

## OUTDOOR EDUCATION BACKPACKING

Day trips from school or base camp: Grades 6-12  
Extended trips with overnight camping: Grades 10-12

EQUIPMENT	FACILITIES	SPECIAL RULES/ INSTRUCTION	SUPERVISION
<b>GRADES 6-12</b>			
<p>Collect and check all necessary equipment before the trip.</p> <p>Equipment includes:</p> <ul style="list-style-type: none"> <li>● compass</li> <li>● whistle or other signaling device</li> <li>● first aid kit</li> <li>● nutritious food which does not require preparation</li> <li>● adequate water</li> <li>● sun protection</li> <li>● matches in waterproof container.</li> </ul>	<p>Use only designated trails.</p> <p>Take a map of the route on the trip and leave a copy with the supervisor at the school.</p> <p>Ensure that teacher is familiar with the route.</p> <p>If backpacking trip originates from based camp, leave a map with the supervisor at base camp.</p>	<p>Have trip supervisors carry any necessary medication for designated students.</p> <p>Plan trip so that length and difficulty is appropriate for age and ability of students.</p> <p>Use a buddy system. No walkmans.</p> <p>Familiarize students with the route.</p> <p>Postpone trip if there is any indication of threatening weather that could put student safety at risk.</p> <p>Make students aware of:</p> <ul style="list-style-type: none"> <li>● emergency procedures</li> <li>● signal to assemble.</li> </ul> <p>Avoid traveling in darkness.</p> <p>Ensure that trip supervisors are aware of location of nearest phone and/or help in an emergency.</p>	<p>Provide on-site supervision.</p> <p>Recommended ratio of supervisors to students:</p> <ul style="list-style-type: none"> <li>● day hikes - 1:15</li> <li>● local overnight hikes - 1:15</li> <li>● distant overnight hikes - 1:8</li> </ul>