

Okanagan Mission Secondary Lake O'Hara



Guide for Leaders

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Planning dates for Lake O'Hara for 2015-16

Some groups leave on Sunday, Sept. 13 and some on Monday, Sept. 14, 2015

All groups will be returning on Saturday, Sept. 19, 2014

February 3, Tuesday		Notification: Give message to CIMS secretary to send a synerVoice message home to all parents with Grade 11 students stating that there will be a meeting on Feb 17, Tuesday for all parents and students who wish to either participate in the Lake O'Hara Field Trip or find out more about it. Make Lake O'Hara facebook group and update school sign and general announcements.
Feb. 18, Wednesday	7:00-8:30pm	Students, Parents and Prospective Chaperones: Information meeting about this year's trip. Go over Park rules and regulations, Alpine Club of Canada rules, <u>weather</u> , brief history of the trip, philosophy, student and chaperone expectations. Hand out Student Information Sign-up sheets, Student Guides, Chaperone Information Sign-up Sheets and Chaperone Guides.
Feb. 27, Friday	3:15 pm	Deadline: For: Web Application, Permission Form, and Money \$300.00. Payment online is required and signed permission forms handed in to the office to guarantee placement in a group. Any extenuating circumstances (need more time, can't afford it, etc.) see Mr. Ross.
April 1, Wednesday	7:00-8:30 pm	Chaperones only: <u>Judy Varey to go over Criminal Record Check Forms.</u> Meeting to go over expectations of leaders: First Aid Training – (Set Date with First Aid Trainer); Class IV license to drive vans if needed; Criminal Record Check; positive attitude; need <u>truck with a canopy</u> or minivan; equipment - pack, tent, stove, etc. (Ross to bring <u>pack w/samples</u>); expected to attend meetings; hold meetings with students; expectations while on the trip; requests of routes with respect to level of difficulty; safety first always, etc. ATTENDANCE MANDATORY
March 2 – 6, Monday-Friday	Lunch Hour	Meet in Ross' room at noon to assign students and chaperones to groups and routes: During the week, go over the list of students and chaperones and come to the meeting with suggestions. Ross, Sinclair, Simpson, Kormany, Grenier choose groups, leaders and assign routes.
April 8, Wed	6:00 pm	Chaperones only: ATTENDANCE MANDATORY Meeting with chaperones re: groups / equipment, safety concerns, etc. before meeting with students
April 8, Wed	7:00-9:00pm	Students, Parents, and Chaperones -- ATTENDANCE MANDATORY Equipment and general safety meeting at OKM. In addition, we will go over the routes, groups, and expectations. Outdoor Adventure Gear, AG Superstore, True Outdoors are local suppliers that have supported us in the past. (See Nickel, Faust, Morin or Ross if you want an opinion).
April 22, Wed	7:00-9:00pm	Students, Parents, and Chaperones -- ATTENDANCE MANDATORY Food / Menu Planning and Safety meeting: we will answer questions regarding tents, packs, stoves, first-aid, clothing, and cooking utensils. After a short group meeting, students and chaperone will meet in their groups to design their own group menus.
May 6, Wednesday	7:00 – 8:30pm	Chaperones only: ATTENDANCE MANDATORY Chaperones to report to other leaders feedback about their individual group meetings, express concerns, ask questions, etc.
May and June		Meet with your groups as needed to check equipment, clothing, decide on menus, who is responsible for what and look after my details that you deem to be necessary for a safe, enjoyable trip. Distributing flyers and collecting bottles for the fundraiser
May 30, Saturday	7:00-2:00pm	Bottle Drive Fundraiser: All students to be at school for the whole day participating in the bottle drive. ATTENDANCE MANDATORY
September 1 , Tuesday	7:00 - 8:30pm	Chaperones only: Concerns, equipment, menus, routes, weather, Parks requirements, transportation, Driver's Declaration ATTENDANCE MANDATORY
September 1 – 4		Chaperones must meet with their groups to make sure that the food (menus) for everybody in their group is organized and that every student has appropriate gear.
September 8, Tuesday	7:00 pm	Students and Chaperones: ATTENDANCE MANDATORY Full equipment check – all students and chaperones must meet at OKM with all equipment, clothing, cooking utensils, pots and pans, stoves, etc.
September 10, Thursday	7:00 pm	Chaperones only: ATTENDANCE MANDATORY Distribution of permits, last minute concerns, Park Meeting at Roger's Pass, emergency procedures, lock combinations for gates and huts, route confirmations, group confirmation, discuss weather implication, Parks requirements, transportation, etc.

Parents, Chaperons, Students, and Teachers HAVE HAD TO SIGN OFF AND ACKNOWLEDGE THE FOLLOWING RISKS:

INHERENT RISKS INVOLVED WITH THE LAKE O'HARA HIKING TRIP

Our School District demands that we identify the inherent risks for any activity that involves students. Before a student can be involved with an outdoor activity, their parents/guardians must be aware of the **Inherent Risks** associated with that activity and sign off acknowledging their willingness to have their son/daughter participate understanding the risks involved. It is our job as a school to make sure that all precautions will be taken to minimize and or eliminate these risks. Through proper planning and experience, we believe that our students will be able to be involved without risk to themselves in the activities planned as long as they use common sense and good judgement while on the trip.

