



# MARK DAY SCHOOL

## Outdoor Education Program Information 2019-2020

### Upper School, Grades 4-8

Dear Families,

Outdoor education is one of the hallmarks of Mark Day School. Adventure, challenge, teamwork, bonding and integrated learning of science, history, ecology and SEL skills make for a powerful combination. Outdoor Ed is one of the many ways we bring our school mission alive for our students. Details of each trip are below, organized by grade level.

**Please note these due dates for returning release/medical forms to the front office:**

- 5th, 6th grade trips: **Tuesday, 8/27/19 (opening day)**
- 7th grade Yosemite trip: **Friday, 8/9/19**
- 4th and 8th grade trips: forms will be distributed closer to the trip dates.

#### **Grade 4 - Coloma - April 15-17**

In conjunction with their integrated, project-based study of the Gold Rush period of California history, students will travel to the historical mining area of Coloma where they will live the life of a miner in an immersive, hands-on historical simulation followed by a day of hiking and learning about California ecology and environmental issues. The two fourth grade teachers chaperone the trip, and the program is created and led by the naturalists of Coloma Outdoor Discovery School. Parent chaperones are integral to the success of the trip, and chaperone volunteer information will be distributed closer to the date of trip along with medical forms, releases and packing lists.

#### **Grade 5 - Point Reyes - September 18-20**

Students learn about a variety of ecosystems and engage in an in-depth ecological exploration. Students also develop teamwork skills, engage in cooperative learning activities, learn to set up and sleep in tents, and reflect on their experiences while having a great deal of fun! A parent information session will be held at the **5th Grade Potluck and Outdoor Education Information Evening on Tuesday, September 10th at 6:00 p.m.** Included in this email packet please find clothing/equipment lists, release forms and medical forms. **Release and medical forms will need to be returned to the front office by opening day, Tuesday, 8/27/19.** The trip is organized and led by Naturalists-at-Large in conjunction with our 5th grade homeroom teachers who will chaperone the trip along with additional faculty who will be working with 5th grade students in the year ahead.

#### **Grade 6 - Pinnacles - September 24-27**

This trip will be under the leadership of Naturalists-at-Large who have many years of experience safely guiding students with outdoor challenge activities and teaching an understanding and appreciation of ecosystems. Students develop self-reliance and teamwork as they learn basic rock climbing skills in the wilderness. Tim Evans and Dana Kirk will provide parent orientation at the **6th Grade Potluck and Outdoor Education Information Evening on Tuesday, September 10th at 6:00 p.m.** Included in this email packet please find clothing/equipment lists, release forms and medical forms. **Release and medical forms will need to be returned to the front office by opening day, Tuesday, 8/27/19.** Chaperones will include Tim Evans (trip leader), Dana Kirk, and additional faculty who will be working with 6th grade students in the year ahead.

### **Grade 7 - Yosemite - September 24-28**

Students participate in a five-day camping and backpacking trip in Yosemite under the guidance of Naturalists-at-Large. This challenging and rewarding experience focuses on teamwork, resilience, student bonding, in-depth study of ecology, ecosystems and geology and the development of an appreciation for the natural world in terms of science, history and aesthetics. Students experience a tremendous sense of accomplishment and routinely reflect on this trip as one of their favorite, and most powerful, experiences at Mark Day School. Chaperones will include Chad Forrester (trip leader), Beth Bonzell, Gaelle Gordon, Norm Lyons, and several additional faculty. More information about the trip will be presented at the **Upper Division Back To School Night on Thursday, September 6th from 6:00-9:00 p.m.** Included in this email packet please find clothing/equipment lists, release forms and medical forms. It is imperative for your child's safety and well-being that you disclose all medical conditions. **Completed release forms and medical information forms are due to the front office (attn: Chad Forrester) by Friday, August 10th.** With the trip only a couple of months away, it is important to help your child prepare physically for Yosemite. The best ways to do this are to take hikes with your child, to break in the new hiking boots early and often, and to encourage your child to drink water starting two weeks before the trip. Regular hydration has been known to help the adjustment to increased elevation.

### **Grade 8 - Rafting the Deschutes River, Oregon - April 29 - May 4 (Includes one Saturday)**

In conjunction with Outward Bound, students will travel to Oregon in the month of May to raft the Deschutes River for six days and five nights. This trip will include one weekend day to accommodate plane travel to Oregon. Trip goals include personal reflection and growth, teamwork, navigating significant life transitions (e.g. the upcoming transition to high school), group bonding and relationship development, and skill development with rafting, rappelling, and zero-impact camping. Students will form rafting groups, each with three experienced and skilled Outward Bound instructors, and each student will "captain" a rapid for their rafting team. A parent information session will be held closer to the trip (date TBD), and medical forms, releases, packing lists and more will be distributed at that time. The chaperones for the trip will include Chad Forrester (trip co-leader), Dave Hickman, and at least two additional faculty members.

Some of my favorite personal memories have come from outdoor education trips, both here with our students and in my own past education. The challenge and excitement of outdoor ed is palpable, and the accompanying nerves that sometimes precede the trips are normal and expected. Please do not hesitate to contact me or your child's teacher or mentor if you have questions or concerns about how we can partner to make the outdoor ed experience a rewarding one for your child and your family.

Sincerely,



Dave Hickman  
Head of Upper School



[www.naturalistsatlarge.com](http://www.naturalistsatlarge.com)

**ACKNOWLEDGMENT AND ASSUMPTION OF RISKS AND RESPONSIBILITY, AND RELEASE FROM LIABILITY  
("RELEASE")**

I, \_\_\_\_\_, on behalf of myself [and my minor child, \_\_\_\_\_](referred to individually and /or collectively as "Participant") hereby agree as follows:

**NATURALISTS AT LARGE** and its authorized agents, employees, and representatives (referred to herein, collectively, as "NAL") provide organization, supervision, instruction, equipment and supplies for participation in its programs. However, there are significant elements of risk in any adventure, sport or activity associated with the outdoors, including environmental education, hiking, backpacking, ropes courses, rock climbing, boating or swimming, that may be carried out in the course of participating in this or other NAL programs (referred to herein as "Activity" or "Activities") and the use of any related equipment. Any or all of these or other activities may involve physical contact with employees and/or other participants. NAL uses independent contractors and leases independent lodging facilities for some services and accommodations. NAL does not assume any responsibility for any losses or injuries caused by acts or omissions of such persons or entities.

