

Parent Meeting Information

Emphasize: Register in advance. DoE is very firm about this rule - NO BACKLOGGING

Book: Explanation of requirements for each section / Logs

Types of Trips:

- Journey with a Purpose
- Purpose with a Journey (Shorter distance requirement with a project - Flowers/Plants/Geology/Photography)
- Adventure (Parent Leaders with special skills – Kayaking, biking, etc)

Need Parent Volunteers to Organize + Lead Trips: (See Trip Planning below)

- Awesome way to spend time with the kids + other parents!
- Parents need to have a criminal record check – contact Paul or Mori.
- 2-4 Parents / 4-12-ish Students (These are required by the DoE)
- Should have 1 experienced parent. Other parents can learn as they go.

First Aid Course

- Required for DoE, prior to trips
- For some students this is covered at Orientation or Strathcona
- Courses are available at Community centres, St. John's, etc.
- Often a Parent Volunteer organizes one for the mini school students (See attached First Aid Info)

Equipment available for use (Individual + Group)

- 5 bins (See Camping Equipment List page or Participants page on pgmini.org for storage location)
- Tents / Tarps / Back packs / Sleeping bags / Air Mattresses (a few)
- Cook stoves / Pots
- Water purification filters + tablets
- 1st Aid Kits – (Polysporin / alcohol wipes/ moleskin + scissors) / bear bangers / Flares
- Shovels / Rope
- Maps / trip plans / activities / compasses
- Safety Info (Bear / Ticks / etc)
- For a complete and detailed list of equipment, go to the Students page of pgmini.org (you must be logged in to see the complete list)

Safety + Trip Planning Package

- Former Mini Parent, Jillian Morgan - built on the work of earlier leaders + organized a safety + trip planning package, available in the Students section of pgmini.org or as a pdf to be emailed to interested parents.

Contacts: See "Participants" section of Students page on pgmini.org
Any parent can organize a trip + time + email kids to participate.

Trip Planning / Preparation

Here are a few trip planning Rules of Thumb noted from past parents leaders;

- **Plan a date + route**
 - Refer to the Duke of Ed Booklet for Trip requirements + Distances to ensure criteria are met
 - If you are unsure, forward the trip plan to the Duke of Ed for confirmation.
 - For ideas, past trip plans + maps are available in the gear bins, the digitized parent information package.
 - **Ensure there is moving water or a glacial lake nearby, for fresh drinking / cooking water.**
Water purifying equipment + tablets are available in the school's equipment.
- **Invite students**
 - Email students (and parents) to invite on first come first serve basis.cc
 - You may need to send several invites to students get a good response.
 - Including parents in the email may also facilitate responses.
 - cc Mr. Hamilton, so he is in the loop.
 - The number of students ranges roughly from 4-12, depending on interest + the number of parents.
Note: This range of participant numbers are DoE requirements for the trips to count
- **Check that all consumable Equipment items are available:** (See Inventory Lists – items to check noted)
Note that blisters are the main problem arising on trips. Ensure there are lots of blister packs, moleskin, alcohol wipes, polysporin + band-aids to protect blistered feet.
- **Hold Trip Planning Meeting**
A week or so before the trip, to discuss the route, safety + distribute shared gear
Required attendance helps to demonstrate commitment.
 - **Collect**
 - Fees: Campsite fee + gas money for driving parents. (See Sample Trip Plan)
 - Waiver forms - signed by parent
 - **Discuss**
 - Remind all students to Register for DoE BEFORE the trip
... or it will not count. No exceptions! DoE is very firm on this.
Registration can be done online. (Indicate PG Mini Group in your registration)
Need to be registered, but do not need to have received book yet.
 - Safety (Bears / ticks - See information in Parent info package)
 - Trip Plan + maps
Distribute 2 maps each to mark the route; One to leave with family / One to take along
 - **Food**
 - Parents to supervise food purchase + packing
 - Ensure there is enough / not too much / appropriate food.
 - ALL waste must be carried back out with campers. (leave no trace)
 - Bring food with minimal packaging
 - Bring ziplock bag to store waste packaging.
 - Pack Light Weight Food (The weight adds up especially for the longer hikes)
 - Freeze dried camping food, (ample to share 1 btwn 2 or 2 btwn 3)
Great variety available @ outdoor stores
 - Rice noodles, oatmeal, dehydrated mashed potatoes
 - Premade sandwiches ... or bagels which don't squish so easily
 - Trail mix + dried fruit, Hot chocolate / tea / cup of soup – good treats

- NOT many Fruits + vegetables ... These are heavy!
- Dry sacks – At campsites you must hang all food + toiletries @ night – for bears + mice
- **Packing**

Pack everything necessary, but as light as possible. Weight adds up + can be a heavy load on a long journey. (See parent info package for suggested list)

 - Hiking Boots
 - Ask students to bring, so you know who has them + spur those who don't to get them before the trip. (make sure you have worn them several times before the hike)
 - Water bottles
 - Students are to carry water bottles or bags (2 - 500ml bottles recommended)
 - Life straw water bottles available at Atmosphere are useful to avoid needing to use purification tablets
 - Does anyone need personal gear?
 - There is some personal gear (packs, sleeping bag, therma-rests, one pair of hiking boots), in the DoE gear bins
 - Tent groups + Shared Equipment distribution

(See Inventory List, Sample Tent Group Lists + Parent info package)

 - tents, pots, stoves, propane, matches, water purification tablets + equipment, first aid gear, flares, bear bangers, etc.
 - Distribute shared gear between tent groups, in case the main group gets split up + to avoid overloading anyone.
 - Tents are divided into; tent, fly, footprint, + poles + pegs, for easy distribution amongst tent group members.
 - Check all tents to ensure all parts are present
 - The Hubba Hubba is a very small, light 2-person tent, ideal for parent use so they are not carrying too much weight, if they are not camping in tents with the students.
- **In preparation for the Trip**, always: (Parent Leader)
 - **Book Campsite / Park fee** (They do check!)
 - Website:
 - **Check Weather Report**
 - Weather, snow, trail damage, other hazards, fires allowed?

There may be snow or heavy rain where you are going, even if it is warm + clear where you are.
 - Website:
 - **Check the Trail Report**
 - Trails can get damaged + be unsafe. Better to find out before you get there!
 - Website:
 - Fun + educational to plan a compass or other activity during the trip (See parent information package)
- **For the Expedition**
 - Always leave at least one vehicle at the starting point of the hike, in case of emergency.
 - Leave trip plan + route map with parents
- **Logging after**
 - Students need to document their trip with a submission to the DoE