Students and Chaperones are required to attend educational seminars on safety, food equipment and preparation, equipment choice, clothing choice, physical fitness as well as general discussions dealing with team-work in small groups. When students arrive in the National Parks, before any hiking is done, they are given a seminar by Parks Officials on safety, flora and fauna, trail etiquette, what to look out for, disposal of wastes, and how to keep a clean camp-site so as not to attract animals.

INHERENT RISKS ASSOCIATED with BACKPACKING IN THE YOHO, KOOTENAY, GLACIER, and BANFF NATIONAL PARKS

1. Risks associated with traveling by vehicle to and from the activity.
2. Risks associated with camping such as coldness, wetness, and getting over heated. Hypothermia and hyperthermia can always occur regardless of the level of planning that has been involved.
3. Risks associated with vigorous physical activity such as hiking. There will be some level of discomfort with participating in a hiking activity. There is always the possibility of blisters, muscle pulls, twisted ankles, knee or arm injuries, cuts and scratches.
4. Risks associated with creating warmth by fire such as burns or cuts.
5. Risks associated with wilderness camping such as conflicts with animals.
6. Risks associated with disruptive weather. In the past we have had sun, rain, snow, and extremely cold weather. Students are expected to be prepared for any kind of weather.
7. Risks involved with getting lost in the wilderness despite the fact that we are always travelling on National Parks trails to and from all destinations.
8. Risks associated with poor decision making by individuals such as leaving the group.
9. Risks involved with the fact that there are few park rangers in the area when we are there. Any problems we may encounter will have to be solved on our own. Cell phones do not work.
10. Risks involved with drinking water from creeks and streams. We have not had any issue to date with water born diseases and we recommend that each group have at least one water purifier and or water purification tablets or boil the water before consuming it.

Philosophy: experience is a teacher --what better way to get to know your country than to get up close and personal with the land, vegetation, fauna, snow, ice, sky, and water. Sometimes you have to push yourself to endure the prize of personal accomplishment. For all who participate on this trip each of us will experience a multitude of experiences which include:

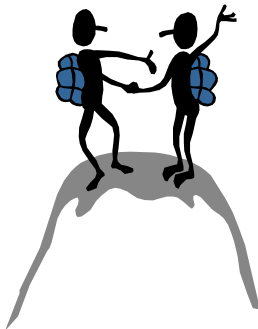


- Character building and self-esteem growth
- Self-confidence and self-concept development
- Cooperation and teamwork
- Inner strength and endurance
- Tolerance and compassion for others

Many of the best experiences occur when you come up against a tough situation and you overcome it.

This program provides opportunities for a sustained effort and a further development of a positive self-concept by all participants.

- Self-concept involves aspects of image of self, self-confidence, peer interaction, and parent interaction
- Duration and intensity of outdoor activities are key aspects to effective programs that improve self-concept.
- Leaders are key components of the program.



Designed objectives – The program will be considered a success if students and participants develop attributes that enhance their growth in a variety of ways. The experiences itself will allow every individual to grow at their own pace and it is our responsibility as adults to provide the safety net which will allow this personal growth to take place. We would like the activity to develop or assist in developing:

- Environmental ethic, outdoor awareness and knowledge
- Interpersonal skills: cooperation, communication
- Person challenge: reach beyond their perceived capabilities

The objectives should be provided by the design of the program. The leader's job is to facilitate the meeting of the objective.

Don't underestimate your role as a leader and facilitator.

Responsibilities of Group Leaders

Group Leaders have a responsibility to:

1. Attend all meetings
2. Obtain doctor's permission to go on the trip if any physical vulnerabilities exist.
3. Be physically fit.
4. Abide by the same code of conduct as the students.
5. Learn the material presented at meetings and in turn teach that material to the students in their group.
6. Meet with their groups several times in the planning process in order to establish relationships with group members, pass on valuable information regarding park rules, equipment, menu planning first aid, safety etc.
7. Ensure that each group member is assembling appropriate equipment in a timely manner.
8. Ensure that the meals planned for the group are nutritionally sound and reflect the group's preferences with attention to any food allergies.
9. Ensure that each group member has a good level of fitness by planning several day hikes for the group.
10. Ensure that each group member is participating in all meetings.
11. Be in touch with the parents of each group member to establish trust and rapport and discuss any concerns throughout the preparation process.
12. Be in touch with Michael Ross and or Sarah Sinclair to express any concerns about group members.
13. Have a support vehicle for their group.
14. Be willing to get a Class 4 Driver's License if necessary.
15. Ensure that the group is completely prepared by the day of departure.
16. Be with the group from OKM to the Rockies and back to OKM – door to door commitment.
17. Be prepared for any unexpected occurrence on the trip and be ready to make a decision about how to best deal with the occurrence.
18. Be ready to deal with any discipline issue that may arise on the trip. Students should be prepared to respond to you as a person of authority in the unlikely event that you should have to act.
19. Be prepared to continue on your route in foul weather, deviating from that route only in extreme situations where safety is at risk. Remember that being uncomfortable is different than being in danger.
20. Be prepared to be flexible, adaptable, democratic and a good listener.
21. Be ready to HAVE THE TIME OF YOUR LIFE!

