

Alpine Lakes Day Hike Information:

Description: Join us for a day hike along trails near the Snoqualmie Pass area, a unique opportunity to witness the transition from fall to winter within forest and alpine ecosystems. We will hike between 3 and 6 miles during the day. Our specific route will be determined during the week leading up to the trip, based on weather and trail conditions. All levels welcome and encouraged!

STUDENT RESPONSIBILITIES – *PLEASE READ CAREFULLY*: Please have your student read this form – especially the packing list with you.

To attend trips, students **MUST attend 2 meetings:** *Orientation* on Friday, Oct. 19th, FLEX TIME (9:30-10:10 am) in the Feynman and *Gear Pick Up/ Follow Up* Thursday, Oct. 25th, Break (9:30-9:50 am) in Feynman.

Students must communicate with trip leader before the meetings if they cannot make them – failure to do so will result in their removal from the trip roster. Please direct questions to the trip leader (contact info listed on the form below).

WHEN AND WHERE: Oct. 27th, Alpine Lakes Wilderness

TRANSPORTATION: NWS Bus

ITINERARY: We will depart from school at 9:00 AM on Saturday, Oct. 27th. We will take a hike between 3 to 6 miles - location TBD based on weather and trail conditions. The hike will be on trails in a range of conditions - i.e. flat to steep. We will return to school on Saturday at about 4:00 PM. **Please arrange a prompt pick-up from the school, as a faculty member must remain with the student(s) until they are picked up.**

LODGING n/a

SUPERVISION AND CONTACT *Trip leader:* Olivia Heeter (olivia.heeter@northwestschool.org) 814-671-3741 *Additional faculty:* Sophie Daudon and Nathan Franck.

COST - \$20.00

PACKING LIST – Plan on cold, wet, windy weather – hope for sun!

- No cotton, except for *maybe* your t-shirt. Athletic, quick-dry t-shirt and layers will dry quickly and keep you warm!
- Bring a headlamp/flashlight with extra batteries
- No cotton
- Map (to be supplied) and Compass

Feet

- Hiking shoes that you have worn before
- Wool or polypro socks (2 pairs – one on feet, one in pack!)

Clothing, etc

- Long underwear base layer.

- Rain gear – top and bottom.
- Pants or shorts for hiking in (see note about cotton! Jeans are cotton!)
- Light weight shirt for hiking (you will warm up no matter what the weather)
- Mid-weight fleece/insulated layer
- Down or synthetic coat or really warm fleece
- One more warm and quick dry layer – to have in your bag as backup
- Hats – 2 kinds: one for the sun and one for the cold.
- Gloves
- Sunglasses
- Sun block & lip protection
- Daypack to carry your stuff

Food

- Protein-rich snacks
- Lunch – something that will fill you up and does not have tons of packaging.
- Extra food for if you are out there longer than planned... (second sandwich? lots of bars? energy goo?)
- Water. 2 liters.