

HEART OF THE MACDONALD

4-Day Backpacking Trip ~ Beginner Friendly

Aug. 5-8, 2022

STONE MOUNTAIN PARK

“Every mountain top is within reach if you just keep climbing.”



Ready to take the leap from car camping and day hikes to overnight backpacking?

Join us for a 4-day backpacking adventure into the MacDonald Valley. Feel prepared for your first multi-day backcountry adventure with advice from our trail experts written specifically with the new backpacker in mind. We'll teach you the beginner skills you need to plan your trip, pack appropriately, navigate the trail, set up your campsite, knot tying, bear awareness and more.

Clothing List

Please be mindful that this isn't a typical vacation, as such, you should not be packing a change of clothes for each day. Due to the duration of the trip, packing the minimal amount of clothing possible (without sacrificing comfort or warmth) is our goal. Remember less is more when you are carrying everything on your back.

- Long underwear top and bottoms (synthetic or merino wool - these are good for an extra layer of warmth, and also used for sleeping in.)
- Synthetic t-shirt
- Pants (quick drying, breathable fabric)
- Fleece or other synthetic jackets/sweater (insulation layer)
- Gore-Tex jacket (or equivalent waterproof/breathable outer shell with hood)
- Wind/waterproof shell pants (Gore-Tex or equivalent, preferably full side-zip)
- Warm wool or synthetic socks
- Sun hat with neck and ear protection, or hat and bandana/buff combo
- River crossing shoes - Evening shoes (Holey Soles (strap), lightweight sandals (strap) or lightweight runners)
- Hiking Boots
- Toque and mittens
- Underwear
- Bra

Personal Equipment

- Overnight pack (50-70L)
- Backpacking Sleeping bag (+5° C to -20°C, depending on your comfort level, sleeping bag should be lightweight and pack down small)
- Tent with fly and pegs (Can be shared between 2 or 3 people)
- Foamy or Thermarest
- Sunglasses - Close fitting with good UV protection
- Sunscreen and lip protection with minimum SPF 30
- Bugspray
- Water bottle(s) - at least 1-liter, wide mouth, plastic with a tight lid.

- Water purification tablets (Aqua tabs) or water filtration system. Water is clean if you don't want to bring them but if you're on the fence bring some.
- Small personal first aid kit - Band-Aids, moleskin, duct tape, medications, etc.
- Toilet kit including toothbrush, washcloth, comb/brush and "Camp Suds"
- (biodegradable soap)
- Toque/Gloves
- Headlamp/flashlight - with spare batteries
- Toilet paper (a small personal amount)
- Lighter or waterproof matches
- Plastic bowl, mug, spoon and fork (spork)
- Backpacking stove and fuel (can be shared between 2 or 3 people)
- Pot for boiling water and cooking
- Hiking Poles (Some people use 1, some people use 2 - Helpful with creek crossings)
- Rope
- Ducktape

Optional

- Camera, spare battery and memory card
- Battery pack to charge electronics
- Shorts
- Map and compass / Altimeter / GPS
- Liquor - NO GLASS
- In Reach or Spot
- Pocket knife (Swiss Army style)
- Gaiters
- Chair
- Tarp

Note:

- It's a great idea to test your gear before you use it.
- I can arrange a partner for you if you don't have one already to split gear. Less tents the better.
- We do have a drink around the fire, baileys and coffee is always a win too ;)

Schedule

Day 1: Aug. 5, 2022

9:30 AM - Arrive at the Fort Nelson Rec Centre -
INTRODUCTION/PRIZES

10:00 AM - Drive To trailhead

11:30 AM - Arrive at trailhead MacDonald Valley & Start
Safety Orientation

11:30 AM - Safety Meeting

12:00 PM - Leaving Trailhead & Spending night in
MacDonald Valley

Day 2: Aug. 6, 2022

Day Hike - Destination will depend on weather.

Day 3: Aug. 7, 2022

Day Hike - Destination will depend on weather.

Day 4: Aug. 8, 2022

Trek home ~ Estimated time returning to the trailhead
will be 1:00 - 3:00 PM

DEPARTURE & RETURN INFORMATION

Arrive in Fort Nelson: Aug. 4/5, 2021

Departure Date: Aug. 5, 2022 - 9:30 AM Fort Nelson Rec
Center - Front door of Visitor's Center parking lot.