Responsibilities Of the group Leader



April to June

- Attend all planning and informational meetings
- Coordinate and monitor preparation of your own group
- Organize menu / clothing / equipment lists
- Organize pre-trip hikes or outings
- Participate in fundraising activities where appropriate
- Familiarize self and group with route itinerary.

August / September

- Personal and group fitness
- Visual check of menu / clothing / equipment
- Coordinate transport of group and equipment
- Keep in touch with your group
- Look after last minute details



On the Trip: Safety First, and always!

- Lead the group on route and keep the group together
- Take responsibility for decisions on route
- Stay with the designated route
- Monitor school and park rules on route

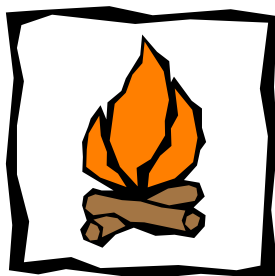
MOUNTAIN MANNERS

GENERAL SAFETY



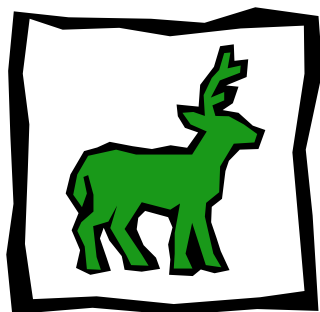
1. Obey your leader and cooperate with your group.
2. Never go out alone and always leave word where you are going and when you plan to return.
3. Check the weather and dress accordingly.
4. Pack a first-aid kit and a repair kit.
5. Don't over-exert; hypothermia and accidents occur more often when the body is tired or cold.
6. Plan ahead to reach the campsite well before dark.
7. Learn to recognize potentially dangerous conditions and take appropriate precautions.
8. On the scree slopes, avoid crossing directly above or below other people. Cross diagonally and stay in a group. Take sure and steady steps to reduce rock fall.

BE AWARE OF THESE DANGERS!



1. **Hypothermia** – lowering of body temperature caused by becoming wet, exhausted and cold. **Symptoms:** shivering; loss of coordination; impaired judgment. **Treatment** – dry out; warm up; get food and drink.
2. **Rock Fall:** – the trail from Oesa to Abbot Pass is the most likely area for this.
3. **Bears** – The best defense against bears is to stay in a large group and always make a lot of noise. The trail from McArthur to Ottertail and the Rockwall is the most likely area to encounter bears. All bears are potentially dangerous. They are very unpredictable. It is unlawful to feed the bears. Stay alert. Always hike in a group. Make noise. Watch for bear signs (tracks or scat). Pick up garbage and keep your campsite clean. Don't cook or eat in your tent. No food, of any kind in your tent. Store your food away from tent – use the bear poles where provided.
If you encounter a bear: Don't make sudden moves; running is not a good idea. Speak softly, remove your pack, back toward a tree and climb as high as you can.

PARK RULES



Litter: When packing – organize to minimize garbage. Pack it out if it can't be burned. Do not throw food scraps away – they will attract animals. If you see litter on the trail – pick it up.

Wildlife: Do not feed the animals. (Not even the Whisky Jacks that will sit on your hands.) Fishing / hunting is not permitted on this trip.

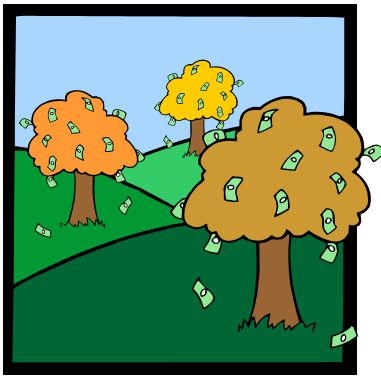
Natural Objects: Do not cut, move, or remove anything including: Rocks, fossils horns, antlers, plants, flowers, nests, mushrooms etc. Do not make walking sticks out of dead or living wood/branches/trees.

Camping: Camp and sleep only in designated areas. One tent allowed per camp pad. Maximum number of sites used per group is five. Permits are necessary. Do not cut boughs for bed or shelter. **LEAVE CAMPSITE CLEANER THAN IT WAS WHEN YOU ARRIVED.**

Groups: The size is limited to 10 persons maximum. Do not camp or hike in larger groups.

Campfires: are not permitted at most sites. They are allowed **ONLY** in designated facilities. Use only the wood provided; do not cut your own. No open fires at Little Yoho, Whaleback, Twin Falls, Laughing Falls.

Trails: Stay on the trails at all times. Shortcutting causes damage that takes years to repair.



Pollutants: Dispose of grey water in designated areas. Dispose of soapy water and wash yourself and dishes away from the lakes and streams. Use biodegradable soap.

