

TEAM Yosemite Trip Student Info
November 5-9, 2018

BACKGROUND INFORMATION: TEAM students have attended a week in Yosemite since the program began over 20 years ago in order to create deeper connections between students, student leaders, parents, teachers, and our National Parks. We work with Nature Bridge, an organization that has offered residential integrated field study programs for the last 40 years in Yosemite National Park. The purposes of their programs are to inspire children and adults to think about the environment and empower them to act as responsible inhabitants of our planet. For more information about specifics of the trip, the Nature Bridge website is at <http://www.naturebridge.org/your-naturebridge-program-yosemite>.

TEAM's goals for this experience are to allow students to explore the wonders of Yosemite through a variety of lenses: science, history, and literature, and art. We also want them to continue to strengthen relationships with their peers, student leaders, and teachers. Finally, we hope students will be able to challenge themselves to be in the natural world and out of their usual technology-filled daily lives.

DETAILS

- **When:** Leave- 7 am, Monday, November 5th from Paly to Yosemite National Park. **Please arrive about 15 minutes early at 6:45 AM to load the buses.**
Return- ~6:30 pm Friday Nov 9 to Paly. (Leaving park by 2pm.)
- **Where:** Students will stay in heated tent-cabins in Half Dome Village (formerly Curry Village) provided by the NatureBridge Program. Breakfast and dinner will be in the Village cafeterias and lunch will be on the trail provided by the Nature Bridge Program. Students should bring money or pack a lunch for the way up to Yosemite.
- **What:** Students should expect to be out in the park most days between 9AM and 4PM. They will be hiking, doing learning activities, exploring historic sites, and team-building. Most days the total distance travelled will be between 5-7 miles. One day is usually a challenge hike that might be a bit longer.
- **How:** Students will leave Paly on chartered buses. In some cases, students may be transported via carpool from a parent chaperone.
- **Who:** Our goal is to take all TEAM students. We include a teacher or parent and senior chaperone in each hiking group of 12-14 students.
- **Donation:** No student will be denied from attending this trip due to financial reasons. **If your family has not already donated the requested \$1250 please complete the financial form included at the end of this packet.** Scholarships are available if needed, just email the Paly Team Treasurer at palyteamtreasurer@gmail.com

FORMS: There are many forms that accompany this field trip. Please take the time to read through all of them and fill out the necessary information. Your child may not attend this trip until all necessary signatures and information appear in our records.

Alt Driving: If you might need to leave/arrive early due to an extra curricular/sport, please let us know at least 2 weeks before and fill out the Alternate Driving Plans Google Form found on the TEAM website's Forms page or on Schoology in IntraTEAM Course.

Forms are due back to ^{English} ~~Biology~~ Classes by Tuesday, October 9, 2018. Please mail donation forms directly to Paly TEAM Treasurer.

PARENT INFORMATION MEETING

All parents should attend the informational meeting **Wednesday, October 10th** at 7pm in the Haymarket Theater. Information about the equipment list and trip details will be presented at that time. If you have questions about this trip before that time, feel free to email Liz Brimhall at ebrimhall@pausd.org. **Chaperones:** If you signed up to come with us on this trip, we will have a mandatory chaperone meeting following the general meeting that will last about thirty minutes. Please email if you cannot attend.

ENVIRONMENTAL SCIENCE PROGRAM CLOTHING AND EQUIPMENT LIST

The items on this list are to be brought by each group participant. Please adjust the number of items according to the number of days you will be spending in Yosemite.

LUGGAGE: ITEMS WILL BE USED ON TRAIL AND IN CAMP

- HIKING BOOTS OR STURDY ATHLETIC SHOES (NO skate shoes or shoes with slick soles)
- EXTRA TENNIS SHOES OR SNEAKERS for evening activities and use around camp
- THREE PANTS rugged pairs (1-2 pairs of shorts if weather is warm), avoid cotton
- THREE SHIRTS that you don't mind getting dirty
- TWO SWEATERS OR FLEECES lightweight wool or fleece layers are best; avoid cotton
- ONE JACKET an insulated layer, such as a parka with hood is a good choice
- FIVE PAIRS OF SOCKS (wool or synthetic preferred, no cotton)
- *THERMAL UNDERWEAR (BOTTOMS/"TIGHTS") very warm and lightweight
- *WATERPROOF MITTENS - mittens are warmer than gloves
- PAJAMAS
- TOWEL
- TOILETRIES shampoo, soap, toothbrush, toothpaste, sunscreen, lip balm
- PERSONAL MEDICATION
- SLEEPING BAG synthetic or down fill; sheets and blankets are fine if you don't have a sleeping bag
- FITTED SHEET & PILLOW if you will be staying at our Crane Flat campus (not required)
- SUNGLASSES
- LIGHTWEIGHT HAT WITH BRIM
- FLASHLIGHT with spare batteries
- PLASTIC BAGS trash sized to keep your things clean and dry in your backpack
- OPTIONAL: binoculars, field guides, camera, book light, hand sanitizer, alarm clock, trekking poles, knee/ankle brace, small umbrella, earplugs

* Items with star are winter items (October - April)

DAYPACK ESSENTIALS: THESE ITEMS WILL BE CARRIED ON TRAIL EVERYDAY

- DAYPACK must be big enough to fit the items below in addition to some of the group lunch (school backpack is okay)
- RAIN GEAR waterproof, not just water resistant. A rain suit (jacket and pants) is much better than a poncho because it keeps all of you dry. Ponchos and umbrellas can be nice in addition to a rain suit.
- WARM CAP/BEANIE
- TWO WATER BOTTLES each bottle should be at least 1 liter, plastic or stainless steel (large sport drink bottles work, i.e. leftover Gatorade bottles) no glass please
- NOTEBOOK & PENCIL IN ZIPLOC BAG (notebook is not required as NatureBridge will provide a program specific journal but pencil and Ziploc bag are required)
- EXTRA LAYERS OF WARM CLOTHING
- BANDANA serves as your field lunch placemat

NOTE TO PARENTS AND STUDENTS: PLEASE DO NOT BRING...

- Extra food, including gum and candy- food is not allowed in the cabins. Ample food will be provided.
- Knives
- Electrical appliances and games, including MP3 players, video games, solar chargers, etc.
- Hand warmers- these are wasteful and often end up as litter.
- Anything that would be sadly missed if lost!

BE PREPARED

Please come prepared to hike in a blizzard, in hot sunny weather, or in a rainstorm. Weather is variable. Layer clothing on top of each other for greater flexibility, as temperatures change throughout the day.

REGARDING YOUR BOOTS OR STURDY ATHLETIC SHOES

Purchase boots at least two months ahead of time. Fit with a thick pair of wool socks. Buy boots that fit your needs. Many people over-buy, assuming bigger means better. Big, heavy boots have their place, but for most hikers, they are more than necessary. Hiking boots should offer ankle support and traction on rocky and



slippery surfaces. Above all, your shoes must be waterproof and comfortable. Blisters can be a painful part of your Yosemite experience. It is important to prepare your boots and your feet for hiking. Wear your boots for half-day periods for several weeks before your Yosemite trip. This allows boots and feet to get used to each other. The same advice applies for new sturdy athletic shoes.

WHERE TO GET EQUIPMENT

Wool and many other items on the equipment list may be purchased inexpensively from Army/Navy Surplus, Salvation Army or Goodwill stores. Most sporting goods and backpacking shops (REI, Big 5, etc.) will carry the equipment listed, and many will rent as well as sell gear.