



North State Wilderness Team

Trip & Parent Instructions

THANK YOU FOR PARTICIPATING IN THE NORTH STATE WILDERNESS TEAM. We want your son or daughter to experience a trip that is both fun and educational. We will teach them about low impact camping, respect for the wilderness and about the unique and beautiful landscape in Lassen Volcanic National Park.

We have a ratio of one adult leader for every three students on the trip, so they will have plenty of opportunity to have fun and learn new things, while being adequately supervised.

Please read this entire packet -- it's not long, but important for the safety and comfort of your child while on the trip.



Trip Itinerary
Things They Will Need
Food List
Medical Release



Trip Itinerary

Our trip starts at the Juniper Lake trailhead in Lassen Volcanic National Park. Juniper Lake is reached by driving through Chester and up a good Forest Service road into the Park. We will register and obtain a Wilderness Permit at the Juniper Lake Ranger Station.

Day One: Juniper Lake to Snag Lake, 4.7 miles.

Day Two: A morning hike to Cinder Cone (2.5 miles), then in the afternoon pack up and move camp to Horseshoe Lake (3.2 miles).

Day Three: Hike out around noon (1.5 miles). Hamburgers or pizza in Chester after the trip.

Roads in Lassen can open late due to the winter snows, so if the Juniper Lake road is still be closed, we will switch trailheads to Butte Lake, which is on the north side of the Park.

The weather in Lassen is normally very stable and pleasant, but weather can change quickly in the mountains. As you'll see, we have STRICT rules on clothing to protect your child should we encounter a rare rain storm.



Trip Tracking

We will have a satellite tracking device with us. We can summon help with a push of a button.

Training Sessions

Prior to the trip, there is a 60-90 minute mandatory safety session to give your child the basics on where we're going, what we're going to do and how to have a fun and safe trip.

We supply all of the major equipment needed for this trip, including:

- Backpacks
- Sleeping bags and pads
- Tents
- Stoves and cookware
- Water Filtration
- Waterproof "Gore Tex" jacket
- Food

Your child will need clothing, and a variety of items like sunscreen, insect repellent, flashlight, spoon and cup.

We have one strict rule -- NO COTTON Fabrics!

Clothing

We have one strict rule -- NO COTTON Fabrics!

The reason for this strict rule is simple: imagine yourself hiking through the woods -- it's cloudy, but still pleasantly warm. It starts to drizzle, but by itself, doesn't create much of a problem. Suddenly, it starts to rain and within minutes is raining hard. With the sudden increase of moisture in the air the temperature plummets from 70° to 50°. Your clothes are quickly saturated.

If your clothes are made from cotton, they are going to stay wet for a very, very long time. Until the sun comes out, none of your cotton clothes are going to dry out. If a warm car or building is at the end of your hike, it's uncomfortable, but likely not serious. But if you're in the woods, a very real situation for hypothermia exists. Wet clothes drain heat from the body SIX times faster than dry air.

Let's compare that same situation if you were wearing synthetic clothing. You'll get wet when the rain comes down, but unlike cotton, the fibers themselves don't absorb water. People have fallen through the ice in winter, got out, took off their synthetic clothes, wrung them out, put them back on and stayed warm enough to survive. The fabrics dry out, even with only body heat. This cannot happen with cotton.

This means no cotton socks, no cotton sweatshirts, no cotton underwear, no cotton pants, no cotton shirts. Many of the clothes you'll need are already in your own closets or drawers. Simply check the labels for polyester, nylon, or polypropylene fabrics. A trip to a thrift store or discount department store will inexpensively supply you with any clothing needed for the trip.

All the clothing your child wears on the trip needs to be brought to the mandatory safety session and approved prior to the trip.

Clothing list (all synthetic fabrics)

Underwear

T-shirt

Light long sleeve shirt (most soccer or BMX type jerseys work)

Fleece jacket or wool/synthetic material sweater

Waterproof/breathable jacket (we have one for you to use but you are welcome to bring your own.)

Socks, two pair, one to wear and one spare pair. (This is likely the most important piece of clothing for the trip. Blisters can easily ruin a trip.

Wool or a wool/nylon blend socks are the best. Cotton is the worst.)

Shorts or pants. Most athletic warm-up pants are synthetic.