Human Waste: It is a must that facilities are used where provided. If not provided, dig a hole away from the trail and cover after.

Closures: Fire hazard, avalanche or bears may cause closures. Obey all signs or instructions.

Quiet Hours: There must be absolute quiet in the campgrounds and huts after 11 pm. (Preferably earlier)

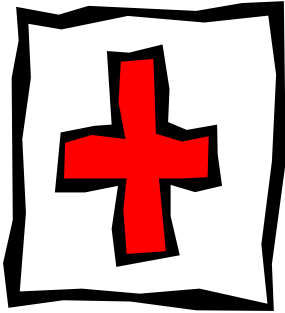
During the season, a custodian is present to maintain the huts and coordinate hut users. Respect their wishes and do everything to help them keep the huts clean and comfortable for everyone. Leave the huts cleaner than found.

HUT RULES



1. Be courteous; be courteous; be courteous.
2. Leave your boots at the door.
3. Do not be the last to go to bed. (Observe quiet hours)
4. Keep your personal gear well organized.
5. Store food in the designated area.
6. Clean your own dishes etc. and offer to do the same for others.
7. Replenish firewood. Offer to split and cut at least the amount you and your group used. **BE EXTREMELY CAREFUL CUTTING WOOD.**
8. Do not leave any food behind.
9. Pack out all your garbage.
10. Respect other hut users. They deserve quiet, space, and courtesy. Talk to the people, they are usually friendly and interesting.
11. Use the appropriate bathroom facilities.
12. Offer to dump waste water in the grease pit.
13. Keep up the supply of drinking water (without being asked).
14. Bring extra fuel for the stoves and lanterns. Leave left over fuel behind.
15. Bring extra mantles for the lanterns.

IF YOU GET LOST OR INJURED!



The best way to avoid becoming lost or injured is to always stay with your group and follow your itinerary. If you get lost:

1. Do not panic.
2. It is usually best to stay in one place.
3. Make your position known to your searchers by three blasts of your whistle.
4. Make yourself as comfortable and safe as possible. Avoid hypothermia.
5. If injured, have a member of your party, or another hiker contact the warden service.
6. Have word passed on to your group area leader and Michael Ross.

EMERGENCY PROCEDURES FOR EXTREME WEATHER

These will be discussed at the final chaperone meeting.

PRE-DEPARTURE CHECKLIST

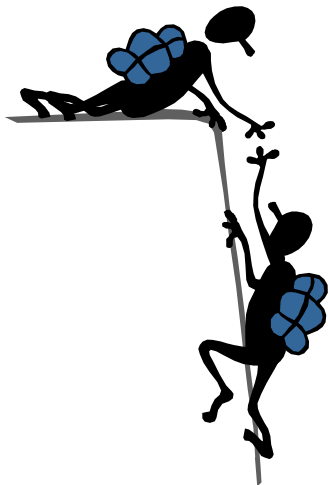
May / June

- First Aid certification where required
- Criminal Record check
- Participate in Fund Raising Activity
- Review and familiarize self with itinerary
- Maps for route – go over thoroughly
- Copy of park rules
- Class 4 drivers license (where requested)
- Meetings with group
 - review of itinerary
 - menu preparation information
 - equipment information
 - clothing information
 - review safety rules
 - park rules
 - “house” rules
 - arrange shake-down outings
 - arrange pre and post-summer hike with pack



August / September

- ACC hut lock combinations
- support vehicle for packs
- visual check of tent and fly (actually put it up)
- visual check of equipment (see it all; light their own stoves)
- visual check of clothing
- visual check of menu
- visual check of packed food
- “special” dessert for Abbot’s Pass
- first aid kit for group (incl. Blister treatment)
- pack and tent repair items (“O” rings; duct tape)
- establish telephone “tree” for return
- colour-tag packs and equipment
- camera and film (1 roll provided per group)
- extra litre of fuel for each hut stay
- extra mantles for lanterns



Be prepared to have the time of your life!

Environmental Information

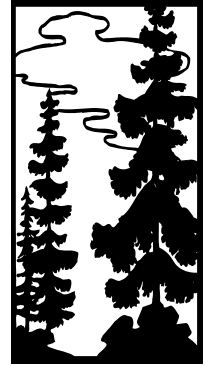
Vegetation Areas

I. Subalpine Zone

- Engleman Spruce
- Subalpine Fir
- Lodgepole Pine – common after a natural disaster (fire)
- Larch (Tamarack) – turns gold in late September

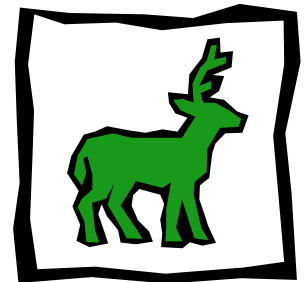
II. Alpine Zone (Alpine/Tundra)

