



# MACDONALD DRIVE JUNIOR HIGH

## Duke Of Edinburgh's Award – Hike Preparation Package



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## REQUIRED GEAR

GENERAL	Gear	Notes
	Backpack	Properly fitted
	Hiking Boots	Hiking boots or day hikers only
	Additional footwear	For evening use
	Paper Bags	To place in damp footwear in the evening
	Hiking Pole(s)	
	Sleeping Bag	Including waterproof stuff sack
	Sleeping Pad	
	Flashlight/Headlamp	Including extra batteries
	Waterproof Matches	
	Pocket Knife	
	Whistle	Warn at all times
	Water Bottle	Platypus is preferential
	Cup and Bowl	Plastic only
Fork, Knife, Spoon		

Note: Be sure not to over pack.		
PERSONAL	Socks and Underwear	Pants
	Shirts (long and short sleeve)	Sweater/Sweatshirt
	Hat/Cap	Gloves
	Raingear (Jacket and Pants)	Sleepwear (including hat)
	Sunglasses	Toothbrush/Toothpaste
	Soap	Toilet Paper
	Washcloth/Towel	Sunscreen
	Bug Spray	Deodorant

Note: To be shared between all tenting group members.		
GROUP	Tent (3-4 Person)	Stove and Fuel
	Pots and Pans	Washcloth and Soap
	Garbage Bags	First Aid Kit

Note: You must pack for your practice hike as if you were going for your qualifying hike. This is very important; by doing so you know exactly what to bring and you gain the experience of carrying the weight of your appropriately loaded backpack. Keep all your items as light weight and compact as possible to make it easier for you, while ensuring you have everything you need.

## COOKING/FOOD

Depending on the length of the hike you are going on, you will need to give a lot of thought to your meal plan. The more hikes you go on, the better you will become at this. Always remember, plenty of water and nutritious snacks. The following are just a few suggestions:

<b>Note: Now is not the time to try something new.</b>		
<b>BREAKFAST</b>	Pancakes (just add water)	Instant hot cereal (Cream of Wheat)
	Cold Cereal	Cereal Bars
	Muffins (No Nuts)	Trail Mix
	Bagels	Croissants
	Fruit/Fruit Cups	Grilled Cheese Sandwiches
	Pre-cooked Bacon	Hot Chocolate

<b>Note: Cans are very heavy, try to avoid them.</b>		
<b>LUNCH/SUPPER</b>	Sandwiches	Wraps
	Bagels	Soups
	Chilli	Pastas (Spaghetti)
	Noodles	Pre Cooked Meat/Chicken
	Stir-Fry and Rice	Hamburgers

Note: As a school sanctioned event, the same restrictions with respect to known allergens apply. For example, students are not permitted to bring peanut butter or shell fish.

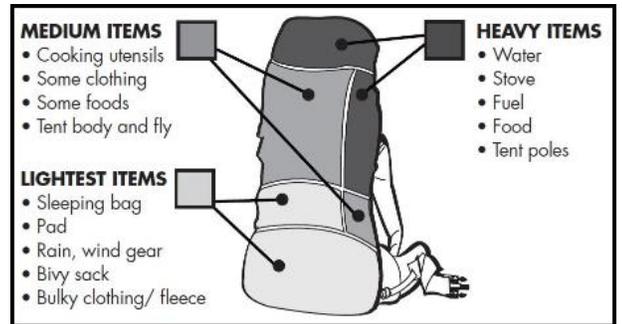
## LOADING YOUR BACKPACK

To ensure your personal safety and full enjoyment of the hike there will be an official backpack check prior to going on any hike. Backpack checks are:

1. required for all hikes, practice or qualifying.
2. will be held at the school.
3. will be conducted by designated hike leaders.
4. will be conducted to ensure proper gear and proper backpack loading.

One of the most commonly asked questions is “How should I pack my backpack?” The method depends on the type of pack you are using, but either way, pack it yourself so you know exactly what you have and where it is in the bag.

By far, the most common backpack is the internal frame backpack. You will need to shop for a backpack that fits “you” properly or you will most likely have difficulty on the hike, particularly with longer hikes.



### Guidelines for Loading a Backpack:

As a rough rule of thumb, in other than snow conditions, your full pack should weigh no more than 1/3 of your body weight. In winter, 1/4 of your body weight is plenty. Aim for less.

1. Place the heaviest items close to the middle of your back next to your body, using a fleece, or other soft item, as a buffer between sharp cornered items and your spine.
2. Lighter gear, such as sleeping bags and sleeping pads should go in the bottom of your backpack.
3. Place medium-weight or bulkier items toward the top or down the front of the pack.
4. Always pack your food above and away from your fuel bottle. Double-bag your fuel and store it in an outside pocket, away from food.
5. Place frequently used items in an easy to access place, such as an external pocket.
6. Rain gear, puffers, toilet paper, cameras, water and trail snacks should always be readily accessible.
7. The weight in your pack should be distributed evenly between left and right sides.
8. Ensure that your loaded backpack is no wider than your body so you don't get caught in thick brush.
9. If you are forced to strap an item to the outside of your pack, ensure that in addition to the strapping it is tethered to the pack by a 'safety line'. In this way, should the item come loose and fall it will not be lost.
10. Use pots as a place to store and protect delicate items.

