

Fat Dog Creek, Winter Camping Trip - Feb 26th-28th

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 the winter season. It is intended to give students the opportunity to apply all of the skills and practices they have learned throughout the first half of the year. Two other handouts accompany this handout: *Food Preparation and Planning.pdf*, and *Personal Supply List.pdf*.

WINTER WEATHER: Students will need to be prepared for all types of winter weather on this trip: wind, rain, snow, bright sun and cold temperatures need to be planned for. 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. Students will be asked to include additional insulation layers for wearing outside (warm-when-wet) and another light set 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.

CAMBIE CREEK GROUP CAMP SITE – TO – FAT DOG CREEK BASIN:

Trail: 5km & 1200 feet elevation gain.

Day 1: Snowshoe from Cambie Creek group campsite to Fat Dog Creek basin and set up camp

Day 2: Day activities planned

Day 3: Snowshoe out and return to Cambie Creek group campsite for highway access

SCHEDULE:

Friday, Feb. 22 – **Students take overnight packs home. Pack all personal supplies and food.**

Tuesday, Feb. 26 – Students bring fully packed bags to school in morning with food.

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

– School-supplied gear handed out.

– 9:30 departure on school bus.

Thursday, Feb.28 – return to school for last bell. 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 3 lunches**. **Please eat a good breakfast the morning of the trip.**

PACKING:

Personal Supplies

- ✓ Pack all winter clothing items on the personal supply list: **base, insulation & shell layers, gloves, toques, waterproof hiking boots, eating utensils, winter mitts 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.**
- ✓ 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, fleece liner & sleeping pad
- ✓ Headlamp
- ✓ Water bottle
- ✓ Gaiters

Group Supplies (supplied by school)

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

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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