

Trip Plan

Trip Type: Off-site elementary school experience for Grade 5's.


Destination/Region: Cable Bay hiking trail in Cedar area of Nanaimo, B.C.

Duration: Four hours

Estimated Departure Time and Date: Leave DBES at approximately 9:30 am.
Begin Cable Bay hiking trail at approximately 10:30 am.

Estimated Return Time and Date: Return to Cable Bay Trail parking lot at 1:30 pm.
Return to DBES by 2:30 pm.

Group Leaders

Name	Experience with Trip	Emergency Contact	
		Name	Phone Number
	Has hiked before.		
Patrick McDowall	Has hiked trail five times.	Emily Hanson	250-327-9908

Group Members (including leaders) Please see Mr Ranger's Class List

Name	Allergies/Medical Conditions	Medications

Transportation to Departure Point (for vehicles, include model, colour, licence plate number, and location of spare key): Nanaimo School District Yellow Bus

Place of Departure: Cable Bay Trail parking lot. End of Nicola Road.

Place of Return: Cable Bay Trail parking lot. End of Nicola Road.

Environmental Factors: Rain, cold weather, wind, muddy trail, slippery rocks.

Navigation Aids (maps, GPS, etc.): Map, GPS, compass, headlamps.

Communication Aids: Cell phones

Emergency Supplies: Level 1 First Aid kit. Chainsaw First Aid Kit. CPR Mask.

Route Plan (include latitude/longitude, grid reference, features, location names, and estimated travel times):

Group will depart from Cable Bay parking lot at 10:30 and begin heading north to Cable Bay proper. Once arriving at the bay, the student group will then proceed east along the trail to Dodd's Narrows to conduct data collection. The group will leave Dodd's Narrows by 12:00, heading back on the trail towards the parking lot.

Emergency Exit Points: Only exit point is Cable Bay parking lot.

Amount of Extra Fuel and Food: Supervisors will carry extra food and water for those who lack required supplies. Food will comprise of Clif Bars.

Possible Alternative Plan: Due to the nature of the trail and lack of exit points, there are no alternative plans.

The group will follow the proposed plan unless weather deteriorates, whereupon supervisors will make decision to return to parking lot.

Trip Essentials

- ☒ A multi-tool with a knife with a locking blade, saw, screwdriver, and tweezers
- ☒ A lighter and fire starters
- ☒ A whistle that will work well in cold and wet conditions
- ☒ A quality compass, GPS, and map

- ☒ Sun protection
- ☒ A complete, unexpired first aid kit
- ☒ Emergency food and water
- ☒ Clothing that protects you against the elements

- ☒ A headlamp or flashlight **(plus spare batteries)**
- ☒ A foil blanket and rope that can be attached to each corner to create a shelter