



Grade 9, 10, & 11 Outdoor Education

Central Idaho Wilderness Backpacking

Overview

The high school backpacking trips are the cornerstone of our outdoor education program. This is where students' skills built in middle school and elementary school are put to the test. Students will navigate wilderness trails to a campsite with everything they need to survive on their back. Backpacking is such a transformative experience, being able to live comfortably with minimal supplies and equipment is beneficial for our students to realize they don't need a lot of gear or stuff to recreate outside. Under the leadership of our trained teachers, students will set up camp, cook on backpacking stoves, and navigate a day hike.

Schedule of Activities

<p>Tuesday, Day 0</p> <p>Return Home</p>	<p>Prep Day at Riverstone</p> <ul style="list-style-type: none"> - A variety of activities and meetings to help support students in their preparation. - Please bring a packed backpack to show leaders what students are bringing, and what they may be able to leave out. Weight is key.
<p>Wednesday, Day 1</p>	<p>Meet at Riverstone at 8:15 for immediate departure to various trailheads in the Salmon Challis National Forest, Payette National Forest, or Sawtooth National Forest</p> <ul style="list-style-type: none"> · Food and group gear will be distributed at the trailhead · Hikes from 2 – 6 miles will be taken to reach base camp (2 nights in one location)
<p>Thursday, Day 2</p>	<p>Wake up and participate in teacher-led activities, consisting of a day hike to surrounding lakes or peaks.</p> <p>Return to camp for night 2</p>
<p>Friday, Day 3</p>	<p>Wake up, pack camp, and return to Riverstone by 3:30pm</p>



Trip Goals

- Refresh and renew outdoor skills through participation in a community building outdoor education trip with mixed grade levels.
- Build relationships with peers and faculty members during overnight excursions.
- Focus on the ecology, geology, and biology of the region of Central Idaho.
- 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
 - o "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:

Central Idaho Lakes in the Frank Church Wilderness Areas, Sawtooth National Forest, and Payette National Forest