**BASIC DESCRIPTION OF PROGRAMS AND RISKS:** NAL programs include camping in tents, stays in cabins or other lodging facilities, excursions, environmental education, hiking, backpacking, ropes courses, rock climbing, boating, swimming, eating meals while on trails, skiing, snowshoeing, staying one or more nights at a remote site away from camp, shelter building, service activities, games, night snorkeling and other nighttime activities, camp fires and one day programs. Participants may camp in NAL-provided tents or cabins and may assist NAL personnel in food preparation.

**ACKNOWLEDGMENT OF RISKS:** Participant recognizes the fact that there is inherent danger, foreseeable and unforeseeable, in these types of Activities. These risks may result in serious injury or loss of life, and include, but are not limited to, falling on uneven terrain or other surfaces, cold weather related injuries and other injuries or illnesses resulting from extreme weather conditions, excessive sun exposure, exposure to allergens, anaphylaxis, heat related illnesses, altitude related sickness, "acts of nature," accidents resulting from river crossings, fordings, travel (including travel to or from the Activity), animals, insects, plants and vegetation, equipment failure, varying wind, water, and weather conditions, vector exposure, water-related hazards from snorkeling, canoeing or other similar activities, and problems arising from a participant's loss of balance or inability to follow directions. Participant acknowledges that he/she and/or his/her child may suffer accidents or illnesses in remote places where there are no available medical facilities. Participant can lessen the inherent risks posed by the Activities by carefully adhering to the equipment lists and following the directions provided by NAL. Participant understands that during part of NAL's programs, minor Participants will be under the supervision of teachers, chaperones and other adults who are not NAL employees and who have not been selected, and are not supervised, by NAL. Participant agrees NAL is not responsible for the acts or omissions of any such individuals.

**EXPRESS ASSUMPTION OF RISK AND RESPONSIBILITY:** PARTICIPANT HEREBY ACKNOWLEDGES AND ASSUMES THE ABOVE-DESCRIBED INHERENT AND OTHER RISKS ASSOCIATED WITH PARTICIPATION IN THE ACTIVITIES ORGANIZED BY NAL, AND UNDERSTANDS THAT THESE ACTIVITIES CAN BE HAZARDOUS AND INVOLVE THE RISK OF SEVERE INJURY OR DEATH. In recognition of the various risks relating to the Activities which Participant will engage in, both foreseeable and unforeseeable, Participant confirms that he/she and/or his/her child is[are] physically and mentally capable of participating in all Activities and/or using all equipment. Participant acknowledges that during the Activity he/she and/or his/her child may experience symptoms such as fatigue, chill and/or dizziness, which may diminish his or her reaction time or increase the risk of an accident. My/our participation is voluntary and Participant hereby assumes all risks and full responsibility, on behalf of all parties including myself, my child, and/or my child's heirs and assigns.

**WAIVER AND RELEASE FROM LIABILITY:** ON BEHALF OF MY CHILD, MYSELF, MY CHILD'S OTHER GUARDIANS AND MY CHILD'S HEIRS AND ASSIGNS, I/PARTICIPANT HEREBY ASSUME ALL RISKS AND FULLY AND FOREVER

WAIVE, RELEASE AND DISCHARGE NAL AND ITS DIRECTORS, OFFICERS, EMPLOYEES, REPRESENTATIVES, INDEPENDENT CONTRACTORS, INSURERS, AGENTS AND ALL OTHER PERSONS, FIRMS, ASSOCIATIONS OR OTHERS WHO ARE OR MAY BE LIABLE IN ANY WAY ("RELEASEES") FROM ANY AND ALL LIABILITY, CLAIMS, DEMANDS, ACTIONS, CAUSES OF ACTION AND DAMAGES OF WHATEVER KIND WHATSOEVER, INCLUDING, WITHOUT LIMITATION, GENERAL, SPECIAL, COMPENSATORY AND PUNITIVE DAMAGES, FOR PERSONAL INJURY, PROPERTY DAMAGE, NEGLIGENCE OR WRONGFUL DEATH ARISING OUT OF, RELATING TO OR IN CONNECTION WITH ANY OF THE ACTIVITIES. PARTICIPANT SHALL NOT, EXCEPT FOR THE GROSS NEGLIGENCE OR WILLFUL MISCONDUCT OF RELEASEES, BRING ANY CLAIM, DEMAND, LEGAL ACTION AGAINST AND/OR SUE THE RELEASEES FOR ANY ECONOMIC OR NON-ECONOMIC LOSS DUE TO BODILY INJURY, DEATH AND/OR PROPERTY DAMAGE ARISING FROM THE ACTIVITIES, INCLUDING, BUT NOT LIMITED TO, ANY ENHANCEMENT OR INCREASE IN THE INHERENT RISKS OF PARTICIPATING IN THE ACTIVITIES.

**MEDICAL AUTHORIZATION:** I hereby authorize any medical aid or treatment deemed necessary in the event of any injury or illness while participating in the Activity. I either have appropriate insurance, or in its absence, agree to pay all costs of rescue and/or medical services as may be incurred on my or my child's behalf. I agree to hold NAL harmless for any and all costs or liabilities so incurred.

**AUTHORIZATION REGARDING USE OF IMAGES/RECORDINGS AND OTHER MATERIALS:** In connection with our participation in the Activities, Participant consents to the recording of our physical likeness[es] and/or voice[s] through mechanical, photographic, technical, digital, electronic or other means that now exists, or may in the future exist, including without limitation still photography, motion pictures, videotape, audiotape, digital imaging, audio, and video ("Recordings"). Participant hereby consents to and authorizes NAL and its designees, successors and assigns to use, in perpetuity, throughout the universe, and in all now known and hereafter existing media, and in any language, such Recordings, as well as our names, for any purpose, including advertising, promoting, exploiting and/or publicizing the Activities and/or NAL, as well as for archival and other purposes. Participant further agrees that the foregoing includes the consent to use any artwork and/or testimonials created by Participant, our physical likenesses in any form, including, without limitation, a photograph, picture, artistic rendering, silhouette, composite, distorted representation or other reproduction by photograph, film, tape, digital recording or otherwise, and Participant waives any claim he/she/they may have in connection with the Recordings. In addition, Participant agrees that once any such materials are submitted, such material shall become the property of NAL.

