



Bronze Winter Adventure Academy

The Company of Adventurers, in partnership with The Duke of Edinburgh's International Award, is proud to offer our Bronze Level Adventurous Journey to the Canadian Rockies Outdoor Learning Centre. This 3 day 2 night Practice and Qualifying expedition will give you winter skills experience you crave while helping you learn the tools, methods, and confidence to get outside all winter long with friends and family. Only 10 spots are available, so register today!

The Company of Adventurers has been introducing people of all ages – from school children to senior citizens - to adventure in the outdoors for over 25 years. We specialize in creating active programs that are tailored to the objectives of the group involved. Our professional staff draws on years of teaching and guiding in the outdoors to make each program a great learning experience with memories that will last a lifetime.

We strive to provide the highest level of instruction and safety in many outdoor wilderness activities with a strong focus on environmental education and stewardship. A low guide to participant ratio promotes safety and enhances the quality of the experience.

About the trip:

When: February 18 - 20, 2022

Where: Canadian Rockies Outdoor Learning Centre

Level: Bronze

Objective: To learn the basic winter skills needed to recreate, learn and have fun in the winter environment.

Spots Available: Minimum: 7
Maximum: 10

Cost: \$560.00

Billing: Company of Adventurers will direct bill all participants 7 days prior to the program date. Participants must be paid in full prior to the program.

Restriction: 14 years old +



How to get there:

Participants will meet the guides for this trip at the **Canadian Rockies Outdoor Learning Centre (CROLC)**, which is located in Bow Valley Provincial Park. We will meet participants there and any Covid procedures required. Once completed, the guides will go over all rules and regulations of the facility that must be completed by participants and guides. This will be the location for both the Practice and Qualifying sections of the journey. Parents/Chaperones will pick up participants at the same location at drop off.



Map Link:

From Calgary:

<https://www.google.com/maps/dir/51.0720672,-115.0805698/Calgary+AB,+Calgary,+AB/@51.0710987,-115.0785779,521m/data=!3m1!1e3!4m9!4m8!1m0!1m5!1m1!1s0x53717ba021e95bd9:0x2c764b3317399599!2m2!1d-113.9278255!2d51.0598086!3e0>

From Edmonton:

<https://www.google.ca/maps/dir/Edmonton,+Alberta/51.0722745,-115.0804726/@52.2878823,-116.5302408,548490m/data=!3m2!1e3!4b1!4m9!4m8!1m5!1m1!1s0x53a0224580deff23:0x411fa00c4af6155d!2m2!1d-113.4938229!2d53.5461245!1m0!3e0>

Sleeping Arrangements:

Due to Covid-19, sleeping arrangements will be individual and indoors. Individual participants are required to sleep in their own bedroom in the CROLC. No other participants are allowed in your bedroom. Each bedroom has a mattress, however, sleeping bags are required since no bed sheets are provided. Quinzhees will be built in order to practice and learn the skills needed to thrive in outdoor survival situations. There will be no more than one person inside a Quinzhee at a time during construction and no one sleeping outside due to Covid restrictions. Participant safety is our number one concern, whether that is covid related or otherwise.

Food & Cooking:

For all meals, participants will be expected to eat and prepare meals outside. Stoves, pots and cooking utensils will only be provided for Breakfast and Dinners. Participants are expected to bring prepared lunches or lunches which do not need to be cooked. Lunches will be held outside on the trail or during activities. If you have a food allergy, please clearly fill out the allergy section in our sign up sheet and all precautions to keep everyone safe will be taken.

High School Credit Opportunity:

We are pleased to offer all participants who are Alberta residents and in highschool, Grades 10-12, the opportunity to complete **WLD 2100 Outdoor Survival Skills (1 credit)** during our Bronze level Adventurous Journey. If you would like to complete this credit, please provide your Alberta Student identification number as well as proof of residency on the sign our sign up sheet. Participants who opt into the credit will be required to complete an online course after the trip that will be provided after sign up and payment is received to the Company of Adventurers. Further information will be provided during our pre-trip meetings and upon request.

