

GOULD LAKE WINTER ADVENTURE HANDBOOK



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WINTER ADVENTURE & COOKOUT AT GOULD LAKE



Teacher Information

Get ready for an active day of outdoor fun!

We will spend the entire day, including lunch, outside in the woods.

Schedule

Upon arriving to Gould Lake, we will discuss winter rules and have a quick snack & bathroom break. There will be a lesson on snowshoes, should the class have the opportunity to snowshoe to the day's lunch spot. We will then head out on our hour-long hike (or possibly snowshoeing). Gould Lake staff will cover natural history elements during the hike such as animal adaptations for winter and animal tracks and scat. The hike will take us to a lunch spot where we will have a cookout lunch on open fires. Gould Lake staff will explain and demonstrate how to build safe, no-trace fires. Students will get a chance to build their own fires and prepare their meal. After cleaning and packing up from lunch, we will hike back to the outdoor centre. ***If time and conditions permit***, classes will have the opportunity to go sledding and/or snowshoeing before taking the bus back to school.

Arrival and Departure Times

The length of the day is dependant on your bus's schedule and the travel time to Gould Lake. Classes usually arrive at the outdoor centre around **10:00AM and leave by 2:30PM**. Some schools are on an earlier schedule and will arrive earlier than 10:00AM. We have the list of early schools and are aware that they may be arriving around 9:30AM and leaving around 1:30PM. If you are arriving and leaving earlier than the above mentioned times, please call our office.

Inclement Weather

Before coming to Gould Lake, it is very important that you are watching the weather forecast. If the temperature drops to below -25 degrees with the wind chill, classes will be canceled. We will work with teachers and the school to reschedule your trip to Gould Lake.

If you plan to cancel your trip due to bad weather, extreme temperatures and/or road conditions, please contact our office BEFORE 8:30am the day of your trip. We listen to our messages each morning before going out to the outdoor centre.

Clothing

It is very important that everyone coming out, students and volunteers, are well-prepared for a two-hour hike through rugged terrain on the Gould Lake trails. Please ensure everyone comes well-dressed for cold conditions. Please stress the importance of **layering their clothing**, so they can take off layers while hiking, and put them back on at lunch when they start to cool down. We do understand that some students may not have access to appropriate clothing and that it is sometimes difficult to get some students to wear appropriate clothing. While we do have some items to loan and our staff are skilled at talking students into wearing warm gear, proper attire will allow the class to have a really successful day.

In particular, we feel it important that students wear sturdy **winter boots** with thick liners, for warmth. Running shoes and "UGG"-style boots are not suitable for this program. All students should have a **toque, mittens and a thick/warm pair of socks**. A second pair of mittens and socks are recommended. Finally, they should have a warm **winter jacket** and **snow pants or rain pants**.



Lunch

For many student, preparing food over an open fire is a very unique experience. We ask that you split your class into groups of 4-6 students. Each group will have the opportunity to light and maintain their own fire and cook their lunch. If you are bringing a primary grade out, we suggest an easy lunch like hotdogs and marshmallows. We find it is fastest and easiest to roast hotdogs on sticks at lunch (rather than boiling then). For older grades, we recommend students plan and prepare a more complicated meal. We have attached our **Gould Lake Campfire Cookbook** to assist in the planning process.



Gould Lake Staff will provide students with a lesson on how to safely build and maintain a campfire. They will also take the opportunity to explain “no trace” camping and how important it is to be environmentally sensitive.

