

# 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:** After an extended summer, and what seems like a two-week fall, winter is here early. Because of snow levels, 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 Monday morning. Students who are not appropriately packed will not be allowed to attend. 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. On our last day trip, a small number of students preferred to hike without their shell layers and became completely saturated. 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:

Thursday, Oct. 25 or Friday, Oct.26 – **Students take overnight packs home. Pack all personal supplies and food.**

Monday, Oct. 29 – 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.

Wednesday, Oct. 31 – return to school for afternoon Halloween activities. 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 Wednesday's regular school day upon return). **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 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.

**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**

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

Cell (personal): 604-703-9573