

Trip Planning Information:

Connecting Land to Teaching Pedagogy: A land-based learning experience at Writing-on-Stone

Recommended Packing List

These are guidelines only – it is strongly recommended that participants do their research and pack for all weather camping/hiking.

- Please anticipate all kinds of weather and bring the gear listed, but note the prevailing hot and dry conditions of the region at this time of year.
- Space will be available on the bus for tents, food, etc.
- Camping equipment can be rented from the Outdoor Centre on campus, which provides student discounts.

EQUIPMENT

- Tent
- Groundsheet
- Tarpaulin
- Sleeping bag
- Pillow
- Sleeping pad or air mattress
- Lantern
- Flashlights or headlamps with extra batteries
- Rope or cord
- Duct tape
- Stuff sack(s)
- Waterproof stuff sack or heavy plastic bag

CLOTHING

- Short-sleeved shirts
- Long-sleeved shirts
- Bathing suit
- Shorts
- Pants
- Rain gear
- Under garments
- Hat
- Socks
- Hiking boots
- Closed-toed shoes

- Sandals
- Sweater
- Pyjamas
- Long underwear
- Sunhat

Note: Please be prepared to do the river crossing in one of their pairs of boots or close-toed shoes as going in barefeet or open toed sandals is not advisable. E.g. Hard-soled running shoe-style water shoes are great, old runners would also work well.

KITCHEN GEAR

- Mess kit (Plate/Mug/Bowl/Utensils)
- Coffee-making equipment
- Camp stove
- Fuel
- Cutting board
- Large bowl
- Spatula/ Wooden spoon/ Strainer/ Tongs
- Pots/ Frying pans
- Oven mitt
- Pot holder
- Dishpan
- Scrubber
- Dish cloth/ tea towel

- Biodegradable dishwashing soap
- Food cooler
- Waterproof safety matches/ long nosed lighter
- Can opener
- Tablecloth
- Aluminum foil
- Paper towels
- Garbage bags
- Candles and holders

PERSONAL GEAR

- Sunglasses
- 2-3 Water bottles in anticipation of a full day in the sun
- Insect repellent
- Sunscreen
- Whistle
- Towel
- Tweezers
- Hand Sanitizer
- Lip Balm
- Antihistamine
- Aloe gel

- Camera
- Day Bag

PERSONAL HYGIENE

- Toothpaste & toothbrush
- Deodorant
- Biodegradable shampoo & soap
- Comb/brush
- Prescription medicine
- Feminine products
- Contact lenses and solution/glasses
- Coins for the coin-operated shower and payphones

OTHER

- Clothespins
- Small broom and dust pan
- Frisbee, football, soccer ball, and other sports equipment
- Camp chairs
- First-aid kit
- Work gloves for handling fire wood
- Newspaper to start the fire

Note: Writing-on-Stone may have a fire ban

Menu Schedule

- Participants will be responsible for their own camping equipment and food during the Writing-on-Stone trip. Writing-on-Stone is located in a Provincial Park in Southern Alberta and participants should pack accordingly. The private camp kitchen is equipped with fridge, separate freezer and wood burning stove.
- Students who know each other might want to form pairs or small groups, but that is not required for this medium-sized group.

Please plan for the following meal schedule:

Monday (Leave UC at 12:30, Arrive at WOS in late afternoon)

- Lunch and snacks
- Dinner

Tuesday (Full day of activities away from camp)

- Breakfast
- Lunch and snacks
- Dinner

Wednesday (Leave WOS at Noon, Arrive at UC in late afternoon)

- Breakfast
- Lunch and snacks

FAQ:

Can I use my cellphone? Is there Wif-Fi?

- Writing-on-Stone Provincial Park has spotty cell phone service
- The visitor centre has some cell phone service (it is up the hill from the Group Campsite).
- The campground and park has no cell phone service.
- The visitor centre has pay phones (outside the "Hoodoo Hut"), so if you want to use them, please bring quarters/ change to make calls
- The visitor centre, when open, has free wi-fi

Do we have to pack all of our own water, or is there potable water available at the campsite?

- The water system at Writing on Stone is now fully operational and the water is generally potable (we will show you which ones to use), so no need to pack water except what you need for drive down.

Will there be firewood available?

- There is typically wood available for purchase at the camp store pending ambient temperature and fire bans etc .

Is there any power at the campsite to use for blowing up an air mattress or charging cell phones (for use as a camera)?

- There are limited outlets at the group site and also up at the visitor centre. Intermittent use go group outlets should be fine, but we may need them overnight to ensure emergency phones are charged etc ...

How far do we have to pack our belongings into the campsite?

- Site is directly next to access road. We may need to shuttle things down 50-100m from visitor centre if bus can't make it all the way.

Where we park while we are on the trip? I am driving into campus on Monday morning to take the coach.

- Parking Services asks you park in Lot 10 for overnight parking. The Lot 10 machines allow you to register and pay for additional days. In this case you'd want to choose 3 days (Monday/Tuesday/Wednesday). It is \$8/ day.

Does the campsite have showers?

- The campground has coin-operated showers. They cost \$1 for 2.5 minutes; \$2 for 5 minutes. The showers only accept Loonies and Toonies.
- The visitor information centre is usually able to make change from a bill, but cannot give you change from Credit Card / Debit

Do I have to take the bus?

- We would prefer you take the coach with us, and join us for a check-in / trip expectations discussion, at 11:30 on Monday on campus (Education Classroom Block Cafeteria).
- If you are driving yourself, please still attend the trip check-in and discussion, on campus at 11:30.
- Please note: The University of Calgary does not provide insurance for privately owned vehicles (including those of employees or students). Employees and students may use their personal automobile while on University business; however it is the employee's/student's insurance that will apply in an accident situation. Please ensure that anyone who is carrying passengers is made aware of this as they should ensure they have appropriate coverage.

What will the weather be like?

- You can probably expect hot and dry conditions of the region at this time of year.
- We recommend you check the weather for "Writing-on-Stone Provincial Park" in advance.
 - The park: <https://www.theweathernetwork.com/ca/weather/alberta/writing-on-stone-provincial-park>
 - Nearby Town: https://weather.gc.ca/city/pages/ab-19_metric_e.html

In an emergency, please call 9-11

- In case of an emergency or urgent matter, please contact the University - our 24-hour assistance line is 403-220-5333.
- Nearest Hospital (24hrs): (403) 647-3500 - Milk River Health Centre (24hrs) 517 Centre Ave NE, Milk River, AB
- Local RCMP Dispatch (24hrs): (403)-647-3955 – RCMP (Office Hours) 605 Main St NW, Milk River AB

Are the deposits refundable?

- No, the deposits are non-refundable for the trip.

Why is the Online Waiver (Informed Consent) required?

- This year we are rolling out electronic waivers, which you submit digitally and do not need a witness signature for.
- With any physical activity program there is an element of risk. We need to make you aware of and have you acknowledge that you understand these risks. This form releases the University of Calgary from any liability for unintended issues that may arise as a result of your program or activity due to circumstances outside our control.

Why is the Online Medical Form required?

- To safely offer programs to you we need to be aware of any medical issues that you may have, as well as any life-threatening conditions including but not limited to severe allergies. We also need to know who to call in case of an emergency and contact information for your family physician.
- This information will be confidentially shared with Faculty Trip Leaders.

I have more questions! Who do I ask?

- Please contact wse.community@ucalgary.ca or the UPE office at 403-220-5639