



We're excited to offer a snowshoeing and snow science opportunity for a small group of 5th and 6th grade students this March! This trip will be a day trip near Idaho City where students will enjoy snowshoeing on designated trails and learn about the snowpack while digging snow pits and observing layers just off trail. Read the information below for more details and for information on how to sign up for our lottery!

Trip Details

Date

March 21, 2025

Cost

\$30/student

Faculty

Megan Furois- Sage Expeditions Coordinator, [WFR](#), [AIARE Level I](#)

Jessica Perez- Sage Faculty

Transportation

We will be using a school vehicle with experienced and qualified staff drivers to transport students between Sage and the trailhead north of Idaho City.

Planned Itinerary

08:00- Depart Sage Middleton

10:00- Arrive at Whoop em Up TH

Safety meeting, rules, expectations, snowshoe fitting

10:30- Begin snowshoeing [Whoop em Up Loop](#)

11:30- Lunch on the trail, 1 mile up: 43.96397, -115.63985

12:00- Pit digging, snow science lesson

12:45- begin hike down

13:15- arrive at TH, hot cocoa

14:00- depart TH

16:00- arrive at Sage Middleton

Safety

Communication

The group will be traveling with a satellite device with SOS capabilities in the case of emergency.

Hazards/Risk

This list is not comprehensive. It is important that all participants and consenting adults understand the inherent risks of travel and outdoor/backcountry recreation.

Inherent travel risks- road and pedestrian travel come with inherent risks. These are mitigated but can not be eliminated by having experienced drivers and safety briefings with all participants before hiking/walking around. No student should be hiking/walking without supervision.

Cold Injury- students will be monitored and will have a warmed yurt near in case of potential or actual cold injuries. Sage Expeditions will cancel a trip if forecasted for daytime temperatures below 15 degrees or heavy precipitation.

Previous Cold Injuries

Parents must disclose if their student has had a previous cold injury (frostbite, chilblains, immersion (trench) foot, hypothermia etc). People who have a cold injury are more likely to sustain another cold injury. Parents must disclose their child's previous or suspected previous cold injuries.

Avalanche- Traveling in the backcountry during winter months comes with the risk of avalanches. The group will not be traveling on or near slopes greater than 30 degrees and will be traveling on designated winter trails.

Altitude Sickness- We will be traveling to over 5000 ft in elevation. Altitude sickness is possible at these elevations. If a student appears to suffer from altitude sickness, we will refrain from climbing higher until symptoms reduce.

Wolf- Probability of a wolf sighting is low. To further mitigate the risk of a wildlife incident, the group will be traveling in groups and practicing proper LNT principles.

Coyote- To mitigate the risk of a wildlife incident, the group will be traveling in groups and practicing proper LNT principles.

Cougar- Probability of a cougar sighting is low. We will always stay in our group and make lots of noise to prevent run in with cougars

Bobcat- Probability of a bobcat sighting is low. To further mitigate the risk of a wildlife incident, the group will be traveling in groups and practicing proper LNT principles.

Black Bear- The group is traveling in a period of time where MOST bears are inactive. Probability of a bear sighting is low. To further mitigate the risk of a wildlife incident, the group will be traveling in groups and practicing proper LNT principles.

First Aid

Megan is trained as wilderness first responders and will be equipped with backcountry expedition first aid kits. These kits do not include epinephrine or anti-venom. It is very important that parents disclose existing medical conditions and provide us with any medications your children are taking - including epinephrine.

Medical Facilities

The nearest emergency room is at St. Lukes in Boise, nearly 1.5 hour drive from the trailhead.

Physical and Cognitive Demands

Students must be able to hike in snowshoes for 2.5 miles with about 500 ft of elevation gain while carrying a loaded backpack. Students must be able to be on their feet in cold weather for several hours at a time. Students need the cognitive abilities to problem solve to stay warm and dry in

cold, wet conditions with the support of qualified staff. Students must be able to follow directions, stay with the group, and lend a helping hand when needed.

Essential Eligibility Criteria

- Classroom teacher confirm student is showing academic growth and positive attitude in the classroom
- Acquires all required materials
 - ** Sage Expeditions has a great gear cache to loan materials to those in need!
- Student meet the physical and cognitive demands of the trip
- Has transportation to and from Sage for drop off and pick up
- Has filled out all forms and paid required amount by the designated date on registration forms
- Student has a good attitude about physical activity and being in the outdoor spaces during cold, possibly wet conditions.

Packing List

Clothing			
Base Layer	Top and bottom- may not be cotton	Snow Boots**	Must be waterproof with a hardshell
Mid Layer	Top and bottom- may not be cotton	Warm Hat	
Top Layer**	Top and bottom- must be waterproof snow jacket and snowpants	Gloves**	Warm and waterproof
Scarf or gaiter		Hand/Feet Warmers	Optional
Wool Socks **		Chapstick	SPF 30 or greater
Sunscreen	SPF 30 or greater	Camera	Optional
Sunglasses/goggles			
Personal Gear/ Supplies			
Sack Lunch + Snacks		Backpack	Big enough to carry water bottle and lunch throughout the day
Water Bottle	1.5 L capacity		
Team Gear Provided by the Program			

Snow Shovel	<i>For snow science lesson</i>	Snowshoes	
Snow Probe	<i>For snow science lesson</i>	Satellite Phone	
		Water to refill bottles	

If you have read all the information above and wish to enter your child into the trip lottery please click the link below and fill out the online form.

Lottery closes on 3/5 at 8:00am

[5th + 6th Grade Snowshoe Lottery Form](#)