### Group Gear:

When traveling with a group, divide the common items. One person carries the tent poles, another fly, and another the tent (if a three person group).

## WATERPROOFING YOUR GEAR

Perhaps the most important part of packing a backpack is protecting your gear from adverse weather conditions. As such all gear must be waterproofed in your backpack. A simple backpack cover will not fulfill this requirement. When waterproofing your backpack you should remember:

1. Avoid simply lining the inside of your backpack with a garbage bag. Rain and/or spilled liquids that enter into the garbage bag will pool with nowhere to go. By attempting to retrieve items from your backpack there is a risk that other items will get wet.
2. Waterproof items individually or in groupings. Zip lock bags of various sizes work well for this purpose. Waterproof stuff sacks are also available and are more durable, but are more expensive.
3. Sleeping bags must have a stuff sack, although it need not be waterproof. To properly waterproof your sleeping bag place a garbage bag in your stuff sack, stuff (do not roll) the bag into a garbage bag/stuff sack, being sure to close the end. It does not matter if the stuff sack gets wet, and this way there is less chance the garbage bag will get ripped. Exposed garbage bags, especially on the outside of your pack, will get ripped.
4. If you are using a tent with a fly (some ultra-light tents have a single wall) both the tent and fly should be waterproofed in separate stuff sacks. Not only does this facilitate dividing up the gear, but also in the event of rain you will keep your tent dry longer. Once pitched, the fly will get very wet. If there is no time to dry the fly before breaking camp, you do not want to pack a very wet fly in the same stuff sack as a dry tent.

**Please Note:** It is very important that you are familiar with the setup and breakdown of your tent. Take a few minutes at home to familiarize yourself with your tent. This is particularly important if it is raining during the setup of camp.

## General Safety Procedures

At all times, everyone must be looking out for safety. This is a responsibility of all leaders and participants. During the hike, every precaution must be taken to ensure that all activities are completed safely.

Every participant with first aid qualifications will be made known. They will deal with minor first aid issues. Every participant will also carry a first-aid kit to deal with emergencies. As well all emergencies must be made known to the leaders immediately.

## Accidents/Injuries

If there is an accident that requires immediate medical attention, certain steps must be followed. The proper first aid must be employed immediately by a qualified first aider and the following assessments made:

1. The Participant has minor injury – Basic first aid applied and the participant can proceed with the expedition. If there are any concerns of a larger injury, the leaders will take the appropriate action.
2. The Participant cannot walk – Depending on the severity of the situation, if the participant is conscious and has a leg injury or an injury that has not involved the spine or the neck, they will receive first aid from the leader(s) who will then take care of all arrangements for proper medical treatment.
3. The Participant is not conscious – Leaders will assess the situation and EMS will be called immediately. First aid will be applied to ensure that the participant is treated properly before EMS arrives.

## Fire Procedure

In the case of a fire, the following actions will be taken. The person who discovers the fire will:

1. Yell “FIRE FIRE FIRE”
2. Notify all participants.
3. Notify the leaders so that they may call emergency numbers.

### **Please Note:**

1. These actions will take place for a fire of any kind not designated by the leaders.
2. No Participant will attempt to fight a fire.
3. A muster area will be decided at every campsite. In case of fire all participants shall proceed to muster area.

## Hunter Awareness & Related Safety Precautions

At all points during the year our province's outdoor environment is a host to numerous individual and group hikers, as well as hunters and other outdoor enthusiasts. All of these groups have every right within the law to experience and enjoy this environment. The East Coast Trail system is no exception so to ensure safety is first and foremost at all times, every individual has an obligation to exercise common sense, good judgement and the appropriate safety measures. Specifically as it relates to our Duke of Edinburgh's Award program hiker, the following procedures are to be followed on all hikes:

1. Hike Leaders will be placed at the front and back of the pack "at all times."
2. All Hike Leaders and student hikers must wear or display some type of brightly colored clothing item such as an orange safety vest or orange safety tape which can be attached in small strips or tied to their backpack, top of cap, worn as armbands, whatever you have available at home, to add an enhanced level of visibility to their personal self and the group as a whole. Every hiker must ensure this is maintained for the duration of the hike and hike leaders will check for this.
3. All Hike Leaders and hike participants are required to wear a whistle in close proximity to their mouth for use in the event of an emergency. If any suspicious activity is observed or encountered, whistles must be blown immediately to alert the group as a whole of a possible event that requires extra attention. Hike leaders will then take the appropriate action as deemed necessary, depending on the nature of the event.
4. No hike participant is to break away from the pack to use the washroom or for any other reason without advising the appropriate hike leader(s) so proper safety precautions can be maintained and that person can be accompanied in the appropriate fashion by a male or female hike leader, as required.