**HOLD HARMLESS:** Except with respect to the gross negligence or willful misconduct of the Releasees, Participant hereby agrees to indemnify and hold harmless Releasees from and against any and all claims, liabilities, loss, damages, demands, actions and/or causes of action which may be made against any or all of Releasees, including attorney's fees, costs and expenses of any kind, including, but not limited to, claims for personal injury injury or death which Participant may suffer arising out of or in any way related to Participant's engaging in the Activities.

**DISPUTE RESOLUTION AND WAIVER OF RIGHT TO JURY TRIAL:** Any dispute arising between Participant and any of the Releasees arising from participation in the Activities, and/or concerning the formation, validity, interpretation or effect of this Agreement (an "Arbitrable Dispute"), including, but not limited to, any claim for breach of contract or covenant (express or implied), any tort claim (including claims for personal injury, emotional injury, illness, bodily harm or death) and/or any claim related to damage to or loss of property, must be submitted to arbitration. The selection of the arbitrator and the arbitration proceeding shall be conducted in accordance with the then-current JAMS Comprehensive Arbitration Rules and Procedures, and California law shall be applied by the arbitrator. Unless otherwise mutually agreed between the parties or prohibited by law, the arbitration shall take place in or near the county of Ventura, California. Arbitration pursuant to this paragraph shall be the exclusive remedy for any Arbitrable Dispute. The arbitrator's decision or award shall be final and binding, fully enforceable and subject to an entry of judgment by a court of competent jurisdiction. Should any party bound by this Agreement attempt to resolve an Arbitrable Dispute by any method other than arbitration pursuant to this paragraph, the responding party shall be entitled to recover from the initiating party all damages, expenses and attorney's fees incurred as a result.

**SEVERABILITY AND INTEGRATION:** This Release is intended to be as broad and inclusive as is permitted by law and if any portion hereof is found by any arbitrator or court of competent jurisdiction to be invalid or unenforceable, or inconsistent with any statute or regulation pertaining to the National Park Service or the use of federal lands, any such portion shall be limited to the extent necessary to comply with such law or regulation, or, if necessary, shall be severed

herefrom and the remainder of this Release shall, nonetheless, continue in full legal force and effect. This Release shall remain in full force and effect for all Activities or any portion thereof which do not occur on property controlled by a governmental agency that prohibits such releases. No amendment, modification or supplement to this Agreement shall be binding unless it is in writing and signed by Participant and NAL.

**NAL ACTIONS:** I realize that NAL, as a provider of goods and/or services, may find it necessary to terminate an Activity, whether due to forces of nature, medical necessities, problems in the group or other reasons that NAL, in its discretion, deems prudent. I also realize that NAL may refuse or terminate the participation of any person NAL, in its sole discretion, judges to be incapable of meeting the rigors or requirements of participating in the Activity. I accept NAL's right to take such actions with respect to my child and other participants.

**I HAVE CAREFULLY READ THIS ACKNOWLEDGMENT AND ASSUMPTION OF RISKS AND RESPONSIBILITY, AND RELEASE, FULLY UNDERSTAND ITS CONTENTS, AND AM SIGNING IT VOLUNTARILY. I HAVE HAD ANY QUESTIONS CONCERNING THE PROGRAM AND ACTIVITIES ANSWERED TO MY SATISFACTION. I HAVE BEEN ADVISED TO CONSULT WITH AN ATTORNEY OF MY OWN CHOOSING CONCERNING THIS RELEASE AND UNDERSTAND THAT IN THE EVENT OF ANY ISSUE REGARDING ANY TRANSLATION OF THIS RELEASE, THE ENGLISH VERSION OF THIS RELEASE SHALL CONTROL.**

\_\_\_\_\_  
Participant's Name

\_\_\_\_\_  
Signature of Participant/Parent  
or Guardian

\_\_\_\_\_  
Signature of Participant/Parent  
or Guardian

\_\_\_\_\_  
Date

# NATURALISTS AT LARGE

## PROCEDURES FOR STUDENTS WITH SERIOUS FOOD ALLERGIES AND DIETARY NEEDS

Food allergies are becoming more and more apparent in students on our programs. Our goal is to ensure the comfort of every one of our participants, but we need your help. Following are some guidelines for you, your child and your child's physician to consider when deciding whether or not to participate in a Naturalists at Large program. We will do everything possible to accommodate your child's needs; however, there are some requests that are simply not possible to honor. We cannot guarantee a peanut, tree nut, gluten, or dairy *free* environment on any of our programs. We cannot accommodate requests for specific brands of food or ingredients to avoid. We will try to make information available about our food, but the ingredients of certain snacks or entrees may not always be present. Above all else, it is necessary for your child to be personally responsible for their own dietary needs as they would in any environment away from home.

If you or your child is worried about the availability of certain foods, we encourage you to send some of your own for the duration of the program. We will assist your child in the storage and handling of their food. For students with life threatening allergies requiring Epinephrine and/or students who will be sent with supplemental food for the program, we highly recommend assigning a point person from your school to help ensure we are all taking care of your child's needs. In order to better prepare for this experience, please read the following information.

### **Our programs**

*Outdoor Learning Centers (OLC):* These programs are essentially our tent camping trips with the exception of El Capitan and Camp Gilmore. We provide the food, cooking staff and group cooking gear for this experience. Our cooks are friendly and well versed at working with children. They are also trained as our instructors. We have more control over the items on the menu for these programs; however, it is difficult to know what specific brands of foods we will be able to secure until one or two days before the program. In general, our instructors finish a program on Friday, drive to their next site and stop at a variety of stores on the way to buy food for the trip. This is why it is hard to secure specific brands. We are not sure what we will have until we assess the store inventory.

