Must keep you warm-when-wet. No cotton or denim!
<input type="checkbox"/>	long sleeve shirt warm-wen-wet/quick dry	Must be made of a synthetic material, wool, or silk. Must keep you warm-when-wet. No cotton or denim!
<input type="checkbox"/>	insulation layer – top	A warm, light weight jacket or sweater. Does not need to be wind or waterproof because it will be layered with a shell jacket. Must be <i>warm-when-wet</i> : No cotton hoodies! Fleece jacket or synthetic filled jacket ideal. Down is good for dry conditions only.
<input type="checkbox"/>	shell pants waterproof/breathable	A Gore-tex style, waterproof/breathable fabric to be layered over others layers. Zippers on legs are convenient for winter. Heavier products will be more durable – lighter products will be more breathable. Insulated ski-pants will wet-out in temperatures near 0°C and will be too heavy to carry.
<input type="checkbox"/>	shell jacket waterproof/breathable with taped seams	As for above... but with taped seams. Taped seams are more important on the upper body: they keep water from seeping through stitching. Feel seams for a ribbon of tape that runs the length of the stitching.
<input type="checkbox"/>	toque	<i>Warm-when-wet</i> . Toques will be carried on all trips during fall and winter season, not just winter
<input type="checkbox"/>	sun hat	Quick dry is nice but not necessary.
<input type="checkbox"/>	sunglasses	Very important during winter. Must be rated to stop uv rays.
<input type="checkbox"/>	sunscreen	With a high spf rating: 45+ spf or above.
<input type="checkbox"/>	underwear x2 warm-when-wet/quick dry	Cotton is nice during good weather, but <i>warm-when-wet</i> is safer for maintaining warmth during rainy and cold weather trips.
<input type="checkbox"/>	plastic eating utensils	Durable plastic required. Fast-food utensils will do in a pinch but will not last.
<input type="checkbox"/>	eating bowl	A 2-4 cup plastic measuring cup purchased from a grocery store makes a simple and light plate set. Works as bowl, plate, and mug.
<input type="checkbox"/>	winter mitts	Ideal mitts have a waterproof shell with removable insulation (such as fleece) for quick drying. Ski gloves will wet-out under warmer condition and are too hard to dry. A very light pair of gloves (like figure skating gloves) work well around camp or when hiking.
<input type="checkbox"/>	personal toiletries	Basic essentials only. No shampoo, deodorant, perfume etc... not needed.
Optional Items		
<input type="checkbox"/>	fleece tights	If you get cold, or during the winter season, an additional mid-layer for the lower body will be necessary.
<input type="checkbox"/>	rain hat	Not needed if you always carry a hooded shell jacket. A rain hat lets your upper body breath better than wearing a hood while hiking.
<input type="checkbox"/>	quick-dry pants	General use nylon, quick-drying pants are more comfortable than waterproof/breathable when it is not raining.
<input type="checkbox"/>	blister supplies	We will go over various options in class. Lots to choose from these days.