Emergency Procedures:

All members of the COA guide team are Advanced Adventure Medics (80hr), and strive to operate in the safest manner at all times. Each guide carries a group sized (10 person) first aid kit on them at all times. Physical and Covid Safety is our number one goal during all programs. Please be sure to review our Covid Policy document provided. All guides follow and enforce our Covid policy to ensure the health and wellness of participants and themselves. In case of emergency, the COA guides will have cell phones and HFA radios on them to contact authorities/family during the program. COA staff will also be checking in with the office everyday at 6PM to relay any messages to participants and parents if needed. There is limited cell service in the area.

Cancellation Policy:

Payment is due in full 30 days prior to day 1 of the program. For sign-ups within 30 days, payment is due in full with registration, and registration is not confirmed until full payment has been received. Cancellations made at least **30 days prior** to the start of the program will receive a **full refund**. Participants who cancel **29-15 days** prior to the program will receive a **50% refund**. Cancellations within **14 days** of the program are **non-refundable**.

Company of Adventurers reserves the right to cancel 7 days from the start of the program if minimum participant requirement is not met (6 participants minimum); or within 7 days of the start of the program should unforeseen circumstances warrant cancellation. This may include but is not limited to weather, wildfire or other force majeure. Paid participants will receive a full refund or be transferred to the next available program in this circumstance.

We are extremely excited to get outside in the winter and help you complete your Bronze Adventurous Journey for the Duke of Edinburgh's International Award! We hope to see you there and help you become a confident and competent young person in a winter outdoor setting!

For further details and information about this expedition please contact: info@companyofadventurers.com or call us at 403-242-8725.



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Winter Camp Gear List

The weather is unpredictable and the number 1 rule of outdoor camping is “Prepare for the worst, hope for the best”. Please ensure that you follow the gear list carefully and have adequate clothing to maximize your experience on this trip. Try checking with relatives or friends for items you do not have. Wool/synthetic pants/shirts as well as outer layers are often available from second hand clothing outlets at very inexpensive prices. Items such as sleeping bags, pads, packs, etc. can be rented from places like Mountain Equipment Co-op or the University of Calgary’s Outdoor Centre.

Fabrics

The clothing layers should consist of several different types of fabrics.

- **Cotton should be avoided in cold conditions. Cotton absorbs and retains water, and therefore it will not keep you warm if it gets wet. It can also be difficult to dry.**
- Polypropylene or other hydrophobic **synthetic fabrics** move the moisture (sweat) away from your body to the outside of the layer, reducing evaporative cooling and keeping you dry and comfortable.
- **Wool or synthetic pile/fleece** fabrics don't absorb water so they keep you warm even if they get wet. Pile also dries very quickly. A wool sweater or pile jacket provides warmth on a chilly evening.
- **Nylon or Nylon/Cotton Windshells** reduce convective heat loss. For rain gear, **coated nylon** is lightweight and works well. **Waterproof-breathable fabrics** are also possible but are more expensive.

The Layering System

Combinations of these types of fabrics create a layering system. The purpose of a layering system is to be able to mix and match the layers of insulation to match the weather conditions and your activity level to maintain a comfortable body temperature without excess sweating (which can lead to heat loss). Throughout the day you will need to layer up and layer down as conditions and activity levels change. Typically the morning and evening when it is colder, you will need many layers on.

- The **inner layer** keeps the skin dry and comfortable.
- The **middle layer** provides some insulation and protection from the elements.
- The **outer layer** provides insulation. The **shell layer** protects you from wind and rain. A waterproof rain jacket is essential in case of bad weather and for digging out quinzhees and playing in the snow. A **head layer (toque, beanie, etc)** is essential to reduce heat loss.

It is important to remember that we will be in the Rocky Mountains and weather patterns can change without warning, so being prepared for all types of conditions will be necessary no matter the season or forecast.

PERSONAL GEAR LIST (required)

PLEASE DO NOT PACK ANY COTTON HOODIES OR PANTS. These get wet easily and will hold moisture until students get home. "Cotton is rotten" and does not dry or keep you warm when wet.

