

COUNTDOWN TO NITE TREK 2018

Nite Trek can be a challenging event for all to participate in, but, there are a few things to keep in mind to make sure your evening is fun, comfortable, and safe. Though some of you have been here many times, there are those who are new to the experience.

ARRIVAL (for stations)

- Make sure you have everything you require to make your station people happy, this includes food, water, camp stove, lanterns, and firewood (see Station equipment list). Firewood is not supplied to us by Telemark you will have to bring your own. There will be two shifts for stations and **most/but not all** patrol adults are paired together. We hope to be able to inform everyone before arriving at Nite Trek of what their duties will be during the Trek and who they will be paired with.
- Stations can be running very late, even 5 AM, so be prepared for not having a lot of sleep.
- Keep fires or light going so Trekkers are able to see your station from a distance.
- All sites must be left as they were found, no litter, and no sign of a campfire. You are responsible for this. Most stations will be set up for you when you arrive at them, but you will be required to tear it down at the end of the night, this will be explained at the Station Attendants meeting at 4:30 PM on Saturday. There will also be a Security Personnel meeting at 5:30 PM.

ARRIVAL (for girls and adults)

- When arriving at Telemark, check in at registration before choosing your campsite. Registration will open at noon and close at 4:00, please register before 4:00 PM. After you have choose your campsite, and put up a unit sign to make it easier for youth to find you, check back in at registration and let us know where you are set up, for safety, and so we can pass that info on to youth and their parents. Event information/schedule and trekking times will be handed out to unit/troop contact when they check in.
- Ensure all station attendants & adult helpers have a signed non member form (A7) and have done a PRC through Back Check if they are not a registered member of Girl Guides or Scouting. There is a \$25.00 fee for the PRC. People without a PRC are not allowed to stay in the main camp site with the youth members as per Girl Guides Safe Guide.
- The campsite is set up on a field that is covered in sawdust. **NO FIRES** are permitted to be set there. All campfires around the outside of the camping are communal and you are welcome to join in at any one of them. Portable propane campfires are permitted.
- There is always time for the youth to explore and play before going trekking, be aware there will be water about. Please make sure that the youth have proper footwear, and a spare set. Someone always ends up with wet and cold feet, or falling in all together!
- Groups are to bring their own food and camp equipment – supper will be provided
- **WATER** must be brought in for your unit
- **ALL GARBAGE** must go out with you.

HELPFUL HINTS

- The evenings get chilly. All need warm clothes, gloves, hats, jackets, and boots. It may be warm during the day, but it cools off fast in the evening. The ground can be boggy and muddy; it's a good idea to wear hiking boots, especially for being on the trail.
- Youth will need to "lug a mug" in their backpack for the hot chocolate station. Also carrying a bit of toilet paper is a good idea should a quick trip to the bush be necessary. An extra zip lock bag to put used toilet paper in as it can not be left behind. Also, extra flashlight batteries, warm clothes and rain gear.
- Encourage the youth to stay with their designated group and NOT skip any stations. If they have a problem, they can let the station people know, and when the security people come around they will have a radio and can let Base camp know.

- The security people will be on the trail all evening. They're very helpful and can relay any info to Base.
- When your youth come in, it's a good idea to give them something hot, like soup, before turning in for the night.
- To keep warm, the youth need fresh clothes when going to bed (socks, underwear, pajamas, sweaters, and toque) the toques will help keep the warmth in. Please make sure that the youth don't carry these fresh clothes with them on the hike. Things like fleece inside a sleeping bag at the bottom will help keep feet warm. Hand warmers that can be purchased at the ski slopes and sporting good stores are also great inside sleeping bags.
- Please make sure your youth DO NOT unroll their bedrolls before going to bed. This will keep the bedroll warm and dry.
- All bedrolls **must include** a ground sheet (tarp), a foamy or thermarest, at least one good sleeping bag and an extra warm blanket.

TREKKING HINTS

- Youth should all be willing to participate, whether the challenge is too easy or appears too difficult. It's the **trying and the good attitude** that makes the difference.
- Youth should be encouraged to go to every station. For safety reasons, we need to be able to track them. It is also important if they would like to win a prize. They miss points if they miss station. Points are given for **good attitude, co-operation, and the willingness to try each challenge.**

MISCELLANEOUS

- St. John's Ambulance is on site for us during the Trek starting at 7:00PM.
- Supper on Saturday is provided-details to come
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NOTE: If your unit has not been to Nite Trek before or if some of your youth have never been before, it would be a good idea to have a parent meeting to explain what Nite Trek is. Please stress that it can get very cold and wet and to send their child **with the correct gear.** It is also important to tell them that this is a family event, and that all family members are welcome to come and camp out and there will be men involved in the event. Please make sure that parents attending have completed the necessary paperwork to help with the unit. This includes a non member application form (A7) and a PRC through Back Check, once the A7 is filled out and sent to Province they will forward you a link to fill out the PRC via Back Check there is a \$25.00 cost. ALL Youth participants must have a signed SG2 that was sent with the unit's registration so we may know who is out there in case of an emergency. Patrols will also be required to have Health Forms for their Youth at their campsite and may be asked to show them to a First Aid attendant, Youth are also required to carry a copy of their Health Form with them. ONLY registered members of Girl Guides of Canada or Scouts Canada will be able to do the Trek.