



December 20, 2017

Dear Riverstone Grade 10 Parents,

This winter, Grade 10 students will explore the snowy backcountry north of Idaho City for their winter outdoor trip that will take place Wednesday, March 7 through Friday, March 9.

Using snowshoes and backpacks, students will hike to a yurt where they will set up 4-season tents to sleep in at night for a true winter camping experience. During the daytime, we will explore the backcountry around the yurt while focusing on winter navigation, layering for temperature regulation, winter meal preparation, outdoor survival skills, and more. Students will be able to strengthen friendships and camaraderie among their classmates through team building exercises with evening debriefs and group discussions.

The location of the yurt will require a 2-3 mile hike on snowy terrain. We will be using backpacks and gear sleds to transport our individual gear, as well as shared food and equipment.

We will spend the majority of our time outside and will use the yurt on a limited basis only: to warm up and hold our community building discussions and activities. Proper clothing and gear is essential so please see the following equipment list for specific details on what your student will need for this trip. Riverstone will supply the snowshoes but your student is welcome to bring their own.

As always, we have some gear that we can loan from the school; please contact me as soon as possible so I can check our inventory for proper sizing.

There will be two information sessions held on January 10, 2018 in the school library located in the South Fork building to discuss the trip plans and goals, as well as proper equipment. This is a great time to bring your student and ask questions. Please join us at whichever session better suits your schedule.

- Session I at 8:45 AM
- Session II at 6:00 PM

I look forward to seeing you on January 10 at an information session. If you have any additional questions or concerns, please email me at dwright@riverstoneschool.org.

Sincerely,

Derek Wright
Outdoor Education Coordinator



Grade 10 Winter Camping Trip Details

Schedule of Activities

Wednesday, March 7	Meet at Riverstone International School at 8:30 AM for immediate departure to Idaho City yurt system north of Idaho City. (Please bring sack lunch) <ul style="list-style-type: none">○ Food and group gear will be distributed at the trailhead○ Hike 2-4 miles with snowshoes and gear and select a campsite○ Prepare winter campsite, short exploration and evening debrief and cooking
Thursday, March 8	Breakfast, warm up, explore on trails and backcountry Evening debrief and activities
Friday, March 9	Clean up campsite and hike back to vehicles. Return to Riverstone by 3:00 PM

What to Bring

Clothing – please make sure all clothing items are suitable for winter, they must be warm, non-cotton, and outer layers and boots must be waterproof.

- warm base layers or long underwear (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 snow pants and snow jacket (with a hood)
- underwear
- wool socks (3)
- waterproof snow boots (very important these are waterproof and made for use in snow, snowboard boots will not work as they do not fit in the snowshoe bindings)
- waterproof gloves, a second pair would come in handy if the first gets wet
- glove liners
- wool or fleece hat
- sunglasses
- Warm and dry clothing for the ride home

Avoid Cotton Fabrics: When it gets wet, cotton is a very poor insulator and can significantly accelerate the onset of hypothermia.

Equipment*

- backpacking pack (must be at least 65 liter storage capacity)
- sleeping bag
 - “Mummy Style” sleeping bags work best and should be rated to **0 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

- hand/foot warmers
- packable daypack or use regular backpack
- camera
- binoculars
- field guide
- book
- playing cards
- hiking poles (help with balance and taking impact of leg joints)

Winter Gear Purchasing Options

New Winter Clothing

REI Boise

8300 W Emerald St, Boise, ID 83704
208-322-1141

Sierra Trading Post

530 E Sonata Ln, Meridian, ID 83642
208-898-0261

Quality Used Winter Clothing

Outdoor Exchange

1405 W Grove St, Boise, ID 83702
208-297-7002

Backcountry Pursuit

671 S Capitol Blvd, Boise, ID 83702
208-429-1124