- Growth rate slower creates small old trees
- Engelmann Spruce
- Meadows
- Adapted to a harsh environment (eg. Snow any time of year)
- Short plants because abrasive effects of wind and snow are less at ground level.
- Desiccation because of exposure to wind
- Exposed areas may have only small clumps of mosses etc, which exist as a colony and give protection to one another



Animals

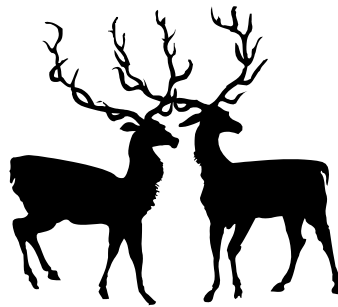
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| - Marmot | - Pika |
| - Ground squirrels | - Mule tail deer |
| - Black bear | - Grizzly |
| - Mountain goat | - Canada Jay (Whisky Jack) |
| - Ptarmigan | - Grouse |
| - Moose | - Elk |



Geology

- 600 million years old
- Rocks originated in a coastline which used to be around Alberta
- Sandstone was changed to quartzite by heat and pressure
- Limestone and shale are also prevalent.
- Mountains formed 10 million years ago during major mountain uplifting.
- Movement along fault lines occurs, especially in peaks.
- Ice is the dominant factor in the area; most of the area was covered to a depth of several thousand feet (tops of peaks only showing) (1st appeared 2 million years ago)
- On the east side of the Rockies, ice moved to the continental ice sheet in the east
- On the west side of the Rockies, ice moved out toward the Rocky Mountain Trench and then south to the U.S.
- Probably 16 major ice advances and retreats occurred, which gouged out valleys and created cirques and pyramidal peaks. Most of the material was carried south, while some moraine material is left behind as remnants. Valleys that were pre-existing as river valleys were modified by ice into U-shaped valleys. E.g. Hanging valley – Yoho valley, (Takkakaw Falls), and Little Yoho Valley
- Actual valley bottom (bedrock) may be thousands of feet below eroded material deposited on top
- **Peaks** that were never fully ice covered were made jagged by freezing and thawing of ice
- Smooth rock is created by ice and small rock embedded in ice moving over existing rock, gouges created by larger rocks are called **striations**.

- **Pocket (cirque)** glaciers joined with larger valley glaciers and some are now occupied by lakes (eg. McArthur Lake; Oesa); - where two cirque pockets cut from each side of a hill it creates a ridge or an arete; where three cirques cut in towards each on three sides it forms a matterhorn peak (or a pyramidal peak, or horn).
- **Talus** slopes are found around pocket glaciers and at the base of cliffs. The material deposited at the bottom of the cliffs has been created by freezing and thawing above the glacier and material dropping down, also responsible for material which falls on top of the glacier and is eventually deposited as moraine.
- **Talus slopes** - active ones will have no growth / will be stable if covered by growth
- **Terminal Moraine** - point of standstill of tongue (snout) of glacier, evidence of the farthest advance of a glacier.
- **Lateral Moraine** - caused by pile-up of talus along edge of glacier that is left when it retreats eg. Yoho Glacier
- **Baergshrungd** is a crack in ice at the head of a cirque where it attaches itself to the mountain.
- **Hanging Glacier** - develops from top and falls into a valley - eg. Victoria Glacier
- **Outwash Plain** - various sized moraine material washed down the glacier eg. Ends of valleys near the Kicking Horse River
- **Rock Flour** - finely ground rock suspended in water (gives it turquoise colour, i.e. Lake O'Hara, MacArthur Lake, Kalamalka Lake), this flour settles out to form sediments (eg. cliffs along roadside near Pentiction)



Historic Events and Place Names

- 1885 - CPR Railway completed; Yoho Park opens
- 1887 - J. J. McArthur discovers Lake O'Hara
- 1897 - Jean Hable discovers Takakkaw Falls
- 1903 - Mt. Goodsir, highest peak in the park, is climbed
- 1905 - Alpine Club of Canada is formed
- 1908 - "Teahouse" at Twins Falls built for Swiss guides
- 1913 - Wiwaxy cabin (still standing) built in Lake O'Hara meadows. 10 more cabins built and all but 2 moved to the lake.
- 1922 - Abbot Pass hut built on route from Lake Louise. Named for P. S. Abbot who died on LeFroy in 1896 (first recorded fatal mountaineering accident in Canada)
- 1926 - Lake O'Hara lodge completed
- 1930 - Alpine Club acquires title to Elizabeth Parker hut.
- 1941 - Alpine Club completes Stanley Mitchell hut.
- 1949 - 25 miles of trails built at Lake O'Hara
- 1959 - Trans Canada Highway and Roger's Pass open
- 1980 - Yoho Park declared a heritage site by Unesco

Abbot Pass - named for P. S. Abbot who died on Mt. Lefroy in 1896, the first recorded mountaineering accident in the Canadian Rockies. S. E. S. Allen named the route from Lake Louise the Death Trap because the glacial was (still is) considered so dangerous.

Glacier Peak - S. E. S. Allen names the glaciated portion of the LeFroy wall.

