

**Cheakamus/Garibaldi Lake Itinerary**

<b>Monday Sept 26<sup>th</sup></b> Bus leaves at 8am front of Templeton				
Cheakamus Parking lot 10 -10:30 am ( trail head)				
Parking Lot to Cheakamus Lake Campground	3.5km	2 hrs	90m	
<b>Monday Sept 26<sup>th</sup></b>				
Day Hike: Campground to Singing Creek Campground	4 km	1hr	One way	
<b>Tuesday Sept 27<sup>th</sup></b>				
Cheakamus Lake to Helm Campground	9 km	4- 5 hrs	600m	
<b>Wednesday Sept 28<sup>th</sup></b>				
Helm campground to Helm Pass	5 km	2hrs	240m	
Helm Pass to Black Tusk Junction	2km	2hrs	100m	
<b>Destination:</b> Black Task Junction to Taylor Meadows	2km	1.5hrs	180m	
<b>Thursday Sept 29<sup>th</sup> ( Day trip)</b>				
Taylor Meadows Campground to Black Tusk Junction	2 km	1.5 hrs	100m	
Black Tusk Junction to View Point	4.4 km	3hrs	300 m	
Back to Taylor Meadows Campground				
<b>Friday Sept 30th</b>				
Garibaldi Lake Campground to Junction	3km	1.5hrs	130m	
Junction to Rubble Creek Parking Lot	6km	3hrs	770m	
Bus p/u at 1pm				
Return to Templeton 3- 4pm				

**Sidetrips**

Taylor Meadows to Black Tusk Junction	2km	1.5 hrs	100m	
Black Tusk Junction to View Point	4.4 km	3 hrs	300m	
Panorama Ridge from Taylor Meadows	5 km	3 hrs		

**Emergency Numbers**

Templeton 604-713-8984  
 Aaron 604-345-7583  
 RCMP 911  
 Vancouver charter 604-564-0807

Cheakamus 2016 personal/communal equipment list

Name: \_\_\_\_\_

**Sleeping/Shelter**

- |  | <b>Yes</b>               | <b>No</b>                |
|--|--------------------------|--------------------------|
| ● sleeping bag <b>in water proof stuff sack</b> <input type="checkbox"/> |                          | <input type="checkbox"/> |
| ● sleeping bag liner <input type="checkbox"/>                            | <input type="checkbox"/> | <input type="checkbox"/> |
| ● sleeping pad/therm-a-rest (water-proof) <input type="checkbox"/>       | <input type="checkbox"/> | <input type="checkbox"/> |
| ● tent/poles/pegs (supplied) <input type="checkbox"/>                    | <input type="checkbox"/> | <input type="checkbox"/> |
| ● tarp (ground sheet/footprint) <input type="checkbox"/>                 | <input type="checkbox"/> | <input type="checkbox"/> |
| ● ¼ inch polypro rope – 30 metres <input type="checkbox"/>               | <input type="checkbox"/> | <input type="checkbox"/> |

**Clothing (Trail)**

- |  | <b>Yes</b>               | <b>No</b>                |
|--|--------------------------|--------------------------|
| ● hiking boots ( <b>sturdy boots, well-broken, and waterproofed</b> ) <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| ● sandals/tevas/running shoes ( for in camp use ) <input type="checkbox"/>                     | <input type="checkbox"/> | <input type="checkbox"/> |
| ● pack lined with garbage bag <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> |
| ● liner socks – synthetic or wool (2 pair) <input type="checkbox"/>                            |                          | <input type="checkbox"/> |
| ● hiking socks – synthetic or wool ( 2-3 pair) <input type="checkbox"/>                        | <input type="checkbox"/> | <input type="checkbox"/> |
| ● polypro/dri-fit/synthetic long underwear top/bottom <input type="checkbox"/>                 | <input type="checkbox"/> | <input type="checkbox"/> |
| ● fleece jacket/wool sweater <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> |
| ● fleece pants/ wool ( merino ) <input type="checkbox"/>                                       |                          | <input type="checkbox"/> |
| ● medium weight top/pants- synthetic/fleece or wool <input type="checkbox"/>                   | <input type="checkbox"/> | <input type="checkbox"/> |
| ● wind pants ( MEC rad pants, tear away pants ) <input type="checkbox"/>                       | <input type="checkbox"/> | <input type="checkbox"/> |
| ● shorts (quick drying) could also be used as a bathing suit <input type="checkbox"/>          | <input type="checkbox"/> | <input type="checkbox"/> |
| ● rain jacket ( water proof, with hood) ( <b>shower test</b> ) <input type="checkbox"/>        | <input type="checkbox"/> | <input type="checkbox"/> |
| ● pants ( <b>waterproof</b> ) ( <b>shower test</b> ) <input type="checkbox"/>                  | <input type="checkbox"/> | <input type="checkbox"/> |
| ● rain hat <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> |
| ● warm hat /toque fleece or wool <input type="checkbox"/>                                      | <input type="checkbox"/> | <input type="checkbox"/> |
| ● sun hat ( required while you are hiking in the sun) <input type="checkbox"/>                 | <input type="checkbox"/> | <input type="checkbox"/> |
| ● underwear ( 2 pair, <b>not cotton</b> ) <input type="checkbox"/>                             | <input type="checkbox"/> | <input type="checkbox"/> |
| ● fleece or wool-mitts/gloves <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> |
| ● gaiters <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> |