Tip:

If you don't have synthetic fabric pants, a common solution among backpackers is wear synthetic long underwear underneath their shorts during those few, cool hours in the morning or evening.

What looks goofy in the flatlands is socially acceptable in the mountains at 7,000'!

All clothing must be brought to the safety meeting for review and approval.

The trails in the Lassen National Park Wilderness are well maintained. Good running shoes are adequate -- boots are recommended but not required.

Other Equipment

Sunglasses

Hat. A baseball cap works fine for summer trips to Lassen.

Insect repellent. The mosquitoes can be annoying during certain times of the summer. A small 2-3 ounce spray bottle of mosquito repellent would be plenty for the trip.

Sunscreen, a small 1.5 oz bottle of SPF 30 or higher is enough for these trips.

Waterbottle. Nalgene or other plastic or metal sports water bottle, or two 16-20 oz empty beverage bottles work (Crystal Geyser, Pepsi, etc.)

Headlamp or lightweight flashlight

Bandana

Chapstick

Toothbrush and tiny travel-size tube of toothpaste

Any additional toiletries you might need.

Small roll of toilet paper

Ziplock bags to store these items

Food

We supply all food for the trip. Sorry, we can not accommodate any special diets. We will supply you with a web address to choose their food.

Listed below are the types of foods they can choose from.

Breakfast

Instant Oatmeal

Freeze Dried Eggs

Instant Hot Chocolate or Tea

Lunch

lunch is more like a day long snack than a meal

Dinner suggestions

dinners are usually a one-pot meal where you add hot water and let cook.

Freeze dried dinners

Instant Hot Chocolate or Tea



Dinners are usually a one-pot meal but in recent years, pre-cooked dinners that don't require refrigeration. We use Mountain House Freeze Dried meals for our trips.

Optional items to bring

Fishing rod. We will camp by lakes that contain trout. If 16 years old or older, a valid California Fishing License is required.

Camera

Book

Cellphone. There is no cell signal in the backcountry, so we turn cell phones off at the trailhead, but they're useful to call home when we come out of the backcountry and get back into Chester. We're okay with listening to music, but earbuds must be used.

Trip Leader

Scott Chandler

Scott has over 42 years of backpacking, mountaineering, ice climbing, backcountry skiing, and off-trail mountain travel experience, along with advanced first aid training in mountaineering medicine. He has a degree in geography and experienced in meteorology, geology, photography and natural sciences.

Checklist

These first 8 items and all food for the trip are supplied by the Wilderness Team. If you have your own equipment, you are welcome to use it.

- Backpack
- Tent
- Sleeping bag
- Sleeping pad
- Waterproof or waterproof/breathable (Gore-Tex) jacket
- GSI Cookset w/insulated bowl/spoon
- Stove
- Fuel canister

Food oz./person/day (24 oz/day, 4.5 lbs total)

- Breakfasts
- Lunch/Snack items
- Dinners

- Long sleeve shirt, synthetic fabrics only, button up or pull over
- T-shirt, no cotton -- synthetic fabrics only
- Fleece jacket or sweater
- Pants or shorts/long underwear combo, synthetic fabrics only
- baseball cap or hat of choice
- boots or hiking shoes -- running shoes in good condition okay
- underwear, synthetic fabrics only
- Socks, two pair, one to wear and a spare set (not cotton!)
- Sunscreen, 1.5 oz. mini-bottle
- Insect repellent, approximate 2oz pocket sized spray bottle
- Water bottles. Empty spring water or cola bottles work great too.
- Headlamp or small flashlight
- Sunglasses
- Daily Medication, if required
- Purell hand sanitizer, smallest size
- Small towel or bandana
- Toothbrush
- Toothpaste, travel size
- Chapstik
- Toilet paper, less than a quarter of a roll is plenty
- Basic first aid kit -- a couple bandaids, small gauze pads, etc., in a small zip lock bag
- Plastic trash bag (handy in case of rain)

Option items

- Book
 - Camera
 - Fishing rod
-

Health and Medical Record

You can take a picture with your cell phone and email these forms to: chandler@apexweb.com,

NAME _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

PHONE NO. _____

DATE OF BIRTH _____ AGE _____ MALE FEMALE

IN CASE OF EMERGENCY, CONTACT: _____ RELATIONSHIP _____

CELL PHONE _____ HOME PHONE _____ BUSINESS PHONE _____

ALTERNATE EMERGENCY CONTACT: _____ RELATIONSHIP _____

CELL PHONE _____ HOME PHONE _____ BUSINESS PHONE _____

HEALTH INSURANCE COMPANY _____ POLICY NO. _____

HEALTH HISTORY

ARE YOU NOW, OR HAVE YOU EVER BEEN TREATED FOR ANY OF THE FOLLOWING?