Goodsir - named by Sir James Hector who led the party which first explored the Kicking Horse Pass. (it was named after his anatomy professor in England)

Huber - named by S. E. S. Allen for a Swiss climber who made major first ascents in the park.

Hungabee - name by S. E. S. Allen using the Stoney Indian word which means "The Chieftain".

Kicking Horse - named after an accident in which Sir James Hector was kicked by his horse and thought dead.

Laughing Falls - quote from outfitter and guide; "The stream cascaded over a rock ledge in a beautiful, waterfall. It brightened up its surroundings so much that it was given the name Laughing Falls."

LeFroy - named by Sir James Hector for the head of the Toronto observatory General Sir John H. LeFroy.

Mary Lake - named for the author (Mary Schaffer) of a prized book on mountain exploration called "Old Indian Trails"

Schaffer - mountain and lake name by S. E. S. Allen for Mary Schaffer's Husband.

McArthur - named for surveyor J. J. McArthur whose many discoveries include Lake O'Hara, Lake McArthur and McArthur pass.

Odaray - named by S. E. S. Allen using the Stoney Indian word which means "cone mountain"

Oesa - named by S. E. S. Allen using the Stoney Indians word for "ice".

O'Hara - named by S. E. S. Allen for Col. Robert O'Hara who was one of the first to see the lake.

Opabin - named by S. E. S. Allen. Opabin means "rocky".

Ottertail - the word is a translation of the original Indian name.

President - previously named Mt. Shaughnessy for the president of the CRP from 1899 - 1917. The name was changed in 1904.

Seven Sisters - Description of the multiple channels of the falls. Legend also tells a story that seven sisters were saved from a pursuing hunter by a God who turned them into these falls. On a quiet night, they can be heard calling to be saved, according to the legend.

Takakkaw - named from an Indian word meaning "it's wonderful".

Vice President - originally named after the vice president of the CPR (Dave McNicoll) The name was changed in 1904.

Wapta - named after the Stoney Indian word for "river".

Wixway - named by S. E. S. Allen for the Stoney Indian word for "windy".

Yoho - named from the Cree word meaning "wonder or astonishment".

Yukness - named by S. E. S. Allen from the Indian equivalent of "sharp peak".



Individual Gear Checklist with Notes

Personal Clothing / Equipment	Notes
Underwear	3-4 pair, less cotton the better
Long underwear	2 pair, synthetic
Long sleeved base layer top	2 tops, synthetic, similar to the long underwear
Socks	2-3 pair, socks are a very personal matter. However – should be wool or wicking type of hiking sock (or combination of both fabrics). Some people prefer 2 layers, one thin, wicking sock with a wool sock ovetop. Either way you will need 3 full changes of socks. It is nice to keep one pair of wool socks for sleeping. Definitely no cotton whatsoever.
Short sleeved shirt	1 top, synthetic is more flexible but cotton is ok – this is for warm weather wear.
Shell pants	1 pr, nylon or polyester , wind resistant but breathable. These can be worn over a pair of long underwear when it is cold or windy but not raining. Some people prefer soft shelled (wind resistant) fleece here while other prefer a simple thin nylon material.
Shell top	1 top, same idea as shell pants
Shorts	1 pr, some form of nylon is best, not cotton. Some folks prefer a walking type of short – others like athletic shorts
Warm top layer	This can be a fleece or sweater. Synthetic or wool (real wool!). This will be THE warm layer at night. Some people use a compressible synthetic or down filled jacket (but must be light and compressible).
Gloves	1 pr, synthetic. Generally do not need to be heavy. Lots of people use a simple fleece glove or mitten.
Toque	Many people take 2. A heavier one for warmth and a light one for sleeping
Hat	Baseball cap or something similar. Works well under a hood when raining. Hopefully will be used for sunny days at high altitude! Some people prefer a “tilly” type of hat.
Raingear	Optimally will be some form of breathable & waterproof pants and jacket. Second choice would be full waterproof (not breathable) pants and jacket. Third choice would be a poncho – however these flap in the wind and can be awkward. Try borrow goretex or similar pants and jacket.
Gaiters	If it is rainy, snowy or muddy, these really help.