*Lodge Programs:* Generally your child will be housed in a cabin for these trips, and the camp that we work with will be in charge of the food for the program. Camps are getting better at accommodating various needs and allergies. It will be important for you to have a discussion with the Field Coordinator for this program as soon as possible to secure a menu for this trip, and implement a notification of the need/allergy to the site. Lodge programs generally have a better idea about brands and types of food since their menus are more consistent, and their food provider rarely changes.

### **Buffet Style**

All of our meals are served buffet style. We generally do not build individual sandwiches, burritos, burgers, etc. for your child. That will be something they do while moving through the buffet line. This makes it easy for them to avoid the foods that they need to avoid. We also do not premix salads with dressing or other items.

## **Peanuts**

We have adopted a “Peanut sensitive” menu for all of our OLC programs. This means that we will avoid peanuts, peanut butter, and foods that clearly contain peanuts (Peanut butter Captain Crunch for example). We cannot go so far as to avoid foods that have the disclaimer “May contain traces/have been processed in a facility that processes peanuts” or any other disclaimer of the same nature. We don’t say this to be inflexible. Imagine buying food for 80 students for 5 days for a total of over 1000 meals. It is a big, time-consuming job. For Lodge programs, we cannot control the presence of peanuts, though many lodges and camps will take peanuts and peanut butter off the menu via a request from our Field Coordinator.

## **Tree-nuts**

At the request of the administrator from your school, we will accommodate a “Tree-nut sensitive” menu. All of the stipulations in the Peanut section apply. We feel that this request should be well thought out, because it becomes much more difficult to provide protein for participants who are burning lots of calories during long, fun days.

## **Dairy Allergies**

We provide Soy milk and Rice milk on our OLC menus. Most lodges will provide these items with advance notice as well. Please notify us of dairy allergies so we make sure that we have enough. To be safe, we recommend sending dairy alternatives which we will store and manage. There may be other snacks and foods that your child will want to avoid based on the specific allergy and the intensity of the allergy. (Trail mix with milk chocolate for example.) For more severe dairy allergies or whey allergies, specific discussions with us will be important. It will be likely that sending alternatives from home is the best way to proceed.

## **Gluten**

For a wheat or gluten sensitive menu it is best to talk with the Field Coordinator at Naturalists at Large about the menu for your program and see the menu page on our website. The Field Coordinator can tell you which meals will be served, and you can use the menu page as a guide for supplementing. We will assist in the management and handling of this food to the best of our ability. You can generally expect some gluten sensitive options for many of our meals including a cereal option, snacks, loaves of bread, and some menu replacement options for burrito (corn chips and tortillas) and pasta (rice/quinoa pasta) night.

## **Food Handling**

We will ice your child’s cooler on tent-based programs, or find refrigerator space on our lodge-based programs. Many of our lodge-based programs have microwaves, which can give you more options for providing easy-to-cook meals that resemble the items on the menu. It is best to send your child with a cooler and/or box of food packed with prepackaged, ready-to-eat style meals that require little or no preparation. For items that are available to supplement our menu, please take the time to individually bag those items and label them by meal. You may notice that your child brings some of this food back home. If that is the case, it is likely because your child was able to eat the food we served based on the brand and ingredients, not because it wasn’t made available.

Your child will have access to this food during our working hours, and any time they need in the event of an emergency. It is important that this food does not accompany them to bed at most of our sites due to the likelihood of critter visitation. We will show your child and a representative from the school where their food will be day and night. In the night time it will be secured in a food storage bin, facility, or one of our vehicles.

Your child should always feel comfortable in asking our chefs or Program Coordinators to access their food, or any other items that they have previously seen on the menu. If we have leftovers that are safe to eat, they are welcome to them. It is important that they speak up for themselves if they are not getting the sustenance they need, and we will do everything we can to provide a welcoming platform for that interaction.

### **Celiac disease**

We will take as many steps as we can to avoid cross-contamination issues, but as you most likely know, Celiac disease can be difficult to manage. Avoiding cross-contamination issues while cooking in the outdoors can be especially difficult. We cannot provide separate utensils, bowls, pots, wash basins, etc. in order to avoid this. We can attempt to set up the buffet lines in order to limit this problem, but there is no guarantee that it will suffice. More dialogue with your Field Coordinator will be important for your decision to place your child on this trip. Above all else it should be an informed decision made by you and your physician.

### **Anaphylaxis**

All of our instructors are trained in wilderness first aid and CPR, and many hold a Wilderness First Responder Certification. Advanced notice of your child's allergy is important. We most likely will receive this information by talking to you and the faculty in charge of the program, and we also require a list of medical red flags from your school. Using this list, we often pair our most highly trained staff with the students who carry Epi-pens for possible anaphylactic reactions. Provided the prescription is for your child, the particular instructor or faculty present has specific training in the diagnosis, use, and administration of Epi-pens, and we have express permission from you to administer the drug, we will do so if we deem it an anaphylactic reaction. You are welcome to provide this medical direction in a letter to us, via your physician, or by specifying this on our medical information form that will be sent to you by the school.

It is up to you and your Doctor to decide whether your child's allergy is too serious to keep them safe on a program with us. We encourage any student with a prescription for Epinephrine to bring two full doses with them to the program. Your child should carry one dose, and the school faculty in your child's trail group should carry the other.

Consult your Field Coordinator in regards to ambulance response times, hospital drive times, and other specific logistical concerns in regards to your child's specific site.

**Learn more about us or contact us at:**

[www.naturalistsatlarge.com](http://www.naturalistsatlarge.com)

[info@natsatlarge.com](mailto:info@natsatlarge.com)

805.642.2692





www.naturalistsatlarge.com

## BACKPACKING EQUIPMENT LIST

Weather can be unpredictable and extreme. Night and morning temperatures can be cold, while the days can be warm and sunny. To make your trip comfortable and enjoyable, please follow this equipment list carefully. Bring everything on the list. If students have excess gear, adjustments can be made by the naturalists at the trailhead.

## STAYING COMFORTABLE DURING THE DAY

Layering your clothing is the key to comfort in an active outdoor environment. The philosophy is that you can add or shed “layers” of clothing as necessary. Layers should start with thermal underwear (top and bottom) as the innermost layer. This should be a synthetic material, so it will wick away perspiration and keep you dry. Your next, or middle, layer is an insulating bulky layer, followed by a protective (wind and rain proof) outer layer.