Yes	No	Condition
<input type="checkbox"/>	<input type="checkbox"/>	Asthma Last attack: _____
<input type="checkbox"/>	<input type="checkbox"/>	Diabetes <input type="checkbox"/> Type 1 <input type="checkbox"/> Type 2
<input type="checkbox"/>	<input type="checkbox"/>	Hypertension (high blood pressure)
<input type="checkbox"/>	<input type="checkbox"/>	Heart disease
<input type="checkbox"/>	<input type="checkbox"/>	Stroke/TIA
<input type="checkbox"/>	<input type="checkbox"/>	Lung/respiratory disease
<input type="checkbox"/>	<input type="checkbox"/>	Ear/sinus problems
<input type="checkbox"/>	<input type="checkbox"/>	Muscular/skeletal condition
<input type="checkbox"/>	<input type="checkbox"/>	Bleeding disorders
<input type="checkbox"/>	<input type="checkbox"/>	Seizures Last seizure _____
<input type="checkbox"/>	<input type="checkbox"/>	Other Explain _____

Allergies or Reaction to: _____

Medication _____

Food, Plants, or Insect Bites _____

MEDICATIONS

List all medications currently used. Inhalers and EpiPen information must be included, even if they are for occasional or emergency use.

Medication	Strength	Frequency	Reason for medication
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

PARENT/GUARDIAN SIGNATURE _____

Informed Consent And Hold Harmless/Release Agreement

I understand that participation in outdoor activities involves a certain degree of risk and can be physically, mentally, and emotionally demanding. I also understand that participation in these activities is entirely voluntary and requires participants to abide by applicable rules and standards of conduct.

In case of an emergency involving me or my child, I understand that every effort will be made to contact the individual listed as the emergency contact person. In the event that this person cannot be reached, permission is hereby given to the medical provider selected by the adult leader in charge to secure proper treatment, including hospitalization, anesthesia, surgery, or injections of medication for me or my child. Medical providers are authorized to disclose protected health information to the adult in charge, camp medical staff, camp management, and/or any physician or health care provider involved in providing medical care to the participant.

You can take a picture
with your cell phone and email
these forms to:
chandler@apexweb.com

Protected Health Information/Confidential Health Information (PHI/CHI) under the Standards for Privacy of Individually Identifiable Health Information, 45 C.F.R. §§160.103, 164.501, etc. seq., as amended from time to time, includes examination findings, test results, and treatment provided for purposes of medical evaluation for the participant, follow-up and communication with the participant's parents or guardian, and/or determination of the participant's ability to continue in the program activities.

I have carefully considered the risk involved and give consent for myself and/or my child to participate in these activities. I approve the sharing of the information on this form with volunteers and professionals who need to know of medical situations that might require special consideration for the safe conducting of outdoor activities.

I release the organizers, supervisors, volunteers, and other related parties, or other organization associated with the activity from any and all claims for liability arising out of this participation.

- Without restrictions
 With special considerations or restrictions (list) _____

ADULTS AUTHORIZED TO TAKE YOUTH TO AND FROM EVENTS:

You must designate at least one adult. Please include a telephone number.

1. Name _____ Telephone _____
2. Name _____ Telephone _____
3. Name _____ Telephone _____

Adults NOT authorized to take youth to and from events:

1. Name _____
2. Name _____
3. Name _____

I understand that, if any information I/we have provided is found to be inaccurate, it may limit and/or eliminate the opportunity for participation in any event or activity.

RELEASE SIGNATURES

Participant's name _____ Date _____

Participant's signature _____

Parent/guardian's signature _____ Date _____

Second parent/guardian signature _____ Date _____
