

Snowshoeing Trip (Winter Out-tripping) Sample Planning Outline

NOTE: Be sure to adhere to Scouts Canada's Camping/Outdoor Activity Guide, www.scouts.ca

Session _____

Research

- find out about the area where the out-trip will occur (trails, terrain, snow conditions, weather)
- investigate necessary permits for your trip (Tour Permit, camping application)
- assess the distance to be covered
- inquire about campsite availability
- locate the nearest hospital or communication post
- decide on entrance and exit points and pick-up sites
- investigate alternate routes
- assess the knowledge and experience of each of your participants.

Additional Resources: Internet, library books, maps, park rangers, Scouts from the area

Session _____

In-Depth Planning

- set out a budget
- get permission forms ready
- discuss equipment needed and whether to buy, rent or borrow
- discuss transportation for participants and equipment to and from the adventure
- identify the skills and training required.

Session _____

Equipment

- investigate the different types of snowshoes available to your group
- assess the size of snowshoe that is appropriate
- create a repair kit including: spare parts and bindings, wire, screwdrivers, pliers and tape
- discuss the use, maintenance and repair of group equipment

Additional Resources: local outfitter

Session _____

First Aid

Participants **must** know about:

- the essential items in a first aid kit and an emergency kit
- the signs, symptoms and treatment of: hypothermia, snow blindness, frostbite, carbon monoxide poisoning, sunburn
- ** groups can also complete a St. John Ambulance course (standard or emergency) as part of their preparation.

Additional Resources: St. John Ambulance First Aid Book, The Fieldbook for Canadian Scouting Ch.8/13

Session _____

Risk Management

- identify any potential emergencies and discuss appropriate responses
- set out a Plan B for your route
- discuss your action plan, or who will take on what role in case of an emergency
- decide on contingency plans for communication (i.e., cell phone)
- collect Physical Fitness certificates for all participants
- make an official trip itinerary and share it with people at home
- be sure you have all of the additional information for a complete Emergency plan
- (page 11 in Fieldbook).

Additional Resources: The Fieldbook for Canadian Scouting, Ch. 2

Session _____

Winter Camping Skills

- discuss winter shelter options
- practice building one or more of the following shelters: lean to, snow trenches, quinzhees, or pitching tents on hard ground
- practice using a map and compass to break trail on routes covered by snow and ice
- discuss options for transporting gear (ie. toboggan)
- practice lighting fires on snow-covered ground.

Additional Resources: The Fieldbook for Canadian Scouting, Ch.13

Session _____

Nutrition & Menu Planning

- discuss the additional calories needed for winter out-tripping, and the types of food that can provide this energy
- talk about major considerations for menu planning (freshness, convenience, price, freezing?!?)
- consider pre-preparing some of your meals.

Session _____

Cooking

- investigate stove options, as well as other cooking techniques
- practice using these techniques to try out new recipes
- make up a duty roster for cooking and cleaning up
- talk about food packing and storage.

Additional Resources: nutritionalist, local athletes, local outfitters, The Fieldbook for Canadian Scouting, Ch. 4

Session _____

Personal Equipment/Packing

- discuss the type and amount of clothing needed for your trip
- discuss layering principles
- remind participants to bring separate sleeping gear
- review appropriate footwear for snowshoeing
- organize winter weight sleeping bags, mattresses, flashlights, and other personal gear
- list all personal hygiene items required
- discuss and practice methods of waterproofing.

Session _____

The Trip Environment

- discuss the philosophy of α “Leave No Trace” camping
- review techniques for washing and the disposal of grey water
- discuss disposal of garbage
- discuss disposal of human waste
- explore options in water purification
- identify wildlife that you may encounter and discuss how to avoid it or deal with it
- (ie. raccoons, bears).

Additional Resources: The Fieldbook for Canadian Scouting, Ch.7

Recommended Internet Resources:

- **www.gorp.com:** for trip ideas, information on gear, books and maps
- **www.bpbasecamp.com**
- **www.melborponsti.com/scouts/ :** for recipes
- **www.lnt.org:** for leave no trace information
- **www.camping.sacsingles.com/:** for general information about camping skills
- **http://camping.miningco.com/travel/camping/:** for camping and backpacking information
- **www.trailstuff.com:** for books on a wide range of subjects

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