



OVERNIGHT OUTDOOR LEARNING

Sierra Nevada
JOURNEYS

Our Mission is to deliver innovative outdoor, science-based education programs for youth to develop critical thinking skills and to inspire natural resource stewardship.

FAMILY PACKET

Updated for 2025

Dear Family,

Greetings from all of us at Sierra Nevada Journeys, Outdoor Education Camp. We're thrilled that your child is going to be part of a transformative experience with us.

This Family Packet has been developed to help students and families get ready for the Sierra Nevada Journeys experience. In this packet you will find answers to frequently asked questions about the Overnight Outdoor Learning program and a wealth of other important information. Whether you are new to the Sierra Nevada Journeys' family, or returning for another program, we ask that you spend some time reading through the packet and filling it out carefully.

Your child's physical, mental, and emotional care is our number one priority during the time they spend with us. Your child will be supervised at all times by experienced staff who have undergone background checks and extensive training to prepare them to give your child an enriching and safe experience. All Sierra Nevada Journeys staff members are trained in CPR and First Aid, however medications, both prescription and over-the-counter, *are the schools' responsibility*. Sierra Nevada Journeys is committed to outstanding people providing outstanding education, and we take great pride