



Gold Adventure Academy

The Duke of Edinburgh's International Award, in partnership with Company of Adventurers is proud to offer our Gold Adventure Academy to the YaHa Tinda Region. This 5 day 4 night expedition combines Practice and Qualifying to help create lifelong memories, discover new passions and friendship. and will give you a true backpacking experience while helping you build the tools, skills, and confidence to get in the backcountry with friends and family.

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.

Company of Adventurers provides instruction 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.

Trip Overview:

When: August 29 - September 2nd, 2022

Where: Bighorn Creek Campground & YaHa Tinda Public Land Use Zone

Level: Gold

Objective: To become an efficient and effective backpacker while creating an outdoor family to thrive and excel in the backcountry in order to accomplish group and personal goals.

Cost: \$700.00 per participant

Restriction: 16 years old +



About the trip:

Once in Sundre we will meet at the west side Tim Hortons. Maps to the meet up point are provided below. Here, we will complete our Covid Policy (If Needed) and then convoy as a group to the Bighorn Creek Campground. Participants are responsible for transportation to and from Bighorn Creek Campground.

Once we arrive at Bighorn Creek Campground participants will create a basecamp and spend the first day there completing Practice. During Practice the COA guide team will prepare and mentor all participants with the skills needed to successfully complete our backpacking trip through the YaHa Tinda land use zone. Once Practice is completed we will leave directly from Bighorn Creek Campground and begin our backpacking trip. We will backpack into the pristine wilderness, camping where needed. There will be a scrambling component, where we will go to Scalp Creek Summit. This is an introductory level scramble.

As we hike through the pristine wilderness participants will have the opportunity to put the new skills learned during practice to the test. Groups will have the autonomy to route find, choose objectives, and our evening campsites. This trip is designed to allow and encourage participants to make group decisions as we hike through the backcountry.

Participant Safety

Participant safety is COA's number one concern in all guiding situations. We take every precaution necessary to make sure no one gets hurt on all of our programs. In the case of an emergency, the COA guides will have a Satellite phone on them to contact authorities/family during the program. All COA guide staff carry group sized first aid kits and are certified Advanced Adventure Medics. COA staff will also be checking in with the office everyday at 6PM to relay any messages to/from participants and parents if needed. There is no cell service in the area.

Sleeping Arrangements

Sleeping arrangements will be in small groups at base camp in tents, tarp shelter partners while backpacking. COA will provide the tents, tarps, pegs, poles, ground sheets and guylines for all participants. Bivy sacks can be used, however they will be the participants responsibility and can be rented from the U of C Outdoor Centre.

How to get there:

We will meet at 10:00 AM on August 29 at the Tim Hortons on the west side of Sundre. The address for the Tim Hortons is, 849 Main Ave W, Sundre, AB T0M 1X0. Below is a Google map link of the Tim Hortons from Calgary and Edmonton:

From Calgary:

<https://www.google.ca/maps/dir/Calgary,+AB/Tim+Hortons,+849+Main+Ave+W,+Sundre,+AB+T0M+1X0/@51.41814,-114.8914747,140180m/data=!3m2!1e3!4m14!4m13!1m5!1m1!1s0x537170039f843fd5:0x266d3bb1b652b63a!2m2!1d-114.0718831!2d51.0447331!1m5!1m1!1s0x5376a27b259368bb:0x3ed01cd99d9eeca7!2m2!1d-114.6624778!2d51.7941281!3e0?hl=en&authuser=0>

From Edmonton:

<https://www.google.ca/maps/dir/Edmonton,+Alberta/Tim+Hortons,+849+Main+Ave+W,+Sundre,+AB+T0M+1X0/@52.682423,-115.1980836,272537m/data=!3m2!1e3!4b1!4m14!4m13!1m5!1m1!1s0x53a0224580def23:0x411fa00c4af6155d!2m2!1d-113.4938229!2d53.5461245!1m5!1m1!1s0x5376a27b259368bb:0x3ed01cd99d9eeca7!2m2!1d-114.6624778!2d51.7941281!3e0?hl=en&authuser=0>

Once all participants have arrived and our covid policy is complete (if needed), the COA guide team will lead the participants in **their own** vehicles to the Bighorn Creek Campground, roughly 83 kilometers west of the town of Sundre, Alberta, and is our drop off, pick up and base camp location. The highways to Bighorn creek are in good shape but are mainly gravel so please be in a vehicle that can handle these conditions. Parents/Guardians are expected to be at the pick up location at 2:00PM. There is no cell phone service west of Sundre so please review the map sent and have a printed copy.