Return Date: Aug 8, 2022

Return Time: 1-8 PM Fort Nelson

PLEASE NOTIFY HIKE CORDINATOR OF ANY HEALTH ISSUES (HEART CONDITIONS, RECENT SURGERY, DIETARY ISSUES, OR ANY PLANT OR INSECT ALLERGIES). If you have any allergies, please bring an Epi-pen or any required medications.

Food

- Breakfast (X5) - A hot meal can give you an extra boost, true, but a light snack means no cleanup and a quicker start to the day. Tips: Instant hot cereal, breakfast bars, granola, dry cereal, instant tea, instant coffee, juice, dried fruit. Since it's a shorter trip you can bring fruit as well.
- Lunch (x5) - Rather than take a prolonged break for a midday meal (involving unpacking, preparation, cleanup and repacking), a quicker strategy is to graze on a series of modest energy-boosting snacks throughout the day. Tips: Jerky, sausage, cheese, dried fruit, fig bars, bagels (best for shorter trips), energy bars, trail mix, and nuts.
- Dinner (X5) - This is your reward for a day of exertion. Backcountry gourmets don't mind the extra challenge of creating hearty meals out in the great scenery. Most weary backpackers, though, opt for the just-add-boiling-water convenience of prepackaged freeze-dried or dehydrated meals, or simple dishes such as pasta. Tips: Packaged meals, pasta, instant rice, ramen noodles, instant soups and sauces, instant stuffing, instant potatoes, dried meats. Consider bringing along some favorite spices (onion and garlic powder, basil, oregano).

I have put a couple extra days of food. Just in case if there is an emergency.

Dehydrated/Freeze Meal Brands: Happy Yak, Peak Refuel, Mountain House, Heather's Creations, Crave, Backpackers Pantry, and Thrive are all amazing brands if you would like to look online or around in your nearby stores. It is a great idea to pack light, I recommend dehydrated/freeze dried meals and have seen people get really creative.

Mandatory Backpack Night

I will announce a date later on in the year. I will email meeting ID and password closer to the date to the zoom call.

If you can't make it to the gear check night, please give me a call.

I recommend going with a friend. Using a buddy system can help you out with weight. One person can carry the stove. One person can carry the tent. Etc. It will eliminate congestion at the camp spot. If you're coming by yourself, I can organize another person that is coming by themselves to partner you with.

- It's essential that all participants attend this meeting. Arrive with your gear packed or out where you can see everything. Guides will review the trip itinerary, participants' expectations, do an equipment check and divide group gear.

Transportation

Transportation will not be provided to the trailhead, but in an initiative to reduce congestion at the trailhead parking area, we will help organize carpooling during our backpack preparation night.

Hotels

If you're coming from out of town and want to stay the night in Fort Nelson on Thursday night or returning home. Here are some options for hotels.

Super 8 Hotel

Address: 4503 50 Ave S, Fort Nelson, BC V0C 1R0 Phone: (778) 693-2530

Lake View Inns and Suites

Address: 4507 50 Ave S, Fort Nelson, BC V0C 1R0 Phone: (250) 233-5001

Motel 6

Address: 4307 50 Ave S, Fort Nelson, BC V0C 1R0 Phone: (250) 774-8500

Woodlands Inn and Suites

Address: 3995 50 Ave S, Fort Nelson, BC V0C 1R0 Phone: (250) 774-6669

The closest airports would be Fort St. John, and Fort Nelson, BC.

R E G I S T R A T I O N

Fee will be \$575. Deposit to hold your spot will be \$250. Deposit is non-refundable and included in the fee!

Your spot will not be held until deposit is paid and registration form is filled out.

Registration will include a 4-day backpacking tour adventure with two professional guides, and door prizes. Everyone gets a prize.

Payment plans can be arranged but all payments must be made by 12:00 PM June 15, 2022. If you need a payment plan you will just need to arrange dates with the registration form on the website.

Anything after 12:00 PM June 15, 2022 your spot will be cancelled due to lack of payment. Mark your calendar, please.

If you need to cancel, please give as much notice as possible so we don't have a problem with the refund. Deposits are non-refundable!

TO REGISTER HEAD ON OVER TO www.northernrockiesfitness.com !



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"Every mountain top is within reach if you just keep climbing."