

TEAM Yosemite Trip Student Info

November 6-11, 2016

BACKGROUND INFORMATION: NatureBridge has been offering 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-* 10 am, Sunday, November 6th from Paly to Yosemite National Park. **Please arrive about 15 minutes early at 9:45 AM to load the buses.**
Return- 6-7 pm Friday Nov 11 to Paly. (Leaving park by 2:00 pm.)
- **Where:** Students will stay in heated tent-cabins in Curry Village provided by the NatureBridge Program. Breakfast and dinner will be in the Curry 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 10-13 students.
- **Cost:** No student will be denied from attending this trip due to financial reasons. However, we ask that each TEAM family donate \$750 towards the cost of this trip, which includes per student Nature Bridge Tuition (about \$535 for all meals and lodging for the week of the trip, plus an experienced nature guide) as well as bus transportation to and within the park and teacher overtime for supervision during non-school times. Full or partial 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.

Forms are due back to English Classes by Thursday, September 29, 2016.

PARENT INFORMATION MEETING

All parents should attend the informational meeting Wednesday, September 29th from 7:00 – 7:45 pm in the MAC Atrium (Media Arts Center building). 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.

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

* 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 ZIPLOCK BAG (notebook is not required as NatureBridge will provide a program specific journal but pencil and ziplock 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.

NATUREBRIDGE PARTICIPANT CONTRACT

NatureBridge is committed to providing participants with new experiences, fun learning opportunities, and safe adventures.

Please discuss this list of behavioral expectations before arriving to NatureBridge. Each member of the group must agree to abide by the terms of this contract in order to attend our program.

General Agreements for all participants

- I agree to participate in the program at NatureBridge.
- I agree to be on time for scheduled meetings and events.
- I agree to respect the privacy, property, and feelings of others. I understand that we'll be living together in cabins and sharing the campus.
- I agree to treat my fellow students, chaperones, and instructors with respect. I agree to follow my CLOTHING AND EQUIPMENT LIST and bring the things I'll need for my stay (like raingear, water bottles, extra clothes, etc.)
- (For youth participants specifically) I agree to stay out of other students' cabins/tents.
- I understand that lights out is at 10:00 p.m. I agree to be quiet and respectful in the evening.
- I agree to keep food out of my cabin/tent. I will give any leftover food from NatureBridge group lunches to my NatureBridge staff at the end of the day.
- I agree not to cause physical or emotional harm or threaten any other person.
- I agree to not discriminate against people because of their race, culture, religion, sexual orientation, or special needs.
- I agree to respect the NatureBridge campus and Yosemite National Park, and refrain from any acts of vandalism.
- I understand how important it is to be safe on the trails. I will participate in a way that will keep the group and myself safe by following all of the trail rules.
- I agree to refrain from bringing or using non-prescription drugs, cigarettes, weapons, and/or alcohol in Yosemite.
- I agree to always let a chaperone know where I am and never wander off alone.

Violation of any one of the following or a combination of the above contract agreements may result in a participant's return trip home at their parent/guardian's expense.