As students will be cooking on open fires, here are a few more requests and suggestions:

- ❄ Please limit the food group size to no larger than 6 students. Larger groups have trouble fitting around the fire, which leads to safety concerns. With primary and junior classes, we ask that there is an adult supervisor with each food group.
- ❄ If students are planning on getting “more creative” with their menu planning, we recommend that they cook any meat products at home prior to coming to Gould Lake (this will save them time at lunch and ensure the meat is properly cooked).
- ❄ The more they can prepare the night before, the easier and more successful their cookout will be.
- ❄ **It is not ideal to be boiling water** (i.e. for pasta) during this cookout lunch, as it requires significant time. Students will end up spending most of lunch waiting for the water to boil and making sure the pot doesn’t tip over.
- ❄ If students decide to heat up water for their lunch (ex. for hot chocolate), they should bring extra water as melting snow is very time consuming and needs to be fully boiling to kill anything living in the snow.
- ❄ Bring old pots and pans as they will turn black on the fire. (Helpful hint: Cover the outside and bottom of the pot/pan with a layer of dish soap first). Plastic handles are **not** recommended as they can melt.
- ❄ Do not bring glass pots.
- ❄ Bring oven mitts or leather mitts/gloves for working around the fires.
- ❄ **Do not bring** wire skewers, as these are a safety hazard. It is easy to find sticks for roasting at our lunch site.
- ❄ Have each group bring multiple plastic bags, as students will be responsible for taking home their groups garbage and dirty dishes from lunchtime and they can also help to keep feet dry in wet boots.

We look forward to spending a great day in the woods with you and your students.

If you have any questions or concerns, please call our office or drop us an email.

Thank you,

~The Gould Lake Staff

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WINTER ADVENTURE & COOKOUT AT GOULD LAKE

Student & Parent Volunteer Information



Get ready for an active day of outdoor fun!

We will spend the entire day, including lunch, outside in the woods.

Winter is a great opportunity to get outside and active! Although our Canadian winters are cold and snowy (hopefully), we are able to dress appropriately for conditions and activities so we can stay toasty warm and have a great day. For your Gould Lake Winter Adventure, we will be spending the day in our wilderness; we'll be hiking or snowshoes (depending on conditions), building fires to cook your lunch, learning about animals and spending time enjoying winter with your class.

Having a great day outside in the winter requires preparation, so let's get to it...

How to Stay Warm & Happy!

Dressing properly can make or break a day outside in the winter. When dressing for a day out in the winter wonderland you need to think DRY and LAYERS. Whether it is from rolling in the snow, sweating or precipitation, being wet is the quickest way for our bodies to lose heat. By dressing in layers, we are able to ensure we don't sweat, we have nice dry clothes next to our skin and have a waterproof layer on the outside. Here are some considerations for dressing for your day at Gould Lake.

- * **Toque** - This should be wool or heavy fleece. Toques should cover your head and ears (not just a headband).
- * **Mitts / Gloves** - Please bring **two pairs of mitts/gloves if possible** so you can replace wet ones if needed. Mitts tend to keep your hands warmer than gloves.
- * **Winter Coat & Warm Layers** - Wear your winter coat! Wear long underwear and other warm layers that can be unzipped or unbuttoned when you get hot. Wool or synthetic materials are best as they will keep you warm even if they are damp. You can ask any Gould Lake staff and they will tell you...No one ever complains about being too hot at Gould Lake, while being too cold will make you miserable.
- * **Snow Pants** - Are a **MUST!** Splash pants with a liner or rain pants with long underwear or track pants underneath will work too.
- * **Socks** - Wear one pair of thick, (ideally wool) warm socks and bring an extra pair in case they get wet. *Thin, cotton socks will not keep your feet warm.*
- * **Winter Boots** - **You must wear winter boots!** Running shoes and "UGG"-style boots will get wet, cold and slippery—please **do not** wear them to Gould Lake. Wear your warmest winter boots. Bring 2 grocery bags along as liners to put inside your boots if they get wet.

Cooking

Gould Lake staff will be teaching you how to prepare, light and maintain cook fires for your lunch. Here are some helpful tips for preparing your lunch on a fire...

