



Semiahmoo Secondary School

Physical Education 11/12

Winter Camping & Snowshoeing - Garibaldi Provincial Park (Diamond Head)

Location: Garibaldi Provincial Park (Diamond Head)
Activity: Winter Camping & Snowshoeing
Date(s): Feb. 22, 2019 - Feb. 24, 2019
Leave School: 7:30am Feb. 22, 2019
Return School: 4:00pm Feb. 24, 2019

Dear Participants & Parents:

Trip Information:

General: Students will be snowshoeing to Red Heather Meadows where camp will be set up near a warming shelter. The next day will involve a snowshoe to the Elfin Lakes Hut.

Cost: \$100 - Covers transportation and camping fees.

Supervision: We have supervisors with first aid and backcountry experience.

Risk Assessment:

Activity	Snowshoeing and Winter Camping
Location	Mountainous terrain with fluctuating elevation change. Typically 1 to 3 meters of snow. Although avalanche slopes are present in the area, at no time will the group be taken near such areas. The winter travel route is well marked and avoids such hazards.
Camping	Provincial park in tents; backpacking stoves used for cooking meals and heating water.
Fitness Requirement	Distances to be covered (10 km with full pack and 14 km with day pack) would require average to better leg strength and endurance to carry a 25 kg pack over the required distance.
Weather	Snow fall and temperatures ranging from lows of -15C to highs of 5C.
Medical problems	Equipment will be sufficient to keep students warm throughout the entire trip but hypothermia is a possibility. Muscle strain, frost bite.

Special Equipment: A general equipment list is available online at <http://semioutdoor.weebly.com>.

Behavior: Due to nature of this trip, mature, responsible behavior is required at all times.

If you require further information or have any concerns please contact me at 604-536-2131 or winkler_d@surreyschools.ca. Please return the attached permission slip with the necessary funds as soon as possible. The trip will be filled on a "first come, first served" basis.

Itinerary: Winter Camping & Snowshoeing - Garibaldi Provincial Park (Diamond Head)

Day 1: 7:30am - load vehicles and drive to trail head (stop at Squamish for fast food)
10:30am - unload vehicles and begin hiking to Red Heather Meadows
3:00pm - prepare camp sites (approx. 2-3 hrs)
6:00-8:00pm - prepare dinner
8:00-10:00pm - socializing, warming up in shelter, heating water bottles, evening snack to get internal furnace going
10pm-6am - shiver and shake and wish you'd listened to the teacher about how to stay warm!

Day 2: 7:30am - wake up
8:00am - breakfast
9:00am - clean up, hang food, secure campsite
9:30am - depart for Elfin Lakes (approx. 14 km)
12:30pm - lunch at Elfin Lake Hut (warm)
1:00pm - return to campsite
4:00pm - back at Red Heather campsite
5-7:00pm - dinner
7-10:00pm - clean up, hang food, warm up, evening snack
10:30pm - bed time

Day 3: 7:30am - wake up
8:00am - breakfast
9:00am - clean up and pack
10:00am - backpack to parking lot
12:00pm - load vehicles and return to Semiahmoo (stop for fast food in Squamish - urge usually quite strong by now...)
3:00pm - arrive at Semiahmoo and hang gear up to dry
3:30pm - go home

Day 4:

Day 5: