

Heather Trail Backpacking Trip: June 23rd-26th

Parent and Participant Information Handout

Outdoor Education Academy
Vedder Middle School

This four-day, three-night backpacking trip (also as the Three Brothers) is our culminating outdoor education activity for the year. It is intended to give students the opportunity to apply all of the skills and practices they have learned throughout the year. The trail is approximately 40km in length, with a cumulative loss in elevation: we start at 5800ft and finish at 2700ft. Two other handouts accompany this handout: *Food Preparation and Planning.pdf*, and *Personal Supply List.pdf*.

Students will need to be prepared for all types of weather on this trip: wind, rain, snow, and bright sun. Sun screen and sun glasses are essential. We will conduct a strict personal equipment check on Tuesday 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. Keeping ourselves and our equipment as dry as possible will ensure a successful trip.

ROUTE: DRYRIDGE PARKING LOT (BLACKWALL PEAK) – TO – CAYUSE FLATS

Day 1: Hike to Buckhorn Campsite (10km)

Day 2: Hike to Kicking Horse Campsite (5km + hike up First Brother Mountain)

Day 3: Hike to Nicomen Lake Campsite (10km)

Day 4: Hike to Cayuse Flats for pickup by school bus (16km)

ALTERNATIVE ROUTE PLAN

Subject to conditions on the trail, our alternative itinerary will be as follows.

Day 1: Hike to Buckhorn Campsite (10km)

Day 2: Hike to Kicking Horse Campsite (5km + hike up First Brother Mountain)

Day 3: Day hike Nicomen Ridge and return to Kicking Horse (16km)

Day 4: Hike to Cambie Creek group campsite for pickup by school bus via Fat Dog Creek (11km)

SCHEDULE:

Friday, June 21 – **Students take overnight packs home. Pack all personal supplies and food.**

Sunday, June 23 – Meet at 12:00 in the red science lab to pack bag with group gear.

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

– Remaining group gear handed out.

– 1:00 departure on school bus.

Wed., June 26 – Return to school for between 3:00 and 5:00pm. Unpack, sort, and dry equipment. Students will call once we are back at the school.

FOOD PLANNING:

See the attached *Food Preparation and Planning.pdf*

Students need to plan **three group dinners** with tent mates and each bring enough personal food for **3 breakfasts, 7 snacks, and 3 lunches (plus Sunday's)**. **Please eat a good breakfast the morning of the trip.**

PACKING:

Personal Supplies

- ✓ Pack all items on the personal supply list. Be prepared for snow... **base, insulation & shell layers, gloves, toques, waterproof hiking boots, eating utensils, and personal toiletries are all required. Sunscreen and sunglasses are absolutely essential.**
- ✓ 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.**
- ✓ **Bring extra garbage bags to stuff the tent fly in in case we have to pack it up wet.**
- ✓ 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.

Individual (supplied by school)

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

Group Supplies (supplied by school)

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

Shared between 2 tent groups (supplied by school)

- ✓ Cooking shelter
- ✓ Extra fuel
- ✓ Water purification system (optional)

SUPERVISION & CHAPERONES

Mr. Shea, Mr. Falk, Nancy Howden and Stefanie Van Santen

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. Toilet paper will be 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.

Please encourage students to be diligent in their preparation and planning this week so that we have a smooth trip.

CONTACT INFORMATION**Vedder Middle School**

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