- * Ensure all members of your group help collect wood, prepare the fire, cook the meal and help to clean up afterwards. Many hands make light work and staying active will help everyone stay warm too!
- * Bring old pots & pans. Since you will be using them over an open fire, they will turn black on the bottom unless you cover them with a layer of dish soap first. Plastic handles are **not** recommended as they can melt. Please no glass pots. Finally, pot lids will help heat your food up faster.
- * **Please do NOT bring wire skewers.** They are a safety hazard with so many people around while we are hiking or are around our cook fires. Plus, we're outside...it will be easy to find sticks for roasting hotdogs and/or marshmallows at our lunch location.
- * Bring old oven mitts or leather work gloves (if you have them) for handling hot pots and pans.
- * Don't forget your utensils, plates and any other cooking equipment. If possible, please bring reusable ones instead of disposable ones. Although they will need to be washed, they are more environmentally friendly.
- * You **do not** need to bring lighters/matches. Gould Lake staff will have these available for you.
- * Please bring multiple grocery bag for your lunch garbage and dirty dishes.

Food

Nothing tastes better than a meal that you've prepared and cooked over a fire that you've built. Your teacher will discuss your meal plan with you in class. We have provided a winter cookbook that you can use to help plan and prepare your meal. There are lots of different meals that you can prepare over a fire, so don't feel you need to stick to our favourites. Whichever meal you decide to prepare and cook, ensure that you consider any allergies in your class and any dietary restrictions. You should also consider that you are carrying all of your food to the lunch spot and all the garbage back from the lunch spot.

Remember:

Cold weather makes you hungry and you must eat to stay warm! Bring more food that you would normally eat and have a good breakfast before you arrive.



Meal Plan

For our lunch, we are going to be making: _____.

For our dessert, we are going to be making: _____.

For trail snacks, we are going to have: _____.

I am responsible for bringing this food: _____

I am responsible for bringing this equipment: _____

- ☐ *I have at least 1L of water for drinking and extra if we need some for our lunch.*
- ☐ *I have pre-cooked any meat we have for our lunch.*
- ☐ *I have grocery bags for garbage, dirty dishes or wet boots.*
- ☐ *I have a backpack big enough to carry all my lunch stuff and extra clothing. The backpack has 2 straps so that I can carry it comfortably on the hike.*

We're excited to go on this adventure with you!

WINTER ADVENTURE COOKBOOK

RECIPE DIFFICULTY

Campfire Favourites: These are very simple recipes, which are not overly challenging.

Satisfying: These recipes will fill you up, they are tasty and if you try them you will surely be successful.

Adventurous: These are recipes that are the tastiest, most rewarding and most challenging.

These recipes are for groups of 4, unless otherwise stated.



CAMPFIRE FAVOURITES MAIN DISHES

Grilled Cheese Sandwiches

- * Bread
- * Thin slices of cheese
- * Margarine or butter
- * Ketchup, hot sauce, etc.
- * Bacon (optional)

🔪 Frying pan / Flipper / Plates

Before the Trip

Butter 2 slices of bread (butter gets very hard to spread when it's cold) for each sandwich. Fry the bacon until fully cooked. Place in a container when cooled.

At Lunch

Place the sliced cheese (and bacon) between the un-buttered sides of the bread. Fry in frying pan until brown on both sides and the cheese is melted.

Note: This is a light meal. It will take a lot of bread to fill you up! Consider pairing it with some soup.

Hamburgers

- * 1/2lb Pre-cooked lean ground beef
- * 1 small onion chopped
- * 1 egg
- * ¼ cup bread crumbs
- * 4 buns
- * Ketchup, mustard, relish, etc.
- * Thin slices of cheese (optional)

🔪 Frying pan / Flipper / Plates

Before the Trip

Mix beef, onion, egg, and bread crumbs in a bowl. Form into patties. Fry (or BBQ) the hamburgers until they are brown all the way through.

At Lunch

Over the fire, reheat in a frying pan. Toast the buns. Assemble and enjoy!

Hot Dogs

- * Wieners (beef, chicken, vegetarian) or pre-cooked sausages
- * Buns
- * Ketchup, mustard, relish, etc.
- * Chopped onion (optional)

At Lunch

Roast hotdogs on a thin stick over coals until hotdogs bubble and split.

Toast buns if you wish. Assemble and enjoy!