Wool or synthetic fabrics are the best choices for keeping warm and comfortable in the outdoors. While cotton fabric is comfortable in warm, dry conditions, it does not retain body heat when it is wet. A wet cotton sweatshirt will not keep you warm. *Therefore, we recommend not bringing cotton items, like jeans (which are made of cotton and are not comfortable to hike in).*

Wool and synthetic items are easily available from surplus stores, discount stores, and sporting goods chains. They can often be borrowed from friends, and may even be found in your own closet.

### YOU SHOULD BRING:

- One (1) set of thermal synthetic (not cotton) long underwear:** Polypropylene, Thermax, or capilene are good material choices: your first layer.
- Underwear:** number appropriate for trip length.
- Two (2) pairs wool or synthetic pants:** Jeans and cotton pants are too difficult to walk in for extended periods of time.
- Shorts for walking**
- Shirts or turtlenecks:** Long and short sleeved - number appropriate for day use. Any material is fine. Remember, cotton will not keep you warm when wet or sweaty.
- One sweater:** Wool or acrylic; *not cotton*. Synthetics and wool are lightweight and warm even when wet.
- Jacket:** Warm ski type, or pile jacket with waterproof shell.
- Rainwear:** Poncho or coated nylon rain jacket with hood and pants. They can be purchased at Target, K-Mart, or other discount stores in the Sporting Goods department. Make sure they are sturdy enough to walk in without tearing.
- Hat with brim:** Baseball cap is O.K.
- Wool cap or fleece hat:** Essential for warmth!
- Gloves or mittens:** Synthetic material or wool

### FOOTWEAR:

- Boots:** Well broken in and waterproofed or STURDY WALKING SHOES. (*High top Nikes, Reeboks, etc. make good hiking shoes.*) Running shoes or “sneakers” do not provide adequate ankle support, and are not waterproof. Backpack trails are often across uneven terrain. Boots provide the necessary support for feet and ankles as well as increased protection from

“stubbed toes.” *Break your boots in before you come:* you will save your feet from blisters and uncomfortable “hot spots” !

- Another pair of shoes THAT CAN GET WET:** Lace-up shoes preferred. These are needed for creek crossings, or water activities. Old tennis shoes are a great choice.
- Two (2) pairs of heavy wool or synthetic socks:** Remember that cotton does not retain heat when wet and will not dry quickly.
- Lightweight synthetic socks:** These act as a liner under wool socks and help prevent blisters.

### **KEEPING WARM AT NIGHT:**

Sleeping warm in a wilderness setting is crucial. The key is to create a system that insulates you from the elements while keeping warm air trapped around your body while you sleep. The following items work together to create a system to keep you warm:

- Compact synthetic sleeping bag with a minimum of 20 degree rating:** Down sleeping bags, while warm and light, cannot keep you warm if they get wet. Sleeping bags can be rented at a sporting good shop. “Mummy” shaped bags will provide more warmth than regular rectangle bags. You will be carrying this bag in your backpack: keep it lightweight!
- Ensolite or Thermarest ground pad:** The purpose of this pad is to insulate you from the cold ground. It is an important component to your system. Swimming pool-type air mattresses are inappropriate because they tend to rip and are difficult to fix in the field. Good inexpensive options are Ridgerest and ensolite pads.

### **SLEEPWEAR:**

- A second set of synthetic thermal underwear (different from the ones you wear during the day) or sweats. A warm wool or fleece hat to keep your body warmth from escaping from the top of your head.
- Tent:** Your tent will be provided by Naturalists at Large.

### **SUNDRIES:**

- Two (2) Water bottles:** Each should be one quart minimum. Inexpensive bottles are available from REI, Adventure 16, or Sports Chalet. A good water bottle is an essential piece of equipment.
- Medications:** Enough for the week!
- Sunglasses with a retainer strap:** Crokies or Chums retainer strap help keep glasses from getting lost and broken.
- Lip balm:** with SPF included.
- Sunscreen:** SPF of at least 15. At this altitude, the potential for sunburn is greatly increased. Be prepared!
- Toiletries:** Tooth brush and toothpaste.
- Bath towel:** For possible shower at the end of the program.
- Swimsuit**
- Bowl, eating utensils:** These should be unbreakable and easy to pack.
- Reusable heat proof plastic cup:** For hot drinks, soups, etc.
- Bandanna(s)**
- Small journal and pen or pencil**
- Plastic bags:** Four (4) each of one gallon (Ziploc variety) and thirty-three gallon sizes (garbage bag variety) for packing up sleeping bags, extra gear, muddy shoes, etc.
- Small flashlight (or headlamp):** Be sure to put in fresh batteries and a new bulb!
- Day pack:** Capable of holding lunch, water bottle, sweater, poncho, and notebook. Your day pack may become your “in camp” storage for extra toiletries, travel home clothes, towel, etc.

## **YOUR BACKPACK:**

You will need an internal or external frame backpack, at least 4000 to 4500 cubic inches, capable of holding a sleeping bag, personal and group equipment for one or two days, and food for one or two days. A backpack can be rented. REI, Adventure 16, and Sports Chalet are good resources, or consult the yellow pages under Backpacking or Sporting Goods. About 1/3 of the pack's capacity should be available for group gear.

***The fit of your pack is extremely important for your comfort and well being.*** Pack size should be appropriate for the length of your torso. The hip belt should fit comfortably around your waist so that most of the weight rests on your hip area. The shoulder straps should not cut off circulation to arms and hands, but should distribute the weight more evenly and comfortably.

"Test load" your pack to ensure comfort. Place approximately 35-40 pounds into your pack and walk around the block a time or two. Make sure there are no "hot spots" (areas where the pack rubs uncomfortably, especially on hip bones when using an external frame pack). You should be able to stand upright and look forward without bowing your head. The bottom of your pack should not be lower than your buttocks. If you are renting a pack, make sure to ask the sales people to help you fit your pack.