		Again borrow if possible
	Runners / shoes	1 pr. The lighter and more “packable” the better. These will be for evenings around camp. Some people prefer synthetic filled “booties”. However, they should have a tough sole surface.
	Hiking boots	Leather or goretex. The boots are very important. Need to be heavy enough to provide support while carrying a pack over rough terrain. If leather, waterproof well before the trip. Make sure the boots are broken in well before the trip. Blisters can be very debilitating.
	Towel	Small (dishtowel size), can be cotton, some synthetics around (pac-towel), Shamwow’s work well.
	Wash (face) cloth	If you are inclined
	Bandana	Optional. Many folks like to have a bandana. Wiping dry dishes, washing face, soaking with water for around neck when hot etc.
	Toothbrush / Toothpaste	Toothpaste should be small size. You may want to consider sharing it in your small group.
	Soap	Preferably biodegradable. Again possible to share with your small group. “Campsuds” are inexpensive and work well (any outdoor store).
	Sunglasses & sunscreen	
	Toilet paper	One full roll between 2 people should be plenty. Take the cardboard roll out of the middle and put the TP into a couple of small (barely fit) zip-lock bags.
	Fork & spoon	Tablespoon size spoon more useful
	Sharp knife	Swiss army knife or something similar. One knife per small group will be fine.
	Water bottle	1 L Nalgene – we prefer to be consistent with this particular brand as it fits the water filters well and they are generally shatterproof. You want a sturdy brand as the lids of cheaper bottles have been known to break off.
	Carabineer (2-5)	To attached water bottle and other equipment to your back pack
	Bowl & cup	Some form of plastic is preferred
	Flashlight	Small is preferred. Could be a headlamp. If normal bulb – you may require additional batteries. If it is an LED type – a fresh set of batteries at the start should be fine.
	Backpack	Needs to be able to “comfortably” hold 30-40 lbs. Good guide is 65L for shorter statured folks and 85L for taller folks. Make sure it is not too large or small for your height – it will be very uncomfortable. If possible, carry it around for a few hours with weight (2L pop bottles) in it to see how comfortable it is.

	2-3 green garbage bags	These are good to line the pack with and then stuff your equip into them.
	Food Storage Bag	This should be a waterproof stuff sack that is strong enough to be hoisted up the bear poles
	Sleeping bag	Should be comfortable to about -15°C. Synthetic preferred or down with goretex cover. Mummy type bags much smaller and easier to compress.
	Sleeping pad	Thermarest, ensolite or similar (not the full size base camp model!)
	Whistle	Plastic preferred. This is a “must have” safety item on your person at all times (except maybe when sleeping – but must be worn if getting up to go to bathroom!!)
	Camera	Perhaps share amongst small group? One of the chaperones will take a substantial number of pics however, most students will want to take some of their own photos.
	Other electronics	No phones, no MP3 players, no gameboys, no hairdryers, no curling irons etc. – you get the idea! Each chaperone will have a phone for emergency purposes only.
	Individual pot	Each person should have a small pot. Would suggest a large soup or juice can. The lid is cut off with a safety opener, we put a wire bail on them and they can be thrown out at the end of the trip. Please speak with the chaperones about this.
	First aid equip	Any particular first aid supplies the individual feels they require. Personal medications as required (please inform T. Fulton if a student is on any medication or if a student has any allergies)
	Spare change of clothes	This will be for the return trip. Put in a bag that can be left in the vehicles separate from your camping equipment and clothing.
	Hiking poles	Optional. Some people find hiking poles very useful. Help provide stability with a full pack on. Also can relieve some pressure on the knees when descending long grades.
	\$\$	Students should bring some money for a “fast food” lunch in Revelstoke on the return trip home.
Note: This list is based on cooking and eating as sub groups of 2 (other cooking arrangements require different gear)		
	Small Group Shared Equipment	Notes
	Tent with fly	To sleep 2 (or 3 if we have a group of 3). Needs to be a reasonable quality. If we get 3-4 days of rain and snow, a reasonable tent can make a significant difference. Do not purchase something inexpensive. Would be preferable to rent or

		borrow. Many tents use a groundsheet. If you wish to use one – it should not be larger than the “footprint” of the tent. No large plastic tarps please.
	Stove	Each group of 2-3 students should have one. Small, backpacking “white gas” type. Talk with the chaperones about this as we have a few between us. We will likely need 1-2 more. Very important students know how to light and care for the stoves before the trip. We can teach them.
	Cooking utensils	Just need a single larger spoon to stir to the bottom of the pot. Plastic is good.
	Fuel	2L per small group. Must be in an appropriate fuel container. Speak with chaperones about this.
	Duct tape	Just need to wrap a couple of feet of tape around a “bic” lighter. Good for small repairs and is good over blisters
	Matches	Wooden variety – placed in a waterproof plastic container. We can buy a larger box for the large group and distribute
	Dish soap	Small amount in a well sealed bottle (campsuds work!). Should also be in a small ziplock bag
	Drying towel	For dishes. Bandana is great.
	Large Group Equipment (provided by Chaperones)	
	Water filter	Once we are on the trail we will be filtering all water into the Nalgene bottles.
	Rope for stringing food packs in trees etc.	
	Box wooden matches	Will be distributed to each small group prior to trip and need to be placed into waterproof container for each small group
	First aid kit	One Group and multiple personal
	Bear spray	Each chaperone will have one
	Emergency cell phone	Each chaperone will have one
	Maps, compass	Two Maps and One compass



SAMPLE -- Lake O'Hara Menu Suggestions

Breakfasts

Instant cereals - oatmeal, cream of wheat etc.
Cold cereals - granola, musilix, etc.
Pancakes
Eggs & Ham or Sausage
English muffins, jam, and peanut butter
Eggs - scrambled, sunny side up etc.

