

Idaho Intro to Bikepacking

Date	Time	Agenda Item	Location	Notes
Day 1 Session 1, Jun 20 Session 2, Jun 24	10:00 AM	Check-in	Warm Lake Lodge	Intros, ice-breaker games, bike/equipment checks, trip briefing and expectations, names on helmets, gear labeled and organized in van/trailer, camp groups identified, confirm pick-up location for Wednesday afternoon.
	12:00 PM	Lunch	Warm Lake Lodge	Eat prior to departing on the bike
	12:30 PM	Ride to Camp 1	the Salmon River Road to Reed Ranch Airstrip (North on FS Roads 474 & 674)	21 miles. Paved road. Elevation Gain/Loss: 1436'/-2617'. Ride UNLOADED with regular practice pack. Van and trailer support.
	3:30 PM	Camp set-up	Reed Ranch Airstrip Campground	Tent and kitchen set-up.
	4:30 PM	Backcountry Travel Discussion		Leave No Trace, Water Treatment, Personal Hygiene, What if you get lost
	5:30 PM	Dinner		Group A helps prepare dinner, Group B Cleans-up.
	7:00 PM	Navigation/Route Planning Discussion		Map Reading, Route Considerations, Emergency Planning
7:30 PM	Down time until bedtime	Roll Call prior to retiring to tents.		
Day 2 Session 1, Jun 21 Session 2, Jun 25	7:00 AM	Wake-up and Breakfast	Reed Ranch Airstrip Campground	Breakfast and pack up tent/sleeping bag
	8:00 AM	Bikepacking Bags		Hand out bikepacking bags. Discuss and demo how to pack them and load bikes. Break into teams of 3. Divide group gear (stove/pot, fuel, water filter, etc.), pack into bags and load bikes. Ride around the camp area to acquire feel of riding with extra weight and gear.
	10:00 AM	Ride to Camp 2 (unsupported bikepacking simulation)	outh Fork of the Salmon River Road and Lick Cr. Road to Cow Cr. (North of FS Road 674, West on FS Road 412)	18 miles. Paved/Gravel road. Elevation Gain/Loss: 1408'/-1254'. Ride LOADED with support from van and trailer for extra gear such as tents and sleeping bags. Van available for riders if need be.
	Noonish	Lunch	Mid-route	Lunch will be unsupported with each team responsible for filtering/boiling water, making lunch, & repacking bike. Staff supervised.
	4:00 PM	Arrive to camp, camp set-up, & down time	Cow Cr. Dispersed Campsite	Review how the ride went with loaded bikes. Plan on camping with limited van support for dinner. Meals prepped and cooked with food and gear carried on the bikes.
	6:00 PM	Dinner		Student-athletes responsible for prepping their own dinner, with supervision and support from coaches.
	7:00 PM	After Action Review		Review how the entire day went from breaking camp, packing bikes, riding with a load, water and food management, setting camp, and preparing dinner. What went well, what could have gone better, what lessons were learned.
7:30 PM	Down time until bedtime	Roll call prior to retiring to tents.		
Day 3 Session 1, Jun 22 Session 2, Jun 26	7:00 AM	Wake-up and Breakfast	Cow Cr. Dispersed Campsite	Breakfast and pack up tent/sleeping bag
	8:00 AM	Break Camp & Pack Bikes		
	9:00 AM	Ride to McCall	Lick Cr. Road to Downtown McCall on FS Road 412 & Lick Cr. Road to Legacy Park, McCall) (West	28 miles. Gravel/Paved Road. Elevation Gain/Loss: 3129, -2406. Option for riding with loaded bikes or utilizing van/trailer for gear and riding with just food and hydration for final day, along with regular practice pack. Big climb to start, downhill over back half of ride. Van supported ride as needed.
	3:00 PM	Icecream in McCall!	Legacy Park, McCall	Reflection Discussion
	4:00 PM	Student Athlete Pick-up	Ponderosa Center/Legacy Park, McCall	ID check for Parent/Gaurdain pickup.