**IT IS IMPERATIVE THAT YOU DO NOT BRING FOOD ITEMS OF ANY KIND!** (including gum, soda, candy etc.). Keep in mind that any scented item (perfumes, shampoos, magazine insets, body spray etc.) as well as any food item will attract bears.

**NOTE:** PLEASE PACK ALL EQUIPMENT IN A DUFFEL BAG OR BACKPACK

Please do not bring many loose items. Mark everything you bring!

**OPTIONAL EQUIPMENT:** Camera, board games, binoculars, reading material, carabiners for attaching loose equipment (such as water bottles) to your pack, a small duffel bag for keeping extra items at camp while you are out on the backpack.

**DO NOT BRING:** Pocket knives, personal music devices, radios, electronic games, gum, junk food, personal water filters (unless allergic to iodine) or cell phones (they do not work at most sites and may be damaged or lost on program).

NATURALISTS AT LARGE WILL NOT BE RESPONSIBLE FOR LOST OR DAMAGED PERSONAL BELONGINGS



**PARTICIPANT'S PERSONAL AND MEDICAL INFORMATION**

If a minor, to be completed by parent or guardian: PLEASE PRINT and use dark ink.

PARTICIPANT'S NAME: \_\_\_\_\_ AGE \_\_\_\_\_ DATE OF BIRTH \_\_\_\_\_ / \_\_\_\_\_ / \_\_\_\_\_ SCHOOL/GROUP \_\_\_\_\_

ADDRESS: \_\_\_\_\_  
STREET \_\_\_\_\_ CITY \_\_\_\_\_ STATE \_\_\_\_\_ ZIP \_\_\_\_\_

*IF MINOR, PLEASE INCLUDE INFORMATION FOR ALL PARENTS OR GUARDIANS*

PARENT'S NAME: \_\_\_\_\_ PARENT'S NAME: \_\_\_\_\_

PARENT'S WORK NO.: (\_\_\_\_) \_\_\_\_\_ PARENT'S WORK NO.: (\_\_\_\_) \_\_\_\_\_

PARENT'S CELL: (\_\_\_\_) \_\_\_\_\_ PARENT'S CELL: (\_\_\_\_) \_\_\_\_\_

E-MAIL ADDRESS #1: \_\_\_\_\_ #2: \_\_\_\_\_

ALT/EMERGENCY CONTACT: \_\_\_\_\_ RELATION: \_\_\_\_\_

PHONE: (\_\_\_\_) \_\_\_\_\_ ALTERNATE PHONE: (\_\_\_\_) \_\_\_\_\_

PARTICIPANT'S PHYSICIAN: \_\_\_\_\_ PHONE: (\_\_\_\_) \_\_\_\_\_

YOUR HEALTH INSURANCE COMPANY: \_\_\_\_\_ PLAN NO./I.D. NO. \_\_\_\_\_

<u>Any medical conditions which will restrict participation in vigorous physical activity, such as a five-mile hike?</u>	Yes _____	No _____
<u>Other medical conditions or diseases?</u>	Yes _____	No _____
<u>Allergies to plants, foods, or medications?</u>	Yes _____	No _____
<u>Carries Epinephrine and/or an Inhaler for emergencies?</u>	Yes _____	No _____
<u>Taking any regular medication?</u>	Yes _____	No _____
<u>Recent surgery?</u>	Yes _____	No _____
<u>Dietary restrictions?</u>	Yes _____	No _____
<u>Other pertinent medical information?</u>	Yes _____	No _____

**Please provide details of any items to which you have answered "yes" to above. Please list all medications (including OTC) being taken and their purpose. Please expand and clarify any allergens and/or food restrictions.**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Other information attached: Yes \_\_\_\_\_ No \_\_\_\_\_

**Please understand the importance of honest and accurate disclosure. Incomplete or misrepresented information may impact your child's well-being.**

**Please store, label, disseminate, and hand over your child's prescription medication to the school/client group per their protocols. The school is responsible for the distribution, storage, of handling of prescription medications.**



Mark Day School  
Outdoor/Overnight Education  
Student Release From

Trip Destination/Name: \_\_\_\_\_

Trip Dates: \_\_\_\_\_

Mark Day School will attempt to exercise reasonable diligence to ensure the safety and well-being of Participant during his /her participation in this trip and all related program events and activities. Mark Day School's evaluates all trips for safety and age appropriateness. However, Participant/Parent understands that constant supervision cannot be ensured for any School trip. Participant/Parent also understands that there are inherent risks of serious personal injury and property damage involved in all activities. Participant/Parent voluntarily assumes and accepts such risks of personal injury and property damage arising from Participant's attendance at and/or participation in the Program. Participant/Parent agrees that this release includes personal injury or property damages caused in whole or in part by negligence, active or passive, of Mark Day School and its trustees, employees, agents, and representatives. This release does not apply to liability for willful injury, fraud, or violations of law by Mark Day School. While School does not represent that it is insured for any aspects of this program/trip, this release does not relieve any insurers of their responsibilities for any claims that may otherwise be asserted. This permission and release shall remain effective through the end of the trip and all follow-up activities.

1. Mark Day School reserves the right to enforce whatever group rules and regulations and standards of behavior are announced in writing before the trip and which may be initiated during the trip. By signing this Agreement, Parent and Student are agreeing to accept and abide by the rules, regulations, guidelines, and policies set forth by Mark Day School and its authorized representatives. Parent and Student understand that Mark Day School shall have the right, for any cause considered sufficient by the School or its representative in their sole discretion, to terminate participation in the program before or during the excursion. If for any reason participant is expelled from the program, Participant/Parent agrees to pay all costs to return home with no expectation of any refund whatsoever. Participant/Parent also agrees to reimburse and indemnify the School and its agents for any costs and expenses incurred in providing for the participant's return home as well as for other services related to the special or emergency needs of the participant, including the travel costs of a third party to accompany the participant where necessary

2. If Participant becomes ill or incapacitated, Participant/Parent authorizes Mark Day School or its representatives to take whatever action deemed reasonable and necessary to preserve participant's health and safety, including, without limitation, obtaining medical or dental treatment and/or transportation to medical facilities or to return home for medical, dental, or other reasons at Participant's own expense . Participant/Parent agrees to sign separate Medical Release agreement.