Map Link for Sundre to Bighorn Creek Campground (Drop off and pick up location)

<https://www.google.ca/maps/dir/Sundre,+Alberta/Bighorn+Campground,+Clearwater+County,+AB/@51.7163107,-115.3697846,69632m/data=!3m2!1e3!4b1!4m14!4m13!1m5!1m1!1s0x5376a212baf95ca3:0xdb2efc212d94336b!2m2!1d-114.6393903!2d51.7970759!1m5!1m1!1s0x5376e25d00820e99:0x2314f95ac8c2782f!2m2!1d-115.5365181!2d51.7320785!3e0?hl=en&authuser=0>

Cancellation Policy

Payment is due in full 45 days prior to day 1 of the program. For sign-ups within 45 days, payment is due in full with registration, and registration is not confirmed until full payment has been received. Cancellations made at least **45 days prior** to the start of the program will receive a **full refund**. Participants who cancel **44 - 30** days prior to the program will receive a **50% refund**. Cancellations within **29 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.

If you have any questions regarding the trip or for further details and information about this expedition please contact: info@companyofadventurers.com or call us at 403-242-8725



Please see below for Sign up Sheet and Gear List

Participant Sign Up Sheet:

Name: _____

Date of Birth: _____

Home Address: _____

Phone number: _____

Trip Level: Bronze, Silver, Gold

Parent/Guardian contact information:

Name(s): _____

Address: _____

Home Phone Number: _____

Cell Phone Number(s): _____

Email(s): _____

Emergency contact information:

Name: _____

Phone Number: _____

Cell: _____

Medical information

Allergies:

Pre-existing medical conditions:

Any and all medications needed for the duration of the program:

Any Current Injuries:

Do you have any past injuries that could affect your health on the program?

I, _____ (Participant) confirm that all the above information is true and have disclosed all necessary medical information required.

I, _____ (Participant) confirm that I have read and understood the above information for the trip.

I _____ have read and understood the Company of Adventurers Cancellation Policy.

Date: _____

Participant Signature: _____

Parent/Guardian Signature: _____
(if participant is under 18)



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Web: companyofadventurers.com



LIST

Remember that nighttime temperatures might still drop below freezing on your trip so it is important to bring warm gear. Try checking with relatives or friends for items you do not have. Wool pants or shirts are often available from second hand clothing outlets at very inexpensive prices.

The 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.

- The **inner layer** keeps the skin dry and comfortable. Ie- “Long Johns”, long sleeve shirts, baselayers
- The **middle layer** provides some insulation and protection from the elements. Is- Fleece or wool sweater and pants.
- 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. Waterproof rain pants are strongly recommended, if unavailable wind pants can be used but will be ineffective at keeping rain (or snow) out.

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.

Backpacks should be large enough to fit all equipment and comfortable for long periods of walking. Load the pack fully and test it out! Personal fit is also important for comfort and efficiency. The backpack must have a hip strap.

Electrical equipment must be left at home. Use of such equipment will not be tolerated. Participants will be asked to put them away if used. Cell phones can be used as cameras, but remember, there is no cell service in the YaHa Tinda. A disposable camera is great for taking pictures!

Tarps and Stoves

COA will provide sleeping pads and sleeping bags if needed. Our sleeping pads are simple foam pads, better thermarests can be rented or purchased. For the entirety of the trip, participants will be sleeping in tarp shelters, as opposed to standard backpacking tents. This will cut carried weight. Participants can share or have their own tarp. COA will provide tarps, pegs, poles, guylines and ground sheets for all participants for shelters. Stoves, stove fuel, and lighters will be provided by COA to participants. Participants will be responsible for carrying shelter materials, stove and cooking equipment for their cooking/sleeping group. **If weather becomes too harsh for tarp shelters, COA will provide all participants Tents.