Snacks

Trail mix
Fruit leathers
Granola bars
Fresh fruit - oranges, apples, etc.
Marshmallows
Rice crispy squares

Lunches

Buns - kaiser, hot dog buns, etc.
Bread - pita, rye, etc.
Melba toast
Bagels
Wasa Crackers – rye crisps
Weiners
Assorted deli sliced meats
Soups - Ichiban, Knorr, cup-a-soup, etc.
Cheese - sliced and block



Drinks

Tang, orange crystals
Gatorade
Hot Chocolate
Iced Tea mix
Tea Bags
Coffee (instant)

Dinners

Pastas - penne, spaghetti, etc.
Stroganoff
Kraft Dinner with wieners etc.
Rice - instant, boil-a-bag, etc.
Turkey/Beef/Steak, etc. – vacuum packed & may be pre-cooked
Stir fry - with noodles or rice and fresh vegetables
Chicken Breasts - teriyaki or chicken fajitas
Stew - vacuum packed
Smokies
Taco Salad
Nine (9) grain soup with dumplings

Condiments

Sugar - brown, raw, white
Salt/Pepper/Chili peppers
Mustard/Ketchup/Mayonnaise
Garlic/Soya
Coffee whitener - coffeemate
Margarine/Butter
Peanut butter/jam/raisins/dried fruits



SAMPLE – Lake O’Hara Meal and Planning Guide

Date	Breakfast (on own)	Lunch (on own)	Dinner (12 together)	Shopping List
<p>Monday</p> <p>Leave school @ 7 am</p> <p>Rogers pass @ noon for info meeting</p> <p>Set up camp and have lunch</p> <p>- hike Balu Pass</p> <p>CAMP: Illecillewaet Campground</p> <p>car access</p>	<p>Eat BIG breakfast at home.</p>	<p>Pack a fun lunch – take it with you in the vans.</p>	<p>Tinfoil dinner –each bring meat, potatoes, vegetables, will wrap in tinfoil and cook</p> <p>-dessert: smores</p>	
<p>Tuesday</p> <p>Pack 2 days stuff (pack light food)</p> <p>Hike Hermit Trail</p> <p>CAMP: Hermit Alpine Camp</p>	<p>Ideas:</p> <p>-instant hot cereal</p> <p>-instant hot chocolate, tea</p> <p>-fruit</p>	<p>Ideas:</p> <p>-bagels, pita</p> <p>-apples</p> <p>-dried fruit</p> <p>-instant soup</p> <p>-pepperoni</p> <p>-hard cheese</p>	<p>Pasta / rice</p> <p>Sauce: tomato + cheese + pesto + parmesan cheese/ pepperoni</p> <p>-dessert: cookies</p>	
<p>Wednesday</p> <p>Explore Alpine area around Hermit camp</p> <p>CAMP: Hermit Alpine Campground</p>	<p>as above</p>	<p>-cured/ dried meats</p> <p>-peanut butter / jam</p> <p>-chocolate</p>	<p>Instant mashed potatoes</p> <p>Gravy</p> <p>Stew</p> <p>-dessert: rice crispy squares</p>	
<p>Thursday</p> <p>Pack up Camp early return to Vans</p> <p>car access</p> <p>Drive to Asulkan Pass</p> <p>Parking repack with 1 day of stuff (go light –no tents etc req.)</p> <p>Hike Assulkan Valley</p> <p>CAMP: Assulkan Hut</p>	<p>as above</p>	<p>as above</p>	<p>Chili and Rice</p> <p>-dessert: pudding</p>	
<p>Friday</p> <p>Clean Hut and return to Vans – Set up camp</p> <p>After lunch hike Sir Donald Trail</p> <p>CAMP: Illecillewaet Campground car access</p>	<p>as above</p>	<p>as above</p>	<p>Rice / noodle stir fry</p> <p>-dessert: pudding & fruit</p>	
<p>Saturday</p> <p>Pack up early,</p> <p>Hike to Marion Lake</p> <p>Meet rest of groups at Rogers Pass Info center at 12:30</p>	<p>as above</p>	<p>Revelstoke – Fast Food!</p> <p>Bring \$\$</p>	<p>At Home</p>	

Lake O'Hara Meal & Planning Guide
(6 Days: Leaving Monday)

Date	Breakfast	Lunch	Dinner	Shopping List
Monday Leave school @ 7 am Rogers pass @ noon for info mtg CAMP:	Eat BIG breakfast at home.	Pack a fun lunch – take it with you in the vans.		
Tuesday CAMP:				
Wednesday CAMP:				
Thursday CAMP:				
Friday CAMP:				
Saturday Pack up early, Meet rest of groups at Rogers Pass Info center at 12:30		Revelstoke Fast Food! Bring \$\$	At Home	

Lake O'Hara Meal & Planning Guide (7 days: Leaving Sunday)

Date	Breakfast	Lunch	Dinner	Shopping List
Sunday CAMP:	Eat BIG breakfast at home.	Pack a fun lunch – take it with you in the vans.		
Monday CAMP:				
Tuesday CAMP:				
Wednesday CAMP:				
Thursday CAMP:				
Friday CAMP:				
Saturday		Revelstoke Fast Food! Bring \$\$	At Home	

Notes :