Baked Potatoes

- * 4 potatoes
- * Butter
- * Sour cream
- * Bacon bits
- * Chives
- * Grated cheese
- * Anything else you would like on your baked potato

Before the Trip

Pre-cook potatoes in the oven until soft inside. Wrap each potato in foil.

At Lunch

Lay potatoes in the fire until warmed through. Serve with butter, sour cream, bacon bits, chives, and/or grated cheese.

Soup

Bring your favourite homemade soup in a sealed container. Reheat in a pot over the fire. This is a great dish for a chilly day.

🔪 Pot / Ladle / Bowls / Spoons

🔪 If it's soup from a can, don't forget the can opener!

Remember, you don't need metal skewers for hotdogs or marshmallows - we have a whole forest of sticks waiting for you!

SATISFYING MAIN DISHES

Mixed Vegetables

- * 1 onion cut into chunks or rings
- * 1 green pepper cut into chunks
- * 1 potato finely chopped (optional)
- * 1 carrot, chopped
- * Tofu, cubes
- * 2- 3 tsp butter or margarine
- * Grated cheese (or parmesan)
- * ¼ cup cashews or peanuts (optional)
- * Soya sauce, salt, pepper, spices

🍴 Plates or Bowls / Forks or Spoons

Before the Trip

Cut up vegetables, mix with nuts and tofu. Put each serving on a sheet of tin foil. Add soya sauce and seasoning. Top with butter and cheese. Wrap and seal the tin foil.

At Lunch

Place on the fire and cook for 10-15 minutes.

Tacos/ Fajitas

- * 1/4lb pre-cooked lean ground beef or pre-cooked chicken (sliced)
- * 1 pkg taco/fajita seasoning
- * 8 soft taco/fajita shells (hard taco shells leave a big mess on the forest floor)
- * shredded cheddar cheese
- * 1 cup finely chopped lettuce
- * chopped tomatoes
- * chopped peppers
- * Sour cream and/or salsa (optional)

🍴 Frying pan / Flipper / Plates

Before the Trip

Cook and drain beef, shred lettuce, grate cheese, chop vegetables, and store in separate containers.

At Lunch

On the fire, reheat meat. (You can add the taco seasoning now or do that at home when cooking the beef/chicken.) Fill the shells with all ingredients and enjoy!

WARNING: This can be a messy meal and we do try to leave our lunch spot food free so make sure you bring plates or bowls to catch the mess.

Potato Scramble

- * 1 small mixing bowl
- * 8 slices of pre-cooked bacon
- * 4 potatoes, pre-cooked and diced
- * 1 small onion, diced
- * ¼ tsp salt, pinch of pepper
- * 6 eggs, beaten
- * 40ml milk

🍴 Frying pan / Flipper

🍴 Plates or Bowls / Forks or Spoons

Before the Trip

Fry bacon and cook potatoes. Bring to Gould Lake in a sealed container. Either beat the eggs and milk at home and put in a sealed container OR ensure that eggs are protected in your backpack (so they don't crack and make a huge mess).

At Lunch

On the fire, reheat bacon in a frying pan. Add potatoes, onions and seasoning. Cook and stir until light brown. Beat eggs and milk in a bowl, pour over potato mix. Cook until eggs thicken.

Sloppy Joes

- * 1 lb Pre-cooked lean ground beef
- * 2 small chopped onion
- * 6 celery stalks, chopped
- * 1 pkg beef gravy mix or taco seasoning
- * ¼ cup ketchup
- * Salt, pepper, spices
- * 6-8 buns, rolls or pita bread
- * ¼- ½ cup water

🍴 Frying pan / Flipper / Plates

Before the Trip

Cook and drain beef.

At Lunch

On the fire, fry meat with onions and celery. Add water, gravy mix, spices, and ketchup to beef.

Serve over rolls, buns or pita. Don't make it too runny!