- ☐ **Warm Sleeping Bag** the rating of a bag states the temperature of survival, not comfort. Please make sure the sleeping bag is ample warm enough or bring an extra blanket or liner
- ☐ **Long underwear**
- ☐ **Other layers of clothing** that can be combined in layers to keep you warm with changing temperatures ie: vest, wool sweater etc.
- ☐ **Wool, pile or fleece pants** no jeans or cotton sweats please - these absorb water and do not provide warmth
- ☐ **Underwear** as needed
- ☐ **Wool or other warm synthetic socks** several pairs. **Avoid ankle socks** as these will leave your ankles exposed to any snow that might get in your boots and do not provide any warmth
- ☐ **Pile, fleece or wool jacket**
- ☐ **Winter Jacket** Should have a hood, and be water resistant
- ☐ **Snow Pants** Must be water resistant
- ☐ **Toque & mitts** or gloves & multiple extra pairs!
- ☐ **Sturdy Winter Boots** high topped and waterproofed, have been worn before and broken in. Uggs or other soft sided shoes will **not** keep students dry/warm.
- ☐ **Personal items** toothbrush, toothpaste, contact lenses, etc. Please place these items in a separate small bag or Zip-loc, as they will be stored separate from all other items. NO PERFUMES OR COLOGNES! Only the essentials! You are not at home!
- ☐ **Daypack** Large enough to fit lunch, water, spare clothing for any outings we may embark on
- ☐ **Facial Mask x2** in order to comply with our Covid Policy
- ☐ **Personal Hand sanitizer** in order to comply with our Covid Policy

Additional Items (required)

- ☐ **Sunscreen**
- ☐ **Sunglasses**
- ☐ **Plate/cup & Cutlery** must be reusable
- ☐ **Leak proof water bottle** Nalgene or Platypus containers are great!
- ☐ **Flashlight/Headlamp** with good batteries

Optional Items

- ☐ **Garbage bags** handy for packing up and storing wet gear
- ☐ **Bandana** multiple uses
- ☐ **Buff/Neck Tube** multiple uses
- ☐ **Hat** with brim, to protect from sun exposure
- ☐ **Camera** cell phone/iPod cameras will be allowed
- ☐ **Thermos** for hot drinks

All Students will need to carry with them on the trail Everyday:

- ☐ Snow gear
- ☐ Minimum 1 Liter of Water
- ☐ Hat or bandana
- ☐ Extra Clothing
- ☐ Spare Socks
- ☐ Bagged Lunch

Optional items:

- ☐ Individual First Aid Kit
- ☐ Sunscreen/ Bug Spray
- ☐ Camera, notebook

Please **do not** bring matches/lighters. COA guides will provide them if needed.

Cellphones and other Electronics

Use of **cellphones** must be kept to a bare minimum. Only cell phone use that will be tolerated is for camera purposes. The use of **I-pods, CD players, music speakers, GPS units and other electrical equipment** will not be tolerated. Please leave those items at home.

Snowshoes

The COA guide team will provide all participants with their own pair of snowshoes that they will be responsible for during the journey. We have different lengths for all different show/body sizes to ensure a proper fit for each participant is achieved. If a participant breaks their pair of snowshoes beyond repair on the trip, they will be billed once the trip is over to replace the broken pair. If a participant has their own pair of functional snowshoes, they are more than welcome to bring their own.

Food & Cooking

COA suggests bringing simple, nutritious foods on the trip. Due to current Covid restrictions all participants are responsible for their own food. The only exception to this rule is if someone from your family cohort is also on the trip with you. Only then may you prepare meals together. Please ensure that all meals to be cooked are simple and are able to be prepared on a single burner backpacking stove. **COA will provide a single burner stove, fuel and one pot to each participant.** If participants own a backpacking stove, pot and other cooking utensils they are encouraged to bring it to practice on their equipment. If weather conditions restrict us from cooking outside (>-20°C), we will be using the Canadian Rockies Outdoor Learn Centre's kitchen to prepare meals. The kitchen is stocked with all cooking and cleaning essentials.

Meal suggestions:

Breakfast x2 - oatmeal, porridge, peanut butter & honey pita wraps/sandwiches, dehydrated meals.

Lunch/Snacks x3 - peanut butter & honey pita wraps, sandwiches, bagel sandwiches, nuts, jerky, fruit leather, granola bars, trail mix, chocolate, tea, coffee, electrolyte powders/tablets, candy bars.

Dinner x2 - pasta, canned meats & veg, dehydrated/freeze dried meals, Ramen, Prepared meals

If you have any questions about food, needed gear, struggling to find gear items, or trip details, please do not hesitate to phone or email us and we are happy to help. We look forward to meeting all of you!

Sincerely,

Company of Adventurers

Office (403) 242-8725
info@companyofadventurers.com



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