Rental Gear For Rental gear, we suggest using the University of Calgary Outdoor Centre. They are very inexpensive and have lots of quality gear. Please do not go out and buy a bunch of expensive gear for one trip! The U of C outdoor centre can be reached at <https://outdoor-centre.ucalgary.ca/RentalsSummer2020> or call 403.220.5038. If you are renting gear, please contact the U of C sooner than later.

Food

COA suggests bringing simple, nutritious foods on the trip. Food groups can be used to make meals easier to cook, clean, and carry on the backpacking portion of the trip. Food groups can be made during our pre-trip meeting which will be scheduled after registration and payment.

Backpacking Meal suggestions:

Breakfast x4 - oatmeal, porridge, peanut butter & honey pita wraps, tea, coffee.

Lunch/Snacks x5 - peanut butter & honey pita wraps, nuts, jerky, fruit leather, dried fruits, granola bars, protein bars, trail mix, chocolate, electrolyte powders/tablets, premade tuna bowls. Bring lots of snacks!!

Dinner x4 - pasta, dehydrated meals, ramen, dried meats, instant soup, lasting veggie- ie carrots, cucumber

Food & Water- Practice Days

Due to the circumstances of the practice portion of the trip, if participants wish to bring a small cooler with ice for certain food items, this will be permitted. However, these cold foods and coolers will not be permitted during qualifying while we are backpacking. COA will provide all kitchen and cooking gear for the practice days as well as fresh drinking water for all participants during Practice. Participants are responsible for their own water purification system for the Qualifying section of the journey.

Please see Full Gear list on Page Below

Required Personal Gear that can be Rented (required)

- **Large Backpack (at least 45 litres)**
- **Headlamp**
- **Inflatable sleeping pad**
- **Pot Set**
- **Sleeping Bag**
- **Hiking Boots**

Required Personal Gear - NO cotton or Jeans!

Long underwear set of tops and bottoms

Other layers of clothing that can be combined in layers to keep you warm with changing temperatures (i.e. vest, wool sweater etc.)

Wool, fleece or hiking pants No jeans or sweats please - these absorb water and do not provide warmth

Shorts (optional)

Underwear as needed

Socks avoid cotton. Look for synthetics (polypropylene, acrylic, or wool)

Pile, fleece or wool jacket/sweater

Toque & mitts or gloves & extra pair

Rain jacket

Rain pants or wind pants

Sturdy hiking boots waterproofed, have been worn before and broken in

Sandals that strap to the feet for creek crossings (no flip flops)

Facial Mask to follow covid policies and when social distancing can not be done.

Toilet Paper & Hand Sanitizer for obvious reasons.

Personal items: toothbrush, toothpaste, sunscreen, medications etc. Only the essentials! You are not at home! Please place these items in a separate small bag or Zip-loc, as they will be stored separate from all other items

Hat with brim, to protect from sun exposure

Bowl, Plate, Cup, Utensils preferably plastic, but must be reusable

Warm sleeping bag or a lighter bag with a fleece liner as a second layer.

Leak proof water bottle Nalgene or Platypus containers are great! 2 Litre min.

Water Purification system participants must bring a personal water purification system (we suggest Pristine tablets)

Flashlight/Headlamp with new batteries

Optional Items

Bandana/Buff can be used to clean with (face), wear as a bandana, play games, face mask, etc.

Journal To make notes on the details of our trip.

Camera - take pictures of the amazing memories we will make! We suggest a purpose built camera, however, cell phones will be tolerated for picture use.

Camp Shoes give feet a break from closed toed shoes to let hiking shoes dry/air out. Down booties are great (and lightweight), sandals

If you have any questions about the gear or trip details, please feel free to email or call us and we will do our best to help!

Sincerely,
Company of Adventurers
info@companyofadventurers.com
(403) 242 - 8725

