

Fat Dog Creek, Winter Camping Trip - Feb 23rd-24th

Parent and Participant Information Handout

Outdoor Education Academy
Vedder Middle School

This two-day, one-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*. If weather conditions permit, we may extend the trip to two nights (this decision will be made the week prior).

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

SCHEDULE:

- Wed, Feb. 18 – **Students take overnight packs home. Pack all personal supplies and food.**
- Mon, Feb. 23 – 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.
- Tue, Feb. 24 – 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 **one group dinner** with tent mates and each bring enough personal food for **1 breakfasts, 3 snacks, and 2 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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Jason Shea, OEA teacher

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Food Preparation & Planning

Outdoor Education Academy

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.

Food should be...

- well balanced: every meal or snack is a mixture carbohydrates, protein, and fat.
- light weight: no glass jars, large cans, liquids and boxes!
- 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. Keep it simple – keep it “boil-only”.

Tips...

- Remove food from bulky packaging – repackage everything 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 by day and also work well as garbage bags 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. NO DUNKAROOS, POPTARTS, or similar snacks!**

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	
breakfast		C P F	C P F	
am snack	C P F	C P F	C P F	
lunch	C P F	C P F	C P F	
pm snack	C P F	C P F	C P F	
diner	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"/>	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, such as toothpaste, personal hygiene products, and medication. 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.