

# **Cedar Glen Backpacking Trip # 2**

## **Saturday, May 21st, 2022 to Sunday, May 22nd, 2022**

### **Agenda**

1. Take Attendance
2. Important Dates and Information
3. We will be meeting at WOHS on Saturday May 21st, 2022 at 6:00 AM to leave at 7:00 AM and arrive back at WOHS on Sunday, May 22nd, 2022 around 4:00 PM.
4. COVID-19 information
5. Review Itinerary
6. List of what to bring (Packing List)
7. Handouts
  - a. Hypothermia Basics
  - b. 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: Wednesday, May 18th, 2022 @ 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](mailto:fvfofficers@gmail.com) any issues text (626) 388-6123. All other registration forms email them to [yduran@felixventures.org](mailto:yduran@felixventures.org)

Ten Essentials due: Wednesday, May 18th, 2022 @ 11:59 PM

Take a picture of your 10+ Essentials and email them to our [fvfofficers@gmail.com](mailto:fvfofficers@gmail.com)

Food & Supplies Shopping (SPL's)	Date: Thursday, May 19th	Time: 4:00 pm- 6:00 pm
Equipment Order Completed (Quartermasters)	Date: Monday, May 16th	Time: 6:00pm
Pack Inspection Day (SPL's/Treasurer/Presidents)	Date: Thursday, May 19th	Time: 4:00 pm- 6:00 pm
Equipment Cleaning Day (Quartermasters/Presidents)	Date: Saturday, May 28th	Time: 10:00am - 3:00pm
Driver Zoom Meeting (All adults attending)	Date: Thursday, May 19th	Time: 7:30pm

Join Zoom Meeting ID: 838 2451 7411

Group chat: All attendees will be placed in a text group chat 2-4 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**

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- Temperature checks prior to each trip
- Social distancing rules on trips when applicable (exceptions may apply)
- No sleeping in tents (exceptions will apply due to bad weather)
- Masks - MANDATORY in indoor areas where required

### 3) Itinerary

#### **Saturday, May 21, 2022:**

6:00am-7:00am	Load Up/ Count off <i>Venturers need to have breakfast before coming.</i>
7:00am-8:30am	Drive to Cedar Glen: Mt. Baldy Trailhead: <i>901-993 Falls Rd, Mt Baldy, CA 91759</i>
8:30am-9:00am	Unload and get everyone ready for the hike. Check backpacks and make sure nothing has been left behind. Distribute any extra group equipment. Count off. Assign lead and tail
9:00am-12:00pm	Get into Camp/Count off/ Setup <i>See Backpacking Staff Checklist for details</i>
12:00pm-1:00pm	Lunch
1:30pm-3:00pm	Group Game
3:00om -5:00pm	Free Time
5:00pm-6:00pm	Cook Dinner <i>Food Group Leaders: _____</i>
6:00pm-7:00pm	Dinner/Clean up. SPL and ASPL confirm that food and kitchen set was properly put away to avoid animals in the campsite
7:00pm-8:00pm	Night time entertainment
9:30pm-10:00pm	Free Time
10:00pm-11:30pm	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>
10:30pm	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> <i>Staff Confirmation: _____</i> <i>Venturer Confirmation: _____</i>

#### **Sunday, May 22, 2022:**

7:30am-8:00am	Wake up/get ready for the day
8:00am-9:00am	Cook Breakfast and Eat. Begin packing up
9:00am-10:00am	Clean-up and finish packing. Clean Sweep
10:00am-11:00am	Hike down to pools near trailhead (parking lot)
11:00am-1:00pm	Hangout near pool and have lunch
1:00pm-1:30pm	Hike remainder of trail to parking lot

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- |               |   |
|---------------|---|
| 1:30pm-2:00pm | Load up cars and count off  |
| 2:00pm-3:30pm | Drive to WOHS<br><i>Have plan ready to check -in equipment prior to school arrival</i>  |
| 3:30pm-4:00pm | Car Cleaning, Equipment Check-in  |
| 4:00pm        | Venturer Pick-up<br><ol style="list-style-type: none"><li>1. <i>Make sure to send debrief link to all attendees (venturers and adults)</i></li><li>2. <i>Make sure to send google photo link to all attendees that took pictures with their own cameras to upload</i></li><li>3. <i>Get Volunteers for Equipment Cleaning</i></li></ol> |

### **4) Packing List**

#### **Clothing:**

1. Sweater (It will be cold)
2. Windbreaker (It is windy)
3. 2 extra shirts (Athletic Material, Long sleeved recommended)
4. 2 pairs of socks
5. 2 warm Long pants or sweats (Layers: jeans not recommended)
6. Extra undergarments
7. Sandals or water shoes for camp and during lunch break
8. Comfortable shoes (hiking shoes recommended)
  - i. Shoes with good grip for hiking (can be tennis shoes)
9. Small towel
10. Clothing for pools (optional)

#### **Things to Bring for Camp:**

1. Bowl and utensils (Example: Tupperware or plastic bowl/plate. NO DISPOSABLE PLATES OR FORK/SPOONS)
2. 1 Sack Lunch and \$10-20 for Sunday lunch
3. Sandals/Slippers (to let shoes air out)
4. \$10 Emergency Money
5. Toiletries (Toothbrush, toothpaste, hairbrush or comb, face wash, hair ties, baby wipes or hand sanitizer, toilet paper (put in a Ziploc bag), lotion, Chapstick, deodorant, menstruation products)
6. Wipes for cleaning hands and body throughout the trip when away from camp
7. Chapstick
8. Plastic Grocery Bags (2)
9. Medication: If needed
10. 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*

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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. HOMEWORK (Yes, you will have time to do it!)
3. Sunblock
4. Sun Hat
5. Sun Glasses

No electronics will be allowed for use in the campsite.

**Weather:** Please confirm weather on your own before the event/outing and or packing.

### **5) Review Handouts**

- a. Hypothermia Basics
- b. Campsite Rules

### **6) Divide into Food groups:**

Number of groups: \_\_\_\_\_

See Trail Chef for ideas on meals

Need to have staff check before leaving

### **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.

### **6) Contact Information:**

Angelica Lyniel Castro	SPL	(626) 620-2722
Axl Espinoza	ASPL	(626) 487-2764
Elizabeth Amezola	High Adventure VP	(626) 474-6634
Eric Duran	FVF Staff	(626) 388-6801
Yuridia Duran	FVF Director	(626) 388-6123