

ODP302H COURSE INFORMATION 2020

Checklist and Instructions:

1. Read this information carefully, especially information regarding departure time and location, and the clothing/equipment list for each course Done!
2. Complete SURVEY (on Quercus) and payment Done!

Code Of Behaviour - Read Carefully:

1. **Attendance:** Attendance at all sessions is required or course credit will not be granted.
2. **Transportation to Camp:** Students *must* take the arranged transportation. You must make arrangements to be at the University for the scheduled departure (8:00 am)
3. **Student Conduct and Academic Behaviour:** Adherence to the Code of Student Conduct and the Code of Behaviour on Academic Matters will be strictly enforced in this course. These policies can be found online at www.governingcouncil.utoronto.ca/policies.htm
4. **Alcohol and Illegal Drugs:** According to University and Camp policy, alcoholic beverages or non-prescription drugs are prohibited at all times. Any breach of this policy result result in the loss of course credit and dismissal from camp without a refund.
5. **General Camp Rules:** All students are asked to abide by all camp rules and general routines during their stay. The camp staff will indicate the key policies and routines upon your arrival. This also includes remainin on site and being respectful to property and each other.

IMPORTANT: This Camp is Peanut/Nut-free

DO NOT BRING FOOD/SNACKS CONTAINING PEANUTS OR NUT PRODUCTS

Please respect your fellow students who may have life-threatening peanut and/or nut allergies.

COURSE DETAILS FOR ODP 302 - FUNDAMENTALS OF WINTER CAMPING

Location:	Camp Kandalore, Haliburton, Ontario
Trip Dates:	January 10-12, 2020/ January 17-19, 2020
Departure:	8:00 am. SHARP ¹ , from the University of Toronto, Athletic Complex, Spadina Ave. and Harbord St. (Bus scheduled to load on Classic Ave); Please meet for attendance in the AC Lobby (near Store)
Return:	Buses will return to University of Toronto at approximately 5 p.m on SUNDAY (Anticipated departure is 1:30 with a 3 hr. expected travel time).
Fees & Payment:	Payment procedures and deadlines for ODP302H1 must be adhered to. Check with the registrar's office if you have questions. There will be a \$50.00 non-refundable administrative charge on any refund. If you are unable to attend the camp because of uncontrollable circumstances, please contact the registrars office as soon as possible.

¹ Anyone missing the bus will have to find and pay for his/her own transportation. All Students MUST take and pay for the bus, no cars are permitted under ANY circumstances.

Overview:

This brief, weekend Outdoor Project is designed to provide an outdoor winter activity experience that is unique, fun and at times, challenging. Many of you will experience for the first time, cross-country skiing and/or snow-shoeing in the woods and even across a frozen lake. You will learn how to do these activities, so don't worry about your current level of skill. There will be games and some fun surprises as well. Some free-time is built into the schedule, so there will be opportunities to enjoy the peace and quiet of a winter environment in a beautiful setting or try some activities on your own. The instructional staff are skilled and very helpful.

You will first travel to Camp Kandalore, located approximately 3 hours north east of Toronto, in the township of Haliburton. Upon arrival, you will hike along a plowed road for just under 1 km, to main camp, and upon your arrival, cabin assignments will be made. You will be staying in small, heated camper cabins. All washroom/shower facilities are located within the main building which includes the dining room where all meals/snacks will be served. For Friday afternoon, through to lunch on Sunday, you will travel in groups to learn and participate in various outdoor activities; these include snowshoeing, cross-country skiing, high-ropes, games and 'quinzy' building (a snow-shelter to sleep in). Apart from learning how to do various winter activities, one goal is to build and sleep overnight, in the quinzy that your group has built.

Key, Overarching Objectives:

The goal of this course is to place the student in contact with the outdoor activities of cross-country skiing and winter camping, enabling him/her to acquire the basic fundamentals to participate in activities unique to the outdoor winter environment.

Specific Objectives and Content - ODP302H:

- To develop skills for cross-country ski, snowshoe and overnight winter camping.
- To provide direct contact in the winter environment, enhancing one's sensitivity to the fragility of the wilderness environment.
- To have sufficient knowledge to be able to choose winter clothing for survival and physical activity.
- To be familiar with the properties of snow, selection of skis, and related equipment.
- To know how to break a trail and the implications of a long winter outing.
- To develop skills & techniques enabling construction of an adequate winter shelter.

Practical Component

- snow shoe and cross-country ski instruction
- snow shelter ('Quinzy') construction and one-night sleep out in shelters
- cooperative games
- high ropes and belaying
- debriefing session

Detailed Content Practical Component:

- skis, bindings, poles and how to select them
- snow conditions
 - mechanical properties of snow
 - atmosphere conditions and snow
- basic techniques of skiing
 - preparing skis;
 - moving on the flat
 - turns, step turn, kick turn climbing hills (side-step, herring bone)
- selecting under and outdoor, footwear, etc.
- physiology and implication of hypothermia
- advanced climbing, descending, checking, turning, falling
 - breaking trail and backpacking
- winter camping
 - building fires, cooking
 - building of snow shelters
 - staying warm; emergency procedures for hypothermia

Written Assignment

There is an Essay Requirement to be completed AFTER the completion of this ODP:

1. **Assignment Description:** Answer the following question:
"How has this ODP contributed to your broader education within the KPE program?"
2. **Assignment Requirements:** Type-written, 2 pages MAX, double- or 1.5 line-spacing and submitted on QUERCUS.
3. **Due Date:** Within 2 weeks following the trip. This assignment must be completed for course credit

Grading:

This is a credit course without grading; a credit is assigned only upon successful completion of the practical component and the granting of 'credit' on the written assignment.

ODP302H - Clothing and Equipment List

Your clothing and equipment should be packed for a one kilometer hike into camp. A hockey bag or back pack is fine, or you can put your gear in a garbage bag, tie the end with a long string and tow it over the snow. However, a large hiking pack is preferable. The recommended quantities on the list below include the clothing you are wearing when you arrive, as you should be wearing winter clothes. Please note: boots are not allowed in the dining room – please bring running shoes or slippers for this purpose.

Matching your activity to appropriate clothing: Keep this in mind:

1. Some activity will be vigorous (cross country skiing), moderate (snow shoeing) and light (walking to the sauna, high ropes) intensity; during vigorous activity, you won't want to wear heavy, overly warm gear as you will overheat.
2. Protection from the wind and chills from sweating is important. Consider it your choice of clothing as though you would if jogging with lots of stops for over 1 hour.
3. A warm jacket, hat, mitts and *warm winter boots* are needed for less active times. Shedding the snow is also a goal, so sweat pants or tights that allow snow to cling should be underneath a shedding layer if possible, but you don't want to overheat when doing vigorous activity. HATS and GLOVES/MITTS are essential.
4. Layering is ideal – you can unzip or shed layers to cool off; if you are under-dressed, you have no option other than to be cold!

Bring the Following:

- Sleep gear (pyjamas, etc.)
- underwear
- long underwear or tights (tops & bottom) that have 'wicking' properties (e.g. synthetic, not cotton)
- 1-2 towels
- toiletries
- 2-3 pr heavier socks (preferably wool)
- 3 shirts (or turtlenecks); best case – synthetic or wool
- 1 pr sunglasses or goggles
- Flashlight or headlamp
- 1 litre water bottle (Nalgene best)
- wind shell (jacket) and wind pants as an outer layer
- 2 pr pants, or sweatpants
- 1 pr gaiters or snow cuffs IF you have them
- **1 pr indoor footwear (running shoes or slippers)**
- 1-2 sweaters or sweatshirts
- 4 pr mittens
- 1 scarf
- 1 bathing suit (there is a sauna!)
- personal ski equipment (cross country) and/or snow shoes if you wish, otherwise provided
- 2 hats or toques (should cover ears)
- small backpack
- **1 foam insulating sleeping pad (Available at MEC); this is important for sleeping out in snow shelter); Kandalore has limited supply**
- **1 WINTER SLEEPING BAG (-15°C); (if not a winter bag, add a flannel sheet or ideally a mohair blanket to transform it into a winter bag. SLEEP BAG IS MANDATORY!!!**

Note: Your 1st night stay will be in heated cabins!! On night 2, you will sleep in snow shelters!

Sources of Equipment & Clothing for Outdoor Projects

There are a number of stores which supply clothing and equipment relating to outdoor recreation and camping. Some items can be found at stores like Canadian Tire, whereas other more specialized and "high-end" items are best purchased at stores specializing in this area.