ADVENTUROUS MAIN DISHES

Kabobs

- * Pre-cooked, cubed beef/chicken/ ham/ tofu
- * Quartered tomatoes or cherry tomatoes
- * Mushrooms
- * Green/Red/Yellow/Orange Peppers
- * Onions (white or purple)
- * Salt, pepper, spices

🔪 Aluminum foil

Before the Trip

Cut meat and vegetables into one-inch pieces. Pre-cook the meat. Skewer meat and vegetables on wooden or metal skewers. Sprinkle spices over the kabobs and wrap in foil. Put in a bag so they don't leak. Leave the kabobs in the fridge overnight.

At Lunch

Lay foil covered kabobs on fire to cook. Rotate occasionally.

Stir Fry

- * 1/2lb Pre-cooked cubed beef /chicken/ ham/ tofu
- * 1 green pepper, chopped
- * 3 carrots, chopped
- * 2 onions, diced
- * 3 celery stalks, chopped
- * 1 cup mushrooms, sliced
- * Oil (Olive oil is best for your health)
- * Soya Sauce
- * Salt, pepper, spices

🔪 Frying Pan / Plates or Bowls / Forks or Spoons

Before the Trip

Cut meat and vegetables into one-inch pieces. Cook the meat in oil and soya sauce (or whatever sauce you like).

At Lunch

Over the fire, combine vegetables, pre-cooked meat and soya sauce (or sauce of your choice) in a pan. When all vegetables are soft and meat is warm, you are ready to serve.

Chili

- * 1 lb Pre-cooked lean ground beef (or 1 cup bulgar & 1 cup water)
- * 1 chopped onion
- * 1 can of tomatoes
- * 1 can kidney, red or baked beans
- * 1-3 tsp chili powder
- * Salt, pepper, spices
- * Cheese (optional)
- * Sour cream
- * Nacho chips

🔪 Pot / Bowls / Spoons

Before the Trip

Fry beef and onion in a pot. Add everything else and let simmer until cooked. (If using Bulgar, fry onions alone in margarine, then add everything else.) Once cooled, put chili in a sealed container and leave in fridge overnight.

At Lunch

Reheat on the campfire in a pot. Bring some grated cheddar cheese, sour cream and nacho chips to serve with chili.

Bundle Supper for One

- * 1/4lb pre-cooked lean ground beef
- * ½ thinly sliced carrot
- * ½ sliced green pepper
- * 2 slices of onion
- * Several slices of cheese
- * Salt, pepper, spices
- * 1 Tbsp water

🔪 Aluminum foil / Fork or Spoon

Before the Trip

Add salt, pepper and spices to beef. Shape into meatball patties. Cook the meatballs in a frying pan. Place ingredients in aluminum foil, alternating meat, vegetables and cheese. Add water. Seal packet.

At Lunch

Place in fire and cook about 10 minutes per side.

DESSERTS

Banana Boats

- * 1 banana per person
- * Marshmallows
- * Chocolate chips
- 🔪 Aluminum foil

Split banana lengthwise, leaving the peel. Fill the middle with marshmallows and chocolate chips (alternating). Wrap in tin foil and bake in fire until soft.

S'mores

- * Graham crackers
- * Marshmallows
- * Chocolate squares/pieces/chips

Cook marshmallows over the fire until golden brown (best to cook them over coals). Make a sandwich out of marshmallows, chocolate and 2 graham crackers.

Try building your s'more in a waffle cone, wrap in tin foil & place in the fire (on coals)!

Bannock Bread

Bannock is the traditional bread that Indigenous Canadians, trappers and pioneers cooked over an open fire. It's as much fun to cook as it is to eat.

- * 5 cups flour
- * 2 Tbsp baking powder
- * 1 tsp salt
- * 1 tsp sugar
- * 2/3 cup milk powder
- * Raisins, dried fruit, nuts, chocolate chips (all optional)
- * Water
- * Maple Syrup
- 🔪 Mixing Bowl / Mixing Spoon

Combine all ingredients and add enough water to make dough (should NOT be runny). Wrap dough thinly around stick. Roast over coals until golden brown. Enjoy drizzled in maple syrup.

