



Dear Riverstone Grade 9, 10, 11, and 12 Parents,

Fall is a great time to be in the mountains of central Idaho, and what better way to do it than with a group of peers and teachers to really kick off a great year of academics and outdoor education. A culmination of outdoor skills will be put to the test on these 3 day backpacking and camping trips. There is no better way to practice and learn those skills; as well as have the opportunities to cultivate friendships and unity that has characterized Riverstone for years. This is also a great way to show the mountains we have in our back yard and to expose our international and exchange students to a few of the most beautiful places in the country. These trips will take place from Wednesday, September 13, to Friday, September 15, in the Sawtooth Mountains and the Frank-Church River of No Return Wilderness Area.

Students will learn so much on this trip, not only from their teachers and chaperones, but also from each other. Students will be mixed with other students in different grade levels, and those who have been on these fall trips before will have the opportunity to mentor the younger students. Strong emphasis on Leave No Trace principles, navigation, proper campsite selection, will be a few of the many skills learned and enhanced on these trips.

With so many high school students attending these trips, it is important we disperse our use. We will take around 10 groups of 10-14 students to different locations in order to adhere to the rules of the land management organizations. Some groups will start at the same trailhead, but each group will have a different campsite they will stay 2 nights at. All campsites will be close to a lake or river for gathering water for drinking and cooking.

An important note on gear: students will participate in a variety of outdoor education trips during their time at Riverstone, it is important and encouraged to purchase gear that will be used frequently; such as a pack, sleeping bag, sleeping pad, and sturdy hiking boots that can be broken in. One or two car-based camping trips will be available for those students who are not comfortable being in the backcountry and would like a more leisurely camping experience. If your student would like to participate in the car-camping trip, please let me know, although we highly encourage a backcountry experience with our trained and competent trip leaders: the teachers. If you have any additional questions or concerns, please contact Derek Wright, Outdoor Education Coordinator, at dwright@riverstoneschool.org.

Please fill out and complete the attached health update and permission form. Return to Derek Wright no later than August, 29th, 2017.

Sincerely,



Derek Wright
Outdoor Education Coordinator



Grade 9,10,11, & 12 Backpacking/Camping Trips

Schedule of Activities

Wednesday, September 13	Meet at Riverstone at 8:30 for immediate departure to various trailheads around Stanley, Idaho. <ul style="list-style-type: none">• Food and group gear will be distributed at the trailhead• Hikes from 5 – 9 miles will be taken to reach base camp (2 nights in one location)
Thursday, September 14	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 15	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)
- sandals (**no flip flops**, must have heel backing for creek crossings and streams, can be used as camp shoes too)
- 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)
- 1-liter water bottle (2)
- 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 Sawtooth or Frank Church River of No Return Wilderness Areas

Farley Lake
Alice Lake
Bench Lake
Marshal Lake
Alpine Lake
Marsh Creek
Stanley Lake or Redfish Lake
Langer Lake
Ruffneck Lake
Collie Lake



Return to Derek Wright

PERMISSION SLIP FOR RIVERSTONE INTERNATIONAL SCHOOL

Destination: Central Idaho Mountains and Lakes: Sawtooth Wilderness or Frank Church Wilderness

Purpose: – Grade 9, 10, 11, 12 Fall Trip

Departure: Wednesday, September 13: 8:15 AM

Return: Friday, September 15: 3:30 PM

Mode of Transportation: Riverstone School Bus and Caldwell Transportation

Special Instructions/Equipment: Avoid Cotton!

PLEASE COMPLETE THE FOLLOWING:

Student: _____

Updated Health Information:

Current health issues:

My child is currently taking the following medication(s). Please indicate dosage and administration schedule:

I have had the opportunity to contact Riverstone International School with questions and/or concerns related to this activity and hereby give consent for my son/daughter to participate in the Wilderness Backpacking and Camping – Grade 9-12 and I confirm, understand and agree that participation in the activity and the School's transportation of my son/daughter thereto are each subject to the release of liability executed in connection with his/her enrollment at Riverstone International School the terms of which are incorporated by reference.

Parent or Legal Guardian: _____

Date: _____

Student Signature: _____

Date: _____