

Caroline School Start Up Program

September 5 and 6, 2019

Student information

To Bring List

1. Sleeping bag, pillow and an air mattress or the like
2. Tent - *only one student per tent group needs to bring one. This will be arranged on the first day of school. If you have a functional tent please offer and we will let you know if it is needed.*
3. Bag lunch and snacks - *please pack healthy, high energy food as students will be hiking and will need the sustenance*
4. Good sturdy footwear - *running shoes are good but skater shoes are probably not the best.*
5. Spare footwear (*sandals, moccasins, etc*) for use at base camp and while relaxing.
6. Light back pack and water bottle for the day hike
7. Plate, knife, fork, and spoon- *for meal times and to help us to protect the environment (no paper or plastic)*
8. Clothes
 - i. Come dressed in layered clothing - t-shirt, long sleeve shirt, jacket and light pants.
 - ii. Bring - a warm sweater or jacket (evenings are cool), t-shirt, long sleeve shirt, pants, shorts, water proof jacket, three pairs of socks, a pair of underwear, pyjamas, toque and mittens (just in case)
 - iii. Toiletries - please limit these to the essentials - sun screen, mosquito repellent, deodorant, brush, toothpaste and toothbrush, face cloth and soap. If necessary feminine hygiene products, contacts solution etc. and hair ties.
 - iv. Extras - camera (you may use your phone as a camera)
9. Flashlight - for use in the tent at night

**PLEASE LEAVE ALL ELECTRONIC DEVICES AT HOME
-NO VIDEO GAMES & NO IPODS-**

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Itinerary

September 5, 2019

8:45am □ Leave on the bus –

11:00 am □ Arrive at Kootenay Plains - Cavalcade group camp and set up tents

12:00 □ Eat bag lunch

12:30 □ Head out on hike:

Group one and two – Medium and Challenging hike

Group three – Easy Hike

5:00pm □ Arrive back at camp

5:30pm □ Supper

6:00 □ Students are divided into grades to work on their modules

Grade Ten – WLD 1010 - INTRODUCTION TO WILDLIFE

Grade Eleven – WILD 1060 - WILDERNESS NAVIGATION

Grade Twelve – WILD 1130 - OUTDOOR SURVIVAL SKILLS

9:00 – Guest Speaker and campfire discussion

11:00 - Night Hike

12:00 – Lights out

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September 6, 2019

7:00 am ☐ Wake up call and pack!

8:00am ☐ Breakfast and pack a bag lunch – all the gear goes on to the buses.

8:30am ☐ Students divide into their activities and are transported to their separate locations (rock climbing and rappelling, rafting and survival)

1:00pm ☐ Students load onto the buses

3:20pm ☐ Buses arrive back at Caroline School.