Baked Orange Cake

- * Oranges
- * Chocolate cake batter
- 🔪 Aluminum foil / Fork or spoon

At home, cut the top 1/4 off of an orange and hollow out the inside of both sides (be sure to eat the orange!). Place the pre-mixed cake batter in the hollowed out bottom portion of the orange. Replace the top of the orange and wrap it in aluminum foil.

As soon as the fire is going, place the foil wrapped oranges near the coals so the cake inside the orange cooks. Enjoy!

Baked Apples

- * Butter
- * Apples
- * Brown sugar
- * Cinnamon / Raisins / Chocolate chips
- 🔪 Aluminum foil

Wash the apples and remove the core, so the apple forms a cup.

Mix brown sugar, cinnamon, raisins and/or chocolate chips together. Fill the hole with that mixture. Wrap apple in butter aluminum foil. Bake in the coals for ~20 minutes. Be sure to put these in the fire early or they won't have time to cook!

Peanut Butter (WOW Butter) Wraps

- * Tortilla shells
- * Peanut butter/WOW butter
- * Chocolate chips
- 🔪 Aluminum foil

Coat one side of the tortilla shell with peanut butter/WOW butter and sprinkle with chocolate chips. Roll up the tortilla shell and wrap in aluminum foil. Put it in the fire (on the coals) for a few minutes.

Note: You could also use Nutella and marshmallows

TRAIL SNACKS

(To be prepared at home prior to coming to Gould Lake)

GORP

Good Old Raisins & Peanuts!

Add and mix equal amounts of any of the following into a reusable bag:

- | | |
|---------------|--------------------------|
| * Peanuts | * Raisins |
| * Smarties | * Yogurt Covered Raisins |
| * Dried Fruit | * Coconut Flakes |
| * Cashews | * Banana Chips |
| * Granola | * Almonds |
| * Cereal | * Chocolate Chips |

Note: This can be turned into a nut-free snack by replacing the nut ingredients with more dried fruit.

GORP Bars

- * 2 cups chocolate chips
- * 2 cups nuts
- * 1 cup raisins
- * 1 cup dried cranberries
- * 1 cup mini marshmallows (optional)

Melt chocolate slowly on low heat in a double boiler. Add remaining ingredients and stir. Pour into an 8" pan and cool. Cut into squares. Bag it and bring on the hike for a quick high-energy snack.

Note: This can be turned into a nut-free snack by replacing the nut ingredients with more dried fruit.

Survival Bars

- * 1 cup butter
- * 1 cup brown sugar
- * 4 Tbsp honey
- * ½ cup coconut flakes
- * nuts (optional)
- * 2-3 cups rolled oats
- * ½ cup dried fruit
- * (raisins, cherries, apricots, cranberries, etc.)

Melt butter, brown sugar and honey on low heat, until all is liquid. Remove from heat and stir in remaining ingredients to make a sticky paste. Spread on a foil-lined 8" pan.

Bake at 350 degrees for 25 minutes. Once cooled, cut into squares. Bag it and bring it on the hike.

Energy Balls

- * 1 cup rolled oats
- * 1 cup toasted coconut flakes
- * ½ cup peanut butter/WOW butter
- * ½ cup ground flax seed
- * ½ cup chocolate chips
- * 1/3 cup honey
- * 1 tsp vanilla
- * 1 tbsp chia seeds (optional)

Stir all ingredients together in a medium bowl until thoroughly mixed. Cover and let chill in the refrigerator for half an hour.

Once chilled, roll into balls of whatever size you would like. Store in an airtight container and keep refrigerated for up to 1 week. Makes about 20-25 balls.

Be sure to bring lots of water for the hike. Our bodies need water when we exercise even in the winter. Try to avoid pop and other caffeinated drinks which may dehydrate you.

Along with food and water, moving around is the best way to stay warm when we're out in winter conditions. Fingers cold? Give them a shake. Toes cold? Jog on the spot or do jumping jacks!

Not only do our bodies need food and water to ensure we have enough energy for our hike, but food and water will also help us to stay warm.