



# Grade 9, 10, & 11 Outdoor Education

## Fall 2024 – Backpacking

### Schedule of Activities

Wednesday, September 4	Meet at Riverstone at 8:15 for immediate departure to various trailheads in the Salmon Challis National Forest and Payette National Forest <ul style="list-style-type: none"><li>• Food and group gear will be distributed at the trailhead</li><li>• Hikes from 2 – 6 miles will be taken to reach base camp (2 nights in one location)</li></ul>
Thursday, September 5	Wake up and participate in teacher-led activities, consisting of a day hike to surrounding lakes or peaks. Return to camp for night 2
Friday, September 6	Wake up, pack camp, and return to Riverstone by 3:30pm

### 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:

### **Central Idaho Lakes in the Frank Church Wilderness Areas and Sawtooth National Forest.**

Langer Lake  
Ruffneck Lake  
Collie Lake  
Marsh Creek

Alice Lake  
Farley Lake  
Hell Roaring Lake