

# Mount Romulus Backpacking Trip

## Grade 9 Outdoor Education

May 25-27, 2026



**\*Permission Forms and Acknowledgement of Risk is due by May 18\***

**\*Mandatory Parent Meeting: Monday, May 18 - 6:00pm in the shop classroom\***

**\*This trip requires specialized equipment including a backpacking backpack and hiking boots\***

**\*Students and their families are responsible for sourcing personal gear\***

**\*If you need help acquiring gear you may contact Mr. Eitzen\***

**\*Students showing up with less than adequate gear will not be permitted to attend\***

**\*A minimum of two parent supervisors are required, one male and one female\***

**\*Students must be in good standing with their academics and behavior in order to be eligible to attend.**

Introduction to Backpacking – Mt. Romulus  
Grade 9 Environment and Outdoor Education  
May 25-27, 2026

Dear parents and students,

The outdoor education department is planning a three day/two night introduction to backpacking trip to the Romulus backcountry campsite in Kananaskis. Here is a map of the area:

[https://www.albertaparks.ca/media/6493729/2016\\_elbow\\_valley\\_summer\\_brochure.pdf](https://www.albertaparks.ca/media/6493729/2016_elbow_valley_summer_brochure.pdf)

Key Objectives:

- Students will be hiking up to 11 km each day and carry all their gear up to a quarter of their body weight in a multiday backpack.
- Students will be preparing and cooking their own food using backpacking stoves.
- Students will be sleeping in tents with their peers in groups of 3-4.

There is a potential of 30 students going along with myself, Madame Dunn and two parent supervisors.

The purpose of the day hike is practical application of the skills and knowledge the students have been learning in the course this year. They have been learning about clothing, gear, and food prep required for outdoor excursions. They will demonstrate they can carry out a meal plan for three days in the mountains along with snacks and liquids. The students will be expected to carry out basic human functions such as going to the bathroom in a wilderness environment. They will practice using a map and compass to navigate. They will gain experience moving in groups for a journey. In addition, they will be expected to strictly adhere to the universal outdoor value of “leave no trace.”

Physical Requirements:

It is very important that students are physically capable of participating on this trip as the length of the hikes and requirement to carry gear. There will be several smaller school based hikes leading up to the trip in order to prepare the students.

Behavior and Expectations:

Students are travelling under the authority of the CBE and all expectations that are in place at school will be in place during the trip. Any issues that may arise will be followed up with school

administration after the trip. There will be no girls in boys' tents and vice versa. Students will use respectful language at all times.

Technology:

Students may bring their phones for the purposes of taking pictures ONLY. They may not be used for any other purpose. Students are not permitted to use earphones or earbuds as it is a safety issue.

Please refer to the detailed gear list for required items to bring. If your student is able to participate please fill out the forms and return them by Monday, May 18.

Fee:

The fee for this trip will be \$60 and is used to cover transportation and camp fees. This will be uploaded to power school.

Parent Meeting:

There will be a MANDATORY parent meeting on Monday, May 18 at 6:00pm in the shop classroom. You may attend the meeting in person at the school or online.

We look forward to an exciting and challenging trip with the students. Any questions or concerns please feel free to reach out anytime.

Yours Truly,

Murray Eitzen  
Outdoor Ed Teacher – G.P. Vanier  
[mdeitzen@cbe.ab.ca](mailto:mdeitzen@cbe.ab.ca)

**\*\*KEEP THIS PAGE FOR YOUR REFERENCE\*\***

## Vanier Outdoor Education Backpacking Camp Gear List

### Clothes (In your pack)

- 1 Extra Shirt
- 1 Extra pair pants
- 2 Pair Underwear (at least)
- 1 Set Long Underwear (for overnight)
- 1 Pair Extra WOOL Hiking socks
- Shell (Rain Jacket/pants)
- Insulative (warm) Layer
- Touque
- Mitts

### Footwear and Gear

- Hiking boots
- Gaiters (if you have them)
- Backpacking pack (65-75 litres)
- Small daypack or fanny pack

### Group Gear (provided and split amongst your group)

- Backpacking Stoves
- Fuel Bottle
- Tent
- Pot set
- Wash Basin

### Sleeping Gear

- Sleeping bag
- Sleeping or foam pad
- Mess Kit (bowl, cup, utensils)
- Net bag for drying and storing dishes
- Plastic cup and bowl
- Knife, fork and spoon
- Water bottle

### Miscellaneous

- Personal First Aid kit
- Flashlight/Headlamp
- Appropriate Knife
- Camera
- Sunglasses, 100% UV protection
- Hat
- Notebook and pencil
- Matches / Flint and Steel
- Gear Repair Kit
- Personal Hygiene Kit (toothbrush, etc.)
- Garbage bag (emergency rain pack cover)
- Sunscreen

### Meals

- Two breakfasts
- Lunch/snacking Items for two days
- Two dinners
- Instant hot beverages such as hot chocolate

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## Gear Notes

- Appropriate footwear is crucial.
- A good sleeping pad is imperative to getting a good night's sleep.
- Clothing should be layered, and cotton avoided.
- Sleeping bag should be a compressible mummy style bag rated to -5 degrees. Avoid large bulky bags such as Canadian Tire bags.
- Packs should fit well and be capable of carrying personal gear and a portion of group gear and food.
- Packs should not weigh more than 25% of your bodyweight.
- Light is right. Avoid heavy items. Avoid unnecessary items.
- It is getting cold at night. Expect overnight temperatures as cold as -5 degrees Celsius.
- Since there will be no "safekeeping" facilities for valuables, you should ensure that your personal articles are covered by your residential insurance policy.
- Your name should be on every article of personal gear.
- The water bottle should be a lightweight single wall such as a Nalgene bottle. Avoid double wall insulated bottles.
- Students will also come prepared to hike on the first day and could be wearing shorts or pants.
- Gear Repair Kit: duct tape wrapped around pencil, a couple safety pins, needle and thread.
  - Students showing up with insufficient gear may risk not being permitted to attend the trip.
- Contact Mr. Eitzen if you need help acquiring any gear.

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