3. Participant/Parent agrees that Mark Day School, its trustees, employees, or agents, and representatives will not be held individually or collectively responsible for accident, injury or illness of Participant. Participant/Parent further releases and forever waives and discharges Mark Day School, its trustees, employees, agents, and representatives from all liability, and from all claims, demands, damages, actions, or causes of action on account of injuries or illnesses to said Participant or to property resulting from negligence or other acts that may arise in connection participation in this program.

4. Participant/Parent indemnifies Mark Day School, its trustees, employees, agents and representatives, and will hold them harmless for any financial liability or obligation which Participant personally incurs, or injury or damage to the person or property of others which may Participant may cause or contribute to while participating in this program.
5. Cancellation of participant in this program must be submitted in writing prior to the due date. Participant will have no right to refund for any accommodation, meals, transportation or other services not used by Participant.
6. Participant/Parent has read and understands the materials and information provided and agrees that all terms and conditions stated therein are fully incorporated into this agreement.
7. Participant/Parent represents that all medical problems which might affect the Student's participation in the program's activities have been described and submitted to Mark Day School.
8. This agreement shall be governed by the laws of the State of California. If any clause, sentence, paragraph or other provision of this Agreement is, for whatever reason, deemed void, unlawful or otherwise unenforceable, then such shall be severed here from and the balance of this Agreement construed as if such were not a part hereof.

**Consent to Participate**

Parent agrees to assume all risks arising out of, or relating to, my child's participation in the Program. Parent acknowledges that the risks to my child include, but are not limited to personal injury (including emotional/psychological harm), serious bodily harm (e.g. broken bones, neck or spinal injury, exertion, and dehydration), permanent and temporary disability, and death. Parent further acknowledges that some Programs are held in remote destinations away from definitive care. Additional risks to my child include, but are not limited to, damage or loss to personal property or other economic damage and loss. Parent agrees that my child will also assume these risks and any other risks arising out of, or relating to, participation in the Program.

Parent acknowledges and accepts that independence, responsibility, and autonomy are critical to the learning experience. Consequently, chaperones will exercise judgment regarding the extent of direct supervision afforded the students on an age-appropriate basis. Parent accepts the potential risks associated with this practice

I hereby give my full consent and permission for my child to participate in the Program, including any transportation provided by the School. I acknowledge that, during the Program, my child may be exposed to unforeseen circumstances and occurrences, including but not limited to, illnesses, accidents, weather conditions, large crowds, terrorist attacks, the use of third-party vendors and vehicles, and other unusual events and situations including those cause by other trip participants.

**I/WE HAVE CAREFULLY READ THIS AGREEMENT; I/WE UNDERSTAND IT IS A FULL RELEASE OF LIABILITY EXCEPT AS EXPRESSLY STATED ABOVE; AND I/WE AGREE TO BE BOUND THEREBY.**

**DATED:** \_\_\_\_\_

\_\_\_\_\_  
Parent's Signature

\_\_\_\_\_  
Participant's Signature

\_\_\_\_\_  
Parent's Printed Name

\_\_\_\_\_  
Participant's Printed Name



# MARK DAY SCHOOL

## MEDICAL RELEASE

Dates \_\_\_\_\_

I/we, the undersigned parent/s or legal custodian/s of \_\_\_\_\_, a minor, do hereby authorize Mark Day School and its adult employees and representatives as the agent for the undersigned to consent to emergency medical or dental care for the above-named minor, including x-ray, MRI and other diagnostic imaging, examination, anesthetic, dental, medical or surgical diagnosis or treatment, and hospital care under the general or special supervision and upon the advice of or to be rendered by a physician, surgeon, or dentist as my/our son/daughter /guardian child travels to and from \_\_\_\_\_ and for the days he /she travels in \_\_\_\_\_.

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required, and is given to provide authority and power to our agent to give specific consent to any and all such diagnosis, treatment or hospital care which the physician, surgeon or dentist in the exercise of her/his best judgment may deem advisable. I/we understand that the cost of treatment or medical care for my daughter/custodial child is at my own expense, including, if necessary, transportation back to child's home. I/we agree to fully reimburse Mark Day School or its agents for all expenses incurred on my son's /daughter's/custodial child's behalf in the event of treatment/transportation for injury or illness.

This authorization is given pursuant to the provisions of Sections 6901 - 6910 of the Family Code of California in the United States of America.

If this authorization is executed by only one parent or custodian, I hereby certify that I have sole legal custody of the above-named minor.

This authorization shall remain effective throughout the trip or until a written revocation is delivered to the Head of School.

DATED \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Parent/Guardian Printed Name

DATED \_\_\_\_\_

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Parent/Guardian Printed Name



www.naturalistsatlarge.com

## BACKPACKING EQUIPMENT LIST

Weather can be unpredictable and extreme. Night and morning temperatures can be cold, while the days can be warm and sunny. To make your trip comfortable and enjoyable, please follow this equipment list carefully. Bring everything on the list. If students have excess gear, adjustments can be made by the naturalists at the trailhead.

## STAYING COMFORTABLE DURING THE DAY

Layering your clothing is the key to comfort in an active outdoor environment. The philosophy is that you can add or shed “layers” of clothing as necessary. Layers should start with thermal underwear (top and bottom) as the innermost layer. This should be a synthetic material, so it will wick away perspiration and keep you dry. Your next, or middle, layer is an insulating bulky layer, followed by a protective (wind and rain proof) outer layer.

Wool or synthetic fabrics are the best choices for keeping warm and comfortable in the outdoors. While cotton fabric is comfortable in warm, dry conditions, it does not retain body heat when it is wet. A wet cotton sweatshirt will not keep you warm. *Therefore, we recommend not bringing cotton items, like jeans (which are made of cotton and are not comfortable to hike in).*

Wool and synthetic items are easily available from surplus stores, discount stores, and sporting goods chains. They can often be borrowed from friends, and may even be found in your own closet.

