



## Riverstone International School Outdoor Education Trip Overview

Trip:	Fall Trips for Grades 9, 10, and 11
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Location:	Idaho, Frank Church Wilderness, Payette National Forest, Sawtooth National Recreation Area
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Timeframe:	The Full Week after Labor Day Week
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Transportation:	Bus to Frank Church Locations and Vans to All Others
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Trip Leader Needs:	1 Male and 1 Female for each travel group
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Trip Goals
<ul style="list-style-type: none"><li>• Refresh and renew outdoor skills through participation in a community building outdoor education trip with mixed grade levels.</li><li>• Build relationships with peers and faculty members during overnight excursions.</li><li>• Focus on the ecology, geology, and biology of the region of Central Idaho.</li><li>• Set the tone for the academic year with personal goals, group goals, leadership goals, and developing the attributes of the IB learner.</li></ul>

Learning Outcomes
<ol style="list-style-type: none"><li>1. Understand outdoor gear and clothing essential for a 3-4 day overnight backpacking trip in moderately cool temperatures and high elevation.</li><li>2. Perform proper packing techniques to maintain appropriate access to certain items and focus on weight distribution to aid in efficient hiking.</li><li>3. Describe the behaviors of Leave No Trace that Riverstone follows.</li><li>4. Perform certain task with demonstrated competency, including:<ol style="list-style-type: none"><li>a. Choosing a campsite</li><li>b. Setting up and taking down a tent</li><li>c. Efficient packing and maintenance of personal items</li><li>d. Lighting a MSR Whisperlite and cooking a meal</li><li>e. Proper clothing layering and body temperature regulation</li></ol></li></ol>

5. Demonstrate techniques to communicate and problem solve in a group setting

Detailed Itinerary	
Day 1	<p>8:30 am - Load busses or vans and depart Riverstone</p> <p>11:30 am - Arrive a respective trailheads</p> <p>11:30 am - 12:00 pm - Lunch, prepare packs, distribute group items</p> <p>12:00 pm - 4:00 pm - Trailhead Talks and Hike to Campsite</p> <p>4:00 pm - 5:00 pm - Field Lesson 1, select camp and set up tents</p> <p>5:00 pm - 6:00 pm - Free Time</p> <p>6:00 pm - 7:00 pm - Field Lesson 2, Cook and Eat</p> <p>7:00 pm - 7:30 pm - Free Time and Clean</p> <p>7:30 pm - 7:45 pm - Field Lesson 3</p> <p>7:45 pm - 8:30 pm - Day 1 Overview and Debrief</p> <p>8:30 pm - 9:00 pm - Free Time</p> <p>9:00 pm - Lights Out</p>
Day 2	<p>7:00 am - Wake Up</p> <p>7:00 am - 8:30 am - Breakfast, prepare for the day</p> <p>8:30 am - 9:00 am - Field Activity 1</p> <p>9:00 am - 3:00 pm - Day Hike and Trail Lunch</p> <p>3:00 pm - 4:00 pm - Free Time</p> <p>4:00 pm - 5:00 pm - Field Activity 2</p> <p>5:00 pm - 6:00 pm - Journal Activity and Self Reflection</p> <p>6:00 pm - 7:00 pm - Cook and Eat</p> <p>7:00 pm - 7:30 pm - Free Time and Clean</p> <p>7:30 pm - 7:45 pm - Field Lesson 4</p> <p>7:45 pm - 8:30 pm - Day 2 Overview and Debrief</p> <p>8:30 pm - 9:00 pm - Free Time</p> <p>9:00 pm - Lights Out</p>
Day 3	<p>7:00 am - Wake Up</p> <p>7:00 am - 9:00 am - Breakfast, prepare for the day, pack up camp</p> <p>9:00 am - 11:00 am - Hike to Trailhead</p> <p>11:00 am - Latest Time to Reach Trailhead</p> <p>11:00 am - 12:00 pm - Field Activity 3</p> <p>12:00 pm - Depart TH</p> <p>3:00 pm - Arrival back at Riverstone</p>

Activities and Curriculum	
Pre-Trip Preparation	Full day of rotational activities, including: Stoves, hygiene, packing, LNT,
Pre-Trip Meeting Overview	Trip leader expectations Student Expectations

	Review of Rotational Activities Overview of Route and Destination Overview of Tent Groups and Cook Groups Review of food Menu and any Food Allergies
Trailhead Talk 1	Hiking trail etiquette and hiking techniques, hygiene reminders.
Trailhead Talk 2	Overview of route and final destination
Field Activity 1	Map and Navigation Overview, Select Day Hike Destination
Field Activity 2	Leadership Style and Conversation
Field Activity 3	Reach for Your Goals
Field Lesson 1	Campsite Selection and Tent Set Up
Field Lesson 2	Lighting a Whisperlite and Backcountry Kitchen Basics
Field Lesson 3	Food Storage
Field Lesson 4	Central Idaho Geology
Field Journal	Self Reflection Leadership Review Goal Setting Wilderness Readings and Interpretation