



Dear Junior High Families,

We are very pleased that your child is interested in participating in the *Outward Bound* Winter Camping trip. This trip is a unique opportunity that will help your son/daughter grow in their confidence, problem solving and leadership skills, as well as allow them to experience something completely new!

On **Thursday February 18th to Friday February 19th 2016**, students will go on an overnight excursion to Horní Maxov where they will build snow shelters called Quincys, and sleep in them. They will also participate in a variety of activities, the main one being a dogsled training program where each student will learn how to, and get to try driving a dogsled! This excursion has a fee of 2000 Kc. This covers all transport, food and activity gear as well as the dogsled training program. Students will depart on **Thursday from Riverside School at 8:00 am, and return in the evening on Friday at 5 pm.**

At the site, students will have instruction on how to build proper Quincys and will be given a few hours in the morning to begin building. We will have lunch outdoors around the campfire and after lunch students will participate in cross-country skiing. When they return, students will carve out their Quincys. That evening we will have dinner indoors at a nearby restaurant. Overnight, students will be challenged to spend the night in their Quincy, but there will be a heated house available if they become too cold. The next day we will have breakfast by the fire, and begin our dogsled program put on by our host: Jana Lovette Henychová, a long time professional dog sled racer and trainer. The website of the dogsled trainer is <http://www.huskies.cz/index.htm>. Please have a look at it to learn more about this exciting opportunity.

The fee for this trip is 2000 Kc. This covers the cost of all activities, food and private transport for the trip. This fee is due on **Friday January 29th, 2016.**

We are also introducing an optional T-Shirt to go along with all Outward Bound activities. The T- Shirt will be made of a quick dry material and will say "Winter Camping" on the back. If you choose to buy the T-Shirt, there is an additional cost of 500 Kc.

Please feel free to contact Mrs. Muller for more information about the Winter Camping trip, or for more information about Riverside's Outward Bound Program.

Best wishes,

Sarah Muller

sarahmuller@riversideschool.cz

+420 777 286 619

Please read and return the **Permission Slip by Friday January 29th, 2016**

I give permission for my child _____ in year _____ to attend the Winter Camping trip on **Thursday February 18th to Friday February 19th 2016.** I grant permission for those in authority to seek medical attention for my child should the occasion arise.

- ☐ I have enclosed 2000 Kč to cover the cost of this trip.
- ☐ ☐ ***NEW*** I would like to purchase a Riverside Outward Bound Winter Camping T-Shirt for 500 Kc. My Child's size is: **S M L**

Please include any relevant medical information for my son/daughter needed for this trip:

Parent/Guardian Signature

Date: _____

Parent Mobile Phone: _____

Student Mobile Phone: _____



Winter Camping

Dear Senior High Families,

We are very pleased that your child is interested in participating in the *Outward Bound* Winter Camping trip. This trip is a unique opportunity that will help your son/daughter grow in their confidence, problem solving and leadership skills, as well as allow them to experience something completely new!

On **Friday February 19th to Saturday February 20th, 2016**, students will go on an overnight excursion to Horní Maxov where they will build snow shelters called Quincys, and sleep in them. They will also participate in a variety of activities, the main one being a dogsled training program where each student will learn how to, and get to try driving a dogsled! This excursion has a fee of 2000 Kc. This covers all transport, food and activity gear as well as the dogsled training program. Students will depart on **Friday from Riverside Junior High School at 8:00 am, and return in the evening on Saturday at 5 pm.**

At the site, students will have instruction on how to build proper Quincys and will be given a few hours in the morning to begin building. We will have lunch outdoors around the campfire and after lunch students will participate in cross-country skiing. When they return, students will carve out their Quincys. That evening we will have dinner indoors at a nearby restaurant. Overnight, students will be challenged to spend the night in their Quincy, but there will be a heated house available if they become too cold. The next day we will have breakfast by the fire, and begin our dogsled program put on by our host: Jana Lovette Henychová, a long time professional dog sled racer and trainer. The website of the dogsled trainer is <http://www.huskies.cz/index.htm>. Please have a look at it to learn more about this exciting opportunity.

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Please feel free to contact Mrs. Muller for more information about the Winter Camping trip, or for more information about Riverside's Outward Bound Program.

Best wishes,

Sarah Muller

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Please include any relevant medical information for my son/daughter needed for this trip:

Parent/Guardian Signature

Date: _____

Parent Mobile Phone: _____

Student Mobile Phone: _____

Winter Camping Packing List

Group Gear

- ☐ 1 large tarp or reflective blanket (min 3m x 3m)- The school will provide
- ☐ 1-2 large snow shovels
- ☐ 1 old bowl (for carving out the inside of the Quincy),
or a garden spade also works well!
- ☐ Toothpaste
- ☐ *Sun screen (small bottle)

Personal Items for...

Sleeping(all items here must be reserved only for sleeping):

- ☐ 2 sleeping bags or one rated for -20 °C
- ☐ 1 thermal sleeping pad
- ☐ 1 winter hat
- ☐ Fleece or wool socks
- ☐ Fleece mittens
- ☐ 1 set of long underwear or something equivalent
- ☐ Comfortable, warm pants
- ☐ Comfortable, warm sweater

Please note that for all clothing, especially the layer touching the skin, cotton is NOT recommended as it holds moisture. Students will likely get quite warm building their Quincy and x-country skiing, and cotton clothing will stay damp all day. Dry quick material of clothing made from polypropylene, wool or fleece is ideal.

* are optional items

Everything else:

- ☐ Winter coat
- ☐ Ski pants
- ☐ Winter hat
- ☐ Gloves (waterproof is preferable)
- ☐ Scarf or neck warmer
- ☐ Warm winter boots
- ☐ 2 pairs liner socks (thin and non-cotton to wear under heavy ones)
- ☐ 2 pairs heavy socks
- ☐ 1 pair of underwear
- ☐ A second set of long underwear or something equivalent
- ☐ T-shirt or thin long sleeve
- ☐ Comfortable, warm pants
- ☐ Comfortable, warm sweater
- ☐ Vest or another additional layer for body
- ☐ Toothbrush
- ☐ Flashlight
- ☐ Sunglasses
- ☐ Water bottle (filled)
- ☐ 2 or 3 small snacks (granola bars are ideal)
- ☐ Lip protection
- ☐ An extra pair of gloves
- ☐ *An extra water bottle made of hard plastic (Nalgene brand)
- ☐ *Foot warmers (can be purchased at most outdoor stores)