

Intro To Overnight

How to spend the night in the backcountry (or front country)

Introductions

Some facts about Lucas (he/him/his):

- I love being outside. My sport of choice is probably backcountry skiing
- This is my third year in the VOC
- I've been camping, hiking, skiing, and paddling since I was a wee lad.
- I'm from Calgary AB
- I have a big old dog named Toby



Photo Credit: Connor Jakes

Introductions

Some facts about Elizabeth (she/her):

- This is my first year at UBC and in the VOC, I'm originally from Florida
- I've got lots of experience paddling, backpacking, and camping in general
- I love helping people get comfortable outdoors — I think it creates great connection!
- During the summers I work at an outdoor summer camp with kids



Introductions

Some facts about Rebecca (she/her):

- I am a third year environmental science student!
- Spent two summers working as an outdoors guide for a charity organization striving to get youth in the outdoors
- SUPER STOKED to get more people comfortable and excited about recreating in the outdoors



The 10 essentials: What are they?

- Navigation
- Lumination
- Signalling Device
- First Aid
- Knife
- Fire
- Shelter
- Water
- Clothing

Navigation

- GPS
- Map
- Compass
- Phone



Photo Credit: Alamy Stock
Photo

Lumination

- Headlamp
- Flashlight
- Important to bring extra batteries / chargers



Photo Credit: MEC

Signaling Device

- Whistle
- Satellite Device (SPOT, InReach)
- Bring extra batteries/chargers

First Aid

Should Include (minimum):

- Blister care
- Band-aids
- Gauze pads
- Tape
- Disinfectant
- Pain killer
- Pen and paper
- Tensor Bandages for more intense activities (skiing, climbing, scrambling)
- Anti-itch cream

Sun and Bug Protection

- Sun Screen!!!
- Sunglasses
- Wide brimmed hats
- Sun shirts
- Buffs
- Bugspray
- Bug net

Knife Or Multitool

- Pocket knife
- Leatherman
- Swiss army
- Multitool

Fire Starter

- Matches
- Lighters
- Flint+Steel
- Vaseline
- Cotton Balls
- Paper

Shelter

- Tent
- Sleeping Bag
- Sleeping Mat
- Bivy
- Emergency Blanket

Food + Water

Some extra food is good (an extra day may be a bit overkill, but also good to plan for).

Extra water is very important! Bring a litre more than you think you'll need, or some sort of filtration/purification system. Know in advance where potential water sources are.

Water Purification systems

- Pump filter
- Gravity filter
- Aqua tabs

Non-essentials but fun!

- Deck of cards
- Book
- Journal
- Ball
- Dog (when appropriate)
- Harmonica

So how do I stay warm?

Base Layers

Most important layer!!

- Should be moisture wicking and close to the skin to keep you warm and dry
- Usually made out of synthetic material or merino wool. AVOID COTTON
- Your head loses heat just like the rest of your body so keeping this covered is just as important in extreme temperatures!

Mid Layers

This is your second layer which is also known as the insulating layer.

- Keeps in body heat to keeping you warm
- Also prevents cool air from reaching your body
- Should also be breathable and quick drying

Examples

- Fleece
- Down jackets
- Insulated jackets

Shell

This is often your outside layer which keeps you dry and blocks the wind.

- Protects you and your layers from the weather
- Can vary depending on activity you are doing, climate, and season
 - hard shell vs. soft shell
- Rain jackets are a good option

Remember... Cotton Kills!

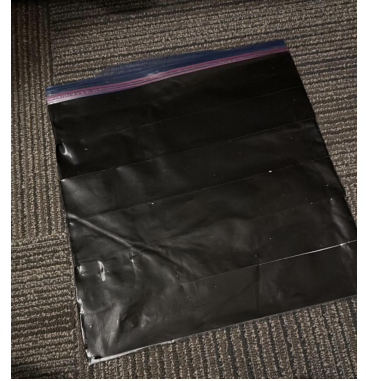
What is Leave No Trace?

7 Principles:

- Plan ahead and Prepare
- Travel and Camp On Durable Surfaces
- Dispose of Waste Properly
- Take only photos, leave only footprints
- Minimize campfire impacts
- Respect Wildlife
- Be respectful to others (i.e. don't be a dick)

Dispose Of Waste Properly

- General Rule: Pack out what you bring in
- I usually bring a small plastic bag for wrappers, and other food related garbage. I store it with my scented items
- I also bring a double layered ziplock for toilet paper. Depending on where you are, lighting it is also an option, but definitely not ideal.
- These can be packed out when you hike back to the car, and then thrown out properly
- If you need to poop, bring a trowel or small shovel to dig a hole (at least 6" deep), and bury the evidence. Must be at least 200 feet from water, camp, or trails.
- Menstrual cups are good substitution for disposable products



Adapted from Alberta government:

<https://myhealth.alberta.ca/Alberta/Pages/human-waste-backcountry.aspx#:~:text=Toilet%20paper%20and%20menstrual%20products&text=Parks%20Canada%20requires%20you%20to,carried%20out%20of%20the%20backcountry>.

Respect Wildlife (FOOD SAFETY!)

- Cook and eat away from your tents (>50m)
- Keep anything with a scent out of your tent
- Store scented items in a car, bear locker, bear cache, bear hang or float it.
- Carry bear spray when in bear country
- Make lots of noise on the trail



Photo Credit: Rebecca



Adapted from Parks Canada:

<https://parks.canada.ca/pn-np/mtn/ours-bears/securite-safety/ours-humains-bears-people>

Respect Wildlife (BEAR SAFETY!)

- If you see a bear, REMAIN CALM,, DON'T RUN AWAY
 - If bear unaware, back away quietly
 - If bear aware: Talk to bear, back away, make yourself BIG, Do not drop pack
 - If Bear approaches: Take bear spray out
 - If bear touches you
 - Defensive, play dead
 - Predatory, fight back!



Photo Credit: Rebecca



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Travel and Camp On Durable Surfaces

- We'll cover some tent set up and cooking outside!