



December 20, 2017

Dear Riverstone Grade 8 Parents,

This winter, Grade 8 students will be exploring Galena Summit in central Idaho for their winter outdoor trip that will take place Wednesday, January 17 through Friday, January 19.

The students will backpack into two yurts using snowshoes with a goal of developing not only winter outdoor skills, but also building friendships and forging bonds with their classmates. During the days, we will explore the backcountry and focus on proper layering for temperature control, preparing meals, navigating using compasses and maps, snow science, outdoors survival skills, and more.

The location of the yurts and focus on snowshoeing is new for us this year. We will be hiking into the yurts, which will take around 45 minutes with all of our shared food and gear. We will have endless access to marked winter trails and a warm place to gather after a day in the outdoors, making this a great introductory winter trip for our 8th graders.

Our days will be spent snowshoeing on and off trail, making proper clothing essential. Galena Lodge will supply our snowshoes but please see the following equipment lists for specific details on what your student will need for this trip.

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 8 Winter Trip Details

Schedule of Activities

Wednesday, January 17	Meet at Riverstone at 8:30 for immediate departure to Galena Summit, north of Ketchum Idaho. (Please bring sack lunch) <ul style="list-style-type: none">○ Food and group gear will be distributed at the trailhead○ Fit snowshoes and conduct a lesson on walking in snowshoes○ Snowshoe to yurt (male and female yurts will be separate)○ Continue to snowshoe before dinner and evening activities
Thursday, January 18	Breakfast and full day of snowshoeing, teambuilding activities, winter skills Evening debrief and games
Friday, January 19	Breakfast, clean yurt, and return to Galena Lodge for service project. Return to Riverstone campus by 3:30 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)
- yurt shoes – can be slippers or athletic shoes, used to keep wet boots out of the yurt
- yurt clothing- it will be a bit warmer in the yurts and in the evening students can wear comfortable sweats and sweatshirt to cook and sleep in
- 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 0-20 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

**Backpacking packs, sleeping bags, and pads are used often at Riverstone. Keep in mind the Grade 8 spring trip will be a 5 day backpacking trip along with an additional 30 days in the backcountry by the time they graduate.*

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