CMC Valley Hiking Trip: Outdoor Engineering Leadership Experience

**Program Details:** Experience the tranquil and secluded CMC Valley, located just north of Mount Yamnuska. This valley exudes a unique charm due to its remote location and restricted access from the east.

**Dates:** September 23 – 24, 2023

**Location:** Alberta, Canada

**Program type:** Outdoor experience

**Application status:** Open

**Application deadline:** August 28, 2023

**Participants:** Open to a maximum of **8 participants registered in Tier 2 or 3 of Engineering Leadership Program.** Students are required to complete the Global Engineering Experience application form. They must participate in all pre-departure education, meetings, and preparation activities.

**Cost:** Students eligible for this program will be required to pay out of pocket **$200.**

**Funding:** Due to the existing financial contribution from the SSE, students will not be eligible to receive Schulich Student Activities Funding (SSAF) for this experience.

**Pre-departure:** The Outdoor Centre and Chaperone(s) will host a mandatory pre-departure session for students.

**Student conduct:** Students will be bound by university non-academic misconduct policies and will be required to sign the SSE Rules of Engagement for Group travel document. If misconduct occurs, the faculty chaperones, in consultation with the Dean’s Office, reserve the right to send the student(s) home. Students will be required to sign risk and student conduct waivers at the pre-departure session.

**Prep Day (Classroom – 21 September, 5:30 p.m. – 8 p.m.):** We will convene at the Outdoor Centre (exact timing and location to be confirmed) for introductions and trip objectives discussion. Equipment check and trip planning will also be covered during this session. The planning phase aims to equip you with essential skills for safe travel in this environment. We will delve into camping and survival techniques, including stove testing. Developing your leadership skills will be an integral part of our trip's success and safety.

**Day 1:** After a 1-hour drive to the Yamnuska trailhead, we will gather our equipment and begin developing our leadership skills in navigation, route finding, hazard assessment, and terrain recognition. Throughout the hike in to the valley, we will actively engage in map reading, identifying potential hazards, and determining the safest and most efficient route. Upon reaching our destination, we will work together to set up tents for the night and prepare dinner, while reflecting on the leadership skills we have developed and the practical application of those skills in a real-world outdoor setting.

**Day 2:** We will continue to apply our leadership skills as we pack up and embark on a trek back to the van. This journey via a different route will provide opportunities to reinforce navigation skills, assess changing terrain conditions, and adjust our route accordingly. By actively participating in decision-making processes and taking responsibility for our group's safety and progress, we will continue to strengthen our leadership capabilities.

**Weather and Conditions**: Fall conditions bring their own unique challenges, including variable temperatures and precipitation. The potential for changing weather conditions, such as extreme cold or heavy rain/snow fall, may necessitate adjustments to the itinerary. Despite these factors, anticipate an exhilarating adventure in a stunning and awe-inspiring natural environment.

**Is this trip for me?** This trip is suitable for those who have some experience in outdoor activities, but no previous overnight experience is required. Moderate fitness levels are required, suitable for generally active participants. **Our journey will involve carrying full packs weighing 40-50Ibs, over a 5-8km distance with about 500m of elevation gain each day.**

**Preparation:** Understanding the nature of this trip will aid in your training throughout September. We recommend day tripping with a 40-50lb pack as the optimal training method; however, any hiking will serve as beneficial preparation.

**Accommodation and Meals:** During the trip, we will camp in 4-season tents and cook using camp stoves. Participants will be responsible for providing their own food, which will be discussed during the planning day.

**Equipment and Clothing:** The Outdoor Centre will provide backpacks, tents, sleeping bags, sleeping pads, hiking boots, hiking poles and other group items. You are required to bring your own personal items, including outer shell clothing, warm layers, dishes/utensils, and toiletries. The quality of your clothing and equipment will significantly impact your overall experience. If you have any uncertainties, please do not hesitate to contact us for clarification.

**Equipment List: Provided:**

Backpack, sleeping bag, thermarest, 4-season tents, camping stoves, fuel, and pot sets, hiking boots, hiking poles.

**Required:**

Sunglasses, sunscreen, and UV-protective lip balm, bowl, large mug, and unbreakable plastic or light metal cutlery (no glass or ceramics), cooking utensils as required, water bottle (at least 1 litre capacity) and/or thermos, headlamp with fresh batteries, small blister and personal first-aid kit, personal toiletries, including hand sanitizer

**Clothing List:** *We suggest layering light, easily adjustable clothing that can adapt to rapid changes in temperature. Avoid cotton clothing, as it causes rapid heat loss when wet.*

Long underwear top and bottoms (lightweight synthetic or merino wool), extra warm shirt (synthetic or wool), medium-weight fleece sweater, soft shell or fleece jacket, soft shell or fleece pants, insulated jacket (down or synthetic alternatives), waterproof jacket with hood (Gore-Tex or equivalent), waterproof pants (Gore-Tex or equivalent), socks (wool or synthetic, multiple pairs), waterproof gloves or mitts (multiple pairs), warm, insulating tuque (and a spare tuque or earband).

Feel free to contact us at ocprograms@ucalgary.ca if you have any further questions or require additional information.