### YOU SHOULD BRING:

- One (1) set of thermal synthetic (not cotton) long underwear:** Polypropylene, Thermax, or capilene are good material choices: your first layer.
- Underwear:** number appropriate for trip length.
- Two (2) pairs wool or synthetic pants:** Jeans and cotton pants are too difficult to walk in for extended periods of time.
- Shorts for walking**
- Shirts or turtlenecks:** Long and short sleeved - number appropriate for day use. Any material is fine. Remember, cotton will not keep you warm when wet or sweaty.
- One sweater:** Wool or acrylic; *not cotton*. Synthetics and wool are lightweight and warm even when wet.
- Jacket:** Warm ski type, or pile jacket with waterproof shell.
- Rainwear:** Poncho or coated nylon rain jacket with hood and pants. They can be purchased at Target, K-Mart, or other discount stores in the Sporting Goods department. Make sure they are sturdy enough to walk in without tearing.
- Hat with brim:** Baseball cap is O.K.
- Wool cap or fleece hat:** Essential for warmth!
- Gloves or mittens:** Synthetic material or wool

### FOOTWEAR:

- Boots:** Well broken in and waterproofed or STURDY WALKING SHOES. (*High top Nikes, Reeboks, etc. make good hiking shoes.*) Running shoes or “sneakers” do not provide adequate ankle support, and are not waterproof. Backpack trails are often across uneven terrain. Boots provide the necessary support for feet and ankles as well as increased protection from



“stubbed toes.” *Break your boots in before you come:* you will save your feet from blisters and uncomfortable “hot spots” !

- Another pair of shoes THAT CAN GET WET:** Lace-up shoes preferred. These are needed for creek crossings, or water activities. Old tennis shoes are a great choice.
- Two (2) pairs of heavy wool or synthetic socks:** Remember that cotton does not retain heat when wet and will not dry quickly.
- Lightweight synthetic socks:** These act as a liner under wool socks and help prevent blisters.

### **KEEPING WARM AT NIGHT:**

Sleeping warm in a wilderness setting is crucial. The key is to create a system that insulates you from the elements while keeping warm air trapped around your body while you sleep. The following items work together to create a system to keep you warm:

- Compact synthetic sleeping bag with a minimum of 20 degree rating:** Down sleeping bags, while warm and light, cannot keep you warm if they get wet. Sleeping bags can be rented at a sporting good shop. “Mummy” shaped bags will provide more warmth than regular rectangle bags. You will be carrying this bag in your backpack: keep it lightweight!
- Ensolite or Thermarest ground pad:** The purpose of this pad is to insulate you from the cold ground. It is an important component to your system. Swimming pool-type air mattresses are inappropriate because they tend to rip and are difficult to fix in the field. Good inexpensive options are Ridgerest and ensolite pads.

### **SLEEPWEAR:**

- A second set of synthetic thermal underwear (different from the ones you wear during the day) or sweats. A warm wool or fleece hat to keep your body warmth from escaping from the top of your head.
- Tent:** Your tent will be provided by Naturalists at Large.

### **SUNDRIES:**

- Two (2) Water bottles:** Each should be **one quart minimum**. Inexpensive bottles are available from REI, Adventure 16, or Sports Chalet. A good water bottle is an essential piece of equipment.
- Medications:** Enough for the week!
- Sunglasses with a retainer strap:** Crokies or Chums retainer strap help keep glasses from getting lost and broken.
- Lip balm:** with SPF included.
- Sunscreen:** SPF of at least 15. At this altitude, the potential for sunburn is greatly increased. Be prepared!
- Toiletries:** Tooth brush and toothpaste.
- Bath towel:** For possible shower at the end of the program.
- Swimsuit**
- Bowl, eating utensils:** These should be unbreakable and easy to pack.
- Reusable heat proof plastic cup:** For hot drinks, soups, etc.
- Bandanna(s)**
- Small journal and pen or pencil**
- Plastic bags:** Four (4) each of one gallon (Ziploc variety) and thirty-three gallon sizes (garbage bag variety) for packing up sleeping bags, extra gear, muddy shoes, etc.
- Head lamp with fresh batteries and a new bulb** (small flashlight OK, but less ideal).
- Day pack:** Capable of holding lunch, water bottle, sweater, poncho, and notebook. Your day pack may become your “in camp” storage for extra toiletries, travel home clothes, towel, etc.

## **YOUR BACKPACK:**

You will need an internal or external frame backpack, at least 4000 to 4500 cubic inches, capable of holding a sleeping bag, personal and group equipment for one or two days, and food for one or two days. A backpack can be rented. REI, Adventure 16, and Sports Chalet are good resources, or consult the yellow pages under Backpacking or Sporting Goods. About 1/3 of the pack's capacity should be available for group gear.

***The fit of your pack is extremely important for your comfort and well being.*** Pack size should be appropriate for the length of your torso. The hip belt should fit comfortably around your waist so that most of the weight rests on your hip area. The shoulder straps should not cut off circulation to arms and hands, but should distribute the weight more evenly and comfortably.

"Test load" your pack to ensure comfort. Place approximately 35-40 pounds into your pack and walk around the block a time or two. Make sure there are no "hot spots" (areas where the pack rubs uncomfortably, especially on hip bones when using an external frame pack). You should be able to stand upright and look forward without bowing your head. The bottom of your pack should not be lower than your buttocks. If you are renting a pack, make sure to ask the sales people to help you fit your pack.

**IT IS IMPERATIVE THAT YOU DO NOT BRING FOOD ITEMS OF ANY KIND!** (including gum, soda, candy etc.). Keep in mind that any scented item (perfumes, shampoos, magazine insets, body spray etc.) as well as any food item will attract bears.

**NOTE:** PLEASE PACK ALL EQUIPMENT IN A DUFFEL BAG OR BACKPACK

Please do not bring many loose items. Mark everything you bring!

**OPTIONAL EQUIPMENT:** Camera, board games, binoculars, reading material, carabiners for attaching loose equipment (such as water bottles) to your pack, a small duffel bag for keeping extra items at camp while you are out on the backpack.

**DO NOT BRING:** Pocket knives, personal music devices, radios, electronic games, gum, junk food, personal water filters (unless allergic to iodine) or cell phones (they do not work at most sites and may be damaged or lost on program).

NATURALISTS AT LARGE WILL NOT BE RESPONSIBLE FOR LOST OR DAMAGED PERSONAL BELONGINGS