**Cooking**

- |  | <b>Yes</b>               | <b>No</b>                |
|--|--------------------------|--------------------------|
| ● stove/pots/windscreen ( <b>supplied</b> ) <input type="checkbox"/>                     | <input type="checkbox"/> | <input type="checkbox"/> |
| ● fuel ( sealed in plastic bag) ( <b>supplied</b> ) <input type="checkbox"/>             | <input type="checkbox"/> | <input type="checkbox"/> |
| ● cup/bowl/fork/spoon <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> |
| ● pocket knife <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> |
| ● pot scrubber <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> |
| ● hand sanitizer <input type="checkbox"/>  | <input type="checkbox"/> | <input type="checkbox"/> |
| ● biodegradable dish soap (use small amount) <input type="checkbox"/>                    | <input type="checkbox"/> | <input type="checkbox"/> |
| ● lighter <input type="checkbox"/>   | <input type="checkbox"/> | <input type="checkbox"/> |
| ● 1 litre water bottle(s)/ platypus ( <b>put your name on</b> ) <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

- ¼ inch polypro rope 15 metres for hanging food (supplied)

**Medical/Repair/Safety**

**Yes**

**No**

- first aid / repair kit ( put your name on it)
- personal medications ( 2<sup>nd</sup> set to Kuniss )
- informed teacher of any changes in health,
- sunscreen
- lip protection
- sun glasses
- bug repellent ( optional)
- 

**Toiletries**

**Yes**

**No**

- toothbrush/paste
- personal toilet items
- toilet paper & plastic bag
- small towel

**Miscellaneous**

- headlamp/extra bulb/batteries ( extra batteries)
- pack cover
- garbage bags ( 3 large )
- zip lock ( 3 )
- sit pad ( optional)
- watch ( with alarm) **not on this trip**
- camera ( 1 per group )
- candles ( optional)
- journal ( mandatory)
- book
- ski poles (collapsible) optional
- water purification ( filter/Iodine tablets, etc))

**Approved**

**No/ Re-do**

Menu

Parental Permission form

Cheque for \$ \_\_\_\_\_

□

□

Name: Food Group									
	Monday		Tuesday		Wednesday		Thursday		Friday
<b>Breakfast</b> beverage	Ingredient	Qty	Ingredient	Qty	Ingredient	Qty	Ingredient	Qty	
<b>Lunch</b> beverage	Ingredient	Qty	Ingredient	Qty	Ingredient	Qty	Ingredient	Qty	
<b>Dinner</b> beverage	Ingredient Home cooked meal....freeze	Qty	Ingredient	Qty	Ingredient	Qty			
<b>Snacks</b>	Gorp	Qty		Qty		Qty			
Emergency Meal									
Burn Time									

1. Choose a recipes that would be appropriate for this trip, include hot drinks.
2. You are to purchase all ingredients, as a group, a complete the detailed recipes outline above.
3. Remember that you will be cooking using a one/single lightweight burner stove and you will have a maximum of 1 pot to cook with. Remember to bring something to eat with.

**Questions to answer**

1.    What type of transportation will you be using?
2.    How long are you gone for? What to consider when menu planning?
3.    Don't get love sick?
4.    What should be the weight of the food per day, and for the trip?
5.    What are some cool tricks to think about when preparing food
6.    How will this affect the type of food you are bringing?

7. What should you consider when packaging and repackaging/spoilage?
8. What do you need to remember when eating on the trail?
9. How will you transport water and what are 2 ways to purify water?
10. Describe an efficient way to pack so as to save time when searching for food.
11. How many calories will you be burning per day and make sure your food plan covers that amount.
12. Are there any members in your group with allergies.. How will you deal with this.
13. Using the above table, your field manual, and the blog meal plan for 5 days for your food group.
14. Backpackers field manual Chapter 3 Cooking and Nutrition.....read
15. Page 417-18 of, Backpackers field manual, copy trip expenses form and fill out with group
16. **Fill out Trip Plan...**