



**BARRHEAD COMPOSITE  
HIGH SCHOOL**

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September 1, 2017

Barrhead Composite High School, & InRoads Mountain Sports invite you to participate in the 'Fall Natural Science Camp 2017'

**When:** Sept. 28 - Oct. 1, 2017

**Where:** Black Cat Ranch <http://blackcatguestranch.ca/>

**What:** WLD 1130: Outdoor Survival Skills, FOR 1050: Forest Imagery, FOR 2060: Forest Measurement 1

**Why:** A great way to have hands on, experiential learning with experts in the field, obtain 3 high school credits, and have a lot of fun!

**Who:** Any high school student

**How:** Register by filling out information slip below and providing a non-refundable \$100.00 deposit paid to "PHPS" . First come first serve.

\* Transportation will be provided from Barrhead Composite School. Cost of the workshop is \$200; the \$100 deposit covers half of this cost.

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Student name: \_\_\_\_\_ Grade \_\_\_\_\_  
The above named student will be attending the Fall Natural Science Camp 2017.

Parent/Guardian Name: \_\_\_\_\_

Contact Number(s): \_\_\_\_\_

Parent/Guardian Signature \_\_\_\_\_ Deposit \_\_\_\_\_

Completion of CTS Natural Science Education, and making a difference.

### **Accommodation and Food:**

All technical camping gear is supplied, as is food (with the exception of stops for snacks and a washroom to and from Hinton).

Students will be staying at Black Cat Ranch (<http://www.blackcatguestranch.ca/>) for 5 nights. The Black Cat Guest Ranch is one of Alberta's oldest, established in 1935, and under the present ownership since 1970. The smoke-free lodge is located just outside of Jasper National Park.

### **Participant Responsibility:**

Each participant is responsible for his or her own learning. Participants will get out of the program what they put in. Instructors will provide learning opportunities on an ongoing basis.

Participants are responsible for daily activities. These include, but are not limited to:

- Participating in all sessions
- Taking responsibility for daily leadership
- Personal cleanliness and hygiene
- Group and team morale
- Completing and handing in assignments by the end of the program
- Bring \$20.00 for meals on the way to and from Black Cat Ranch

### **Personal Packing List**

Wind pants/Snow pants  
2 pairs mitts or gloves  
Long underwear  
Warm loose shirt for sleeping  
Warm loose pants for sleeping  
Bath Towel  
Personal Medications  
6-7 pair light socks  
4-5 pair heavy, warm socks  
Light wool sweaters  
Toques/hats

#### **Adequate shirts and pants for outside**

#### **Adequate footwear for outside**

1 or 2 warm shirts  
Hand soap and wash cloth  
Notebook and pencil  
Warm winter coat  
Changes of Underwear  
Toothbrush and paste  
Sleeping Bag  
Single foam/air mattress

## **Why do you need all this stuff?**

Always wear layers. You should have a base layer: something thick that wicks sweat away from your skin. A second layer: this will take the sweat away from the wicking layer, usually a fleece top or wool sweater. The outer layer can be anything that suits the weather, a wind jacket, rain coat, winter jacket.

Another important rule for camping is to never sleep in the clothes you wore during the day. You must bring a separate set of clothes for sleeping. Humans are sweaty, we perspire even when we aren't working hard....during the day that's all good and fine, as long as you're dressed properly. But at night your body is creating a lot less heat. If you go to bed in already wet clothes (they won't necessarily feel wet) you will get cold really fast and stay that way all night.

## **Itinerary**

Thursday, Sept.28, 2017

3:30pm – Depart from Barrhead Composite High School

Snack/Bathroom Break en-route

7:30pm – Arrive at Black Cat Ranch

Sunday, Oct. 1, 2017

4:00 pm – Depart from Black Cat Ranch

Supper/Bathroom Break en-route

8:00pm – Arrive at Barrhead Composite High School

Daily Activities while at Field School

7:30am Breakfast

8:30am – 12:00pm Class

12:00pm Lunch

1:00pm – 5:00pm Class

5:30/6:00 pm Supper

7:00pm – 9:00pm Class

**Please include the following sheet with your permission form.**

Student Name: \_\_\_\_\_

Student Cell Phone Number: \_\_\_\_\_

Parent Name: \_\_\_\_\_

**Preferred** Parent Contact Number: \_\_\_\_\_

Is the attending student on any medication? YES NO

If YES, list medications.

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Does the attending student have any particular medical conditions that may affect him/her during physical activity? YES NO

If YES, please describe.

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Does the attending student have any other medical condition we should know of?

Please include allergies. YES NO

If YES, please describe.

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