

KILLARNEY PROVINCIAL PARK WINTER EXCURSION

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OVERVIEW

Join two experienced guides and a group of other young people to learn the basics of winter camping and survival. On this journey you will work as a team to learn and build new skills, journey, overcome obstacles, setup camp and cook on a 3 day, 2 night wilderness winter camping trip.

PREPARATION & TRAINING PRIOR TO JOURNEY

- Mandatory 2-hour virtual meet and greet session going over journey expectations, preparation, important need to knows and answer questions (parents are welcome to join for the first hour).
- Guidebook to review prior to journey that includes:
 - What to expect on the journey & how to prepare
 - Overview of route & schedule
 - Rules & guidelines
 - How to equip yourself and use of specific winter camping equipment
 - Installation of different types of snow shelters & winter tents
 - Packing list
 - Dressing appropriately for the weather - multi-layer management, perspiration & drying method
 - Safety tips & summary of cold-related first aid
 - Elements of survival in the forest
 - Leave no trace camping principles

TRIP ITINERARY

An updated and more detailed itinerary will be provided after attending the mandatory virtual team meeting.

Practice Journey (First day):

- Arrive at Killarney Provincial Park

- Welcome, orientation and icebreakers
- Goal setting session
- Safety overview and gear sorting
- Snowshoe to yurts hauling sleds with gear
- Lunch
- Snowshoe to winter campsite and start set-up of winter camp: assembling the wall tent and shoveling
- Snowshoe back to the yurt
- Practice building campfire at yurt
- Dinner
- Menu planning, pack and prep for next day
- Snack
- Group debrief
- Sleep in yurts

Qualifying Journey Day 1 (Second day):

- Breakfast
- Snowshoe and hauling sled to the winter campsite
- Finish setting up the camp, shoveling and collecting firewood
- Snowshoe Granite Ridge Trail
- Lunch
- Snowshoe and sled haul the Crack and to campsite
- Campfire
- Dinner
- Campfire, star gazing & snack
- Accommodation in 4 season tent

Qualifying Journey Day 2 (Third day):

- Breakfast
- Disassemble camp and pack-up
- Snowshoe and sled haul to yurt
- Lunch at yurt
- Snowshoe Cranberry Bog Trail
- Clean equipment and haul gear and equipment back to parking lot
- Pack-up
- Warm drinks at welcome centre, trip debrief and paperwork
- Depart

WHAT IS INCLUDED IN THE TRIP

- All meals
- Park permits

- Equipment/gear for travel, cooking and camping
- Accommodations
- Trained and experienced wilderness guides who will act as your Assessor and Supervisor

WHAT YOU NEED TO BRING

- Backpack (daypack that's ideally waterproof) *
- Warm winter boots*
- Waterproof mittens
- Liner gloves
- Warm hat x2
- Neck warmer
- Warm and waterproof jacket *
- Snow pants *
- Hand warmers
- Sunglasses
- 1L Waterbottle(s)
- Personal snacks
- Long underwear
- Small personal first aid kit
- Long sleeve shirt x 2
- Sweaters x2
- Pants x 2
- Warm socks x 4
- Underwear x 4
- Warm pajamas
- Warm slippers
- Extra set of clothes
- Sleeping bag (-20°C) *
- Sleeping mat *
- Headlamp/flashlight
- Personal medication
- Basic toiletries (toothbrush, paste, deodorant etc.)

*These items are available to rent.