



## Grade 12 Outdoor Education

### Eagle Cap Backpacking

#### Overview

Our seniors have spent years perfecting their outdoor skills. This trip allows them to work together as seniors to have a wonderful experience in the Eagle Cap Wilderness. The hikes are a bit harder and the trailhead is a bit further from civilization. You really feel out there when hiking in the Eagle Caps. Not only is this a time for students to practice their skills, but it is also a time to reflect on the past several years of high school and prepare for the year ahead as seniors and as peer leaders to everyone at Riverstone.

#### Schedule of Activities

Tuesday, Day 1	Attend prep day at Riverstone and depart after school at 3:30pm <u>Dinner in Baker City, Oregon – Bring \$20-30</u> Basecamp at Eagle Trailhead
Wednesday, Day 2	Wake up at 6am and start hiking. 3 Groups headed to different locations in the Eagle Cap Wilderness. Looking glass lake, Culver Lake, Eagle Lake
Thursday, Day 3	Wake up and participate in teacher-led activities, consisting of a day hike to surrounding lakes or peaks. Return to camp for night 3
Friday, Day 4	Wake up, pack camp, and return to Riverstone by 3:30pm

#### Trip Goals

- Refresh and renew outdoor skills through participation in a community building outdoor education trip with their grade level..
- Build relationships with peers and faculty members during overnight excursions.
- Focus on the ecology, geology, and biology of the region of Eastern Oregon.
- Set the tone for the academic year with personal goals, group goals, leadership goals, and developing the attributes of the IB learner.



## Learning Outcomes

1. Understand outdoor gear and clothing essential for a 3-4 day overnight backpacking trip in moderately cool temperatures and high elevation.
2. Perform proper packing techniques to maintain appropriate access to certain items and focus on weight distribution to aid in efficient hiking.
3. Describe the behaviors of Leave No Trace that Riverstone follows.
4. Perform certain task with demonstrated competency, including:
  - a. Choosing a campsite
  - b. Setting up and taking down a tent
  - c. Efficient packing and maintenance of personal items
  - d. Lighting a MSR Whisperlite and cooking a meal
  - e. Proper clothing layering and body temperature regulation
5. Demonstrate techniques to communicate and problem solve in a group setting

## What to Bring

### Clothing

- ☐ wicking base layers (synthetic or wool)
  - ☐ upper-body base layer (1-2)
  - ☐ lower-body base layer
- ☐ insulating layers (down, fleece, or wool)
  - ☐ upper-body insulating layer (2)
  - ☐ lower-body insulating layer
- ☐ outer layers
  - ☐ waterproof rain pants and rain jacket (with a hood)
  - ☐ quick drying long pants
- ☐ t-shirts (2-3, synthetic or wool)
- ☐ shorts (1-2)
- ☐ underwear
- ☐ wool or synthetic socks
- ☐ hiking boots (highly advised to break them in on a couple day hikes in the foothills in order to prevent or manage blisters)
- ☐ closed-toe camp shoes
- ☐ gloves or mittens
- ☐ wool or fleece hat
- ☐ brimmed hat for sun protection



## Equipment

- ☐ backpacking pack (must be at least 65-liter storage capacity)
- ☐ sleeping bag
  - ☐ "Mummy Style" sleeping bags work best and should be rated to 20 degrees Fahrenheit. Down bags are lightweight and compress well but must be kept dry. Synthetic bags a little heavier but will keep the user warm even when wet. Both are appropriate for this trip; please reach out for any questions.
- ☐ sleeping pad (closed-cell foam or inflatable style work great)
- ☐ personal stuff sack for food and group cooking equipment
- ☐ 1-liter water bottle (2-3)
- ☐ sunglasses
- ☐ headlamp (make sure batteries work, and bring extra)
- ☐ personal toiletries (toothbrush/paste, sunscreen, lip balm, lotion, personal medications)
- ☐ cup
- ☐ bowl
- ☐ fork and spoon

## Optional

- ☐ camera
- ☐ binoculars
- ☐ field guide
- ☐ book
- ☐ playing cards
- ☐ hiking poles (help with balance and taking impact of leg joints)

\*Avoid Cotton Fabrics: When it gets wet, cotton is a very poor insulator and can significantly accelerate the onset of hypothermia. Additionally, wicking base layers, which transport moisture away from the body, can help the body stay cool in hot weather.

## Locations:

Eagle Cap Wilderness