

Cooper Canyon Backpacking Trip #1

April 8-9, 2023

Agenda

1. Take Attendance, Scan QR code
2. Important Dates and Information
3. We will be meeting at WOHS on Saturday April 8, 2023 @ 7:00am to leave at 8:00 AM and arrive back at WOHS on Sunday, April 9, 2023 around 12:30 PM.
4. COVID-19 information
5. Review Itinerary
6. List of what to bring (Packing List)
7. Handouts
 - a. Ten Essentials + and Lunch Ideas
 - b. Hypothermia Basics
 - c. Campsite Rules
8. Food Groups
9. FVF Policies
10. Contact Information

1) Important Dates and Information

All attendees will be required to do a temperature check on the day of the trip. **You will not be allowed to attend the trip if you have a fever.**

Permission Slips and Cancellation Deadline: Tuesday, April 4 @ 11:59 PM

Turn permission slips to FVF office (L-1) or you may take a picture, scan, or upload your PS and email it to fvfofficers@gmail.com any issues text (626) 388-6123. All other registration forms email them to [yduran@felixventures.org](mailto:ydurand@felixventures.org)

Ten Essentials due: Thursday, April 6th during pack inspection.

Organizational Meeting (SPL/ASPL/Lead Officer)	Date: Thursday, March 23	Time: 3:30pm-4:30pm
Food & Supplies Shopping (SPL's)	Date: Thursday, April 6	Time: 5:00pm- 6:30pm
Equipment Check (Quartermasters)	Date: Thursday, April 3	Time: TBD
Pack Inspection Day (SPL's/Treasurer/Presidents)	Date: Thursday, April 6	Time: 4:00 pm-6:00 pm
Equipment Cleaning Day (Quartermasters/Presidents)	Date: Mon & Tue April 10&11	Time: 3:30-5:30 pm
Driver Zoom Meeting (All adults attending)	Date: Wednesday, April 5	Time: 6:00 pm-6:30 pm

Group chat: All attendees will be placed in a text group chat 1-3 days prior to the event/outing. All drivers and adults will be required to attend a Zoom drivers meeting a day or two prior to the event/outing.

2) COVID-19 Changes

What are we doing differently this year?

- COVID-19 Statement, Agreement, and Release Form. Please read and review the Mandatory COVID Form before attending the trip. **ALL participants (venturers and adults) will be required to sign the form the day of the trip**
- Masks - Optional. Mandatory upon drivers request inside vehicles.

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3) Itinerary

Saturday, April 8th:

7:00am-8:00am	Load Up/ Count off <i>Venturers need to have breakfast before coming.</i>
8:00am-10:00am	Drive to Cooper Canyon
10:00am-11:30pm	Start hiking to the campsite. Assign lead and tail. Assign time. Check that everyone has their backpack on correctly. <i>See Car Camping Staff Checklist for details</i>
11:30am- 12:30pm	Set up camp, have lunch (optional) and get ready for a day hike.
12:30pm-1:30pm	Day hike to the waterfall
1:30pm-2:30pm	Play in water/ hang out and eat lunch (optional)
2:30om -3:30pm	Hike back to campsite
3:30pm-4:30pm	Count Off/Clean up and setup group game.Games (tag,cards,sports) <i>Create groups and set rules for game</i>
4:30pm-5:00pm	Free time
5:00pm-6:00pm	Cook Dinner
6:00pm-7:00pm	Eat Dinner and clean up
7:00pm-8:30pm	Prepare a Bonfire. Free time
8:30pm-9:30pm	Eat smores and tell stories
9:30pm-10:00pm	Free Time
10:00pm-11:00pm	Quiet Time <i>Make sure that everyone set-up their sleeping area and is ready for bed (brushed teeth, changed clothes, etc.) prior to bedtime.</i>
11:00pm	Bedtime <i>Confirm that all venturers are at camp and are in the correct areas (girls and boys separate) by counting heads. Make sure everyone is sleeping properly and that sleeping bags are being used properly.</i>

Sunday, April 9th:

6:00am-6:30am	Wake up/get ready for the day
6:00am-8:00am	Quick Trail Breakfast and begin taking down the campsite/pack up.
8:00am- 8:30am	Finish packing. Clean sweep. Assign lead and tail, assign time. Fill up water bottles.
8:30am-9:30am	Count off and hike out
9:30am- 10:00am	Pack cars
10:00am - 12:00am	Drive to Workman
12:00pm -12:30pm	Arrive and Cleanup. Turn in FVF gear. Check sleeping bags, Put back food.
12:30pm	Ventures can go home.

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Clothing:

1. Sweater
2. Windbreaker. Suggestion: Top layer should be waterproof/water resistant. Possible snow at campsite
3. 3 extra shirts (Athletic Material, Long sleeved recommended)
4. 4 pairs of socks. ONE only for sleeping (non cotton, if available)
5. 2 warm Long pants or sweats (Layers:NO JEANS ALLOWED) Suggestion: Top layer should be waterproof/water resistant. Possible snow at campsite
6. One set of extra undergarments
7. Hiking shoes (running shoes ok) Good grip and shoes with ankle support recommended.

Things to Bring for Camp:

1. Bowl and utensils (Example: Tupperware or plastic bowl/plate. NO DISPOSABLE PLATES OR FORK/SPOONS/bottles)
2. 1 Sack Lunch and \$10 for lunch
3. Sandals/Slippers (to let shoes air out) for the campsite
4. Toiletries (Toothbrush, toothpaste, hair brush or comb, face wash, hair ties, baby wipes or hand sanitizer, toilet paper (put in a ziploc bag), lotion, Chapstick, deodorant, menstruation products)
5. Wipes for cleaning hands and body throughout the trip when away from camp
6. Plastic Grocery Bags (3)
7. Medication: If needed. YOU, venturer, are responsible for taking it at the indicated time.
8. Face mask (2)

Ten Essentials: DAY PACK (will contain all of the following items)

1. Water Bottle (Dishwasher Safe, 32 oz - 36 oz)
2. Lighter *FVF \$1.00* / Waterproof matches / Waterproof match container
3. Pocket Knife (A sharp, 3-inch blade max. length)
4. 40-60 gal. Drum Liners / Construction trash bag (3-5 Mil. thick) 2 Required *FVF \$.50*
5. Nylon Cord / ParaCord (300-500 lb tested) 50ft Required-100 ft max. *FVF \$3.00*
6. Duct Tape (Tip: roll onto a pen, lighter or hiking stick) 6 ft Required *FVF \$.75*
7. Whistle *FVF \$1.50-\$2.00*
8. Signal Mirror (Tip: Makeup Compact) *FVF \$1.00*
9. Travel size First Aid Kit *FVF \$3.00*
10. Emergency Foil Blanket *FVF \$1.00*
11. Beanie (Recommend: Synthetic Blend or Wool)
12. Gloves (Recommend: Synthetic Blend or Wool)
13. Windbreaker / Rain Jacket
14. Emergency Food (Check Lunch Idea Handout)
15. Wrist Watch (not your cell phone)
16. Flashlight (bring extra batteries)
17. Compass*
18. Topographic Map*
** NOT REQUIRED BUT RECOMMENDED*

Optional:

1. Camera
2. Optional additions for comfort: SMALL blanket & pillow
3. HOMEWORK (Yes, you will have time to do it!)
4. Sunblock

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5. Sun Hat
6. Sun Glasses
7. Chapstick

No electronics will be allowed for use in the campsite.

Weather: Please confirm weather on your own before the event/outing and or packing. Prepare for patches of snow at the campsite and throughout the hike

5) Review Handouts

- a. Ten Essentials + and Lunch Ideas (handout)
- b. Hypothermia Basics (handout)
- c. Campsite Rules

Campsite Rules:

Noise: Quiet hours are posted in most campgrounds, typically for a range of time (such as 10 p.m. - 6 a.m.). While some people like to stay up late, others like to get up early. Be courteous to your neighbors and observe the quiet times. Use the time to enjoy a symphony of natural sounds. However, courtesy does not end when quiet hours do, so keep in mind that others are sharing the campground as well, and see that your fun does not get in the way of others' fun.

Light: Most campgrounds do not have regulations regarding lights in your campsite, but consider how your lights affect others who may be trying to sleep or enjoy the darkness a campground can provide. Keep lights shielded and pointing down. You may want to turn it off completely so you can enjoy that beautiful night sky.

Personal Space: Please note that it's considered rude to enter or pass through another occupied campsite site without the occupant's permission. Likewise, you should not set up parts of your campsite that encroach on your neighbor's site.

Cleanliness: Leave your campsite cleaner than you found it. It sets a good example for others and discourages animals and insects from looking for food. If you're in the frontcountry, throw your garbage away in the campsite dumpster each night and wash your dishes. If you're in the backcountry, remember to pack it out. Part of the fun of going camping is that it allows for some license to be dirty and smelly. But for the sake of others, don't let it get out of hand.

Making a Fire: Before starting your campfire, take a look around your campsite to make sure your tent, gear, and any other flammable objects are at least 15 feet away and upwind of the firepit.

Using local kindling/wood: Kindling and wood can be collected from the area, if the rules permit doing that - keep in mind, this is not allowed in many national parks.

Constructing your fire: Your fire might burn quite quickly if your firewood is extremely dry. Wetter wood will burn slower, but you don't want it too wet or it won't catch fire. Wet wood will smoke way more than dry wood. If you have extra firewood, keep it stacked upwind of your fire, so that a sudden breeze won't light all the rest of your wood on fire. Keep the fire small so it stays under control.

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Putting Out Your Fire: All good things come to an end but if your campfire is too hot to touch, don't leave or go to sleep. Whitish or gray coals can retain heat for hours and hours - and can flare up if the wind starts gusting. So, even if you have no more open flames, spread out your coals as best you can. If you have water available be sure to douse your fire and coals with plenty of water when you're ready to call it a night.

If you have no water in a pinch, use sand and dirt. However, don't simply kick sand or dirt on your fire - sometimes that can insulate or "bank" the coals, keeping them hot even longer than if they remained exposed. Spread the coals out with a poker or other device, and then continually stir dirt and sand among the coals until they extinguish.

6) Divide into Food groups:

Number of groups: _____

Food Group Leader: _____

Food Group Assistant: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____

Food Group Leader: _____

Food Group Assistant: _____

1. _____
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Food Group Leader: _____

Food Group Assistant: _____

1. _____
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Food Group Leader: _____

Food Group Assistant: _____

1. _____
2. _____
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6. _____

6) FVF Policies Review

LOST AND FOUND POLICY: Anything left behind on trips will go to the Felix Ventures Foundation Lost and Found. You have 7 days to claim your things before it is donated to the Salvation Army.

ELECTRONICS POLICY: No use of Phones, iPods, or Gaming Devices allowed DURING any FVF activities. Phone Use will ONLY be allowed in case of emergency. (you got lost in the bike trail)

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DAMAGED EQUIPMENT/LOSS POLICY: We have checked all of our equipment. (What's broken, fixed, and etc.) You must return given equipment in the same condition it was given to you. You will be charged for returned damaged equipment. If you receive any equipment that already has any damage, let quartermasters, SPL, or any staff know immediately to avoid any charges.

72 HOURS CANCELATION POLICY: If for any reason you are no longer able to attend this trip, you must let one of the staff and or officers in charge know at least 72 hrs. before the trip. If you fail to do so, you will be penalized with negative points and may be placed in the alternate list for the next trip.

NEW - VOLUNTEER REQUIREMENT: Everyone attending the trip will be required to do ONE hour of volunteering for FVF after each trip you attend. Coming to the equipment cleaning, helping after school, helping making posters, helping in another event/trip will all count towards completion of the HOUR. Officers and SPL's/ASPL may be excused for completing the required hour with the permission of the directors. Failure to complete the hour may result in not being allowed to participate in future trips. Completion need to be made within 2 weeks after we come back from the trip. If you, the venturer, cannot complete the HOUR in that time frame speak with FVF staff to possibly arrange an extension.

6) Contact Information:

Anthony Alcaraz	SPL	(626) 213-9014
Zeferino Angulo	ASPL	(626) 474-7187
Eric Duran	FVF Director	(626) 388-6801
Yuridia Duran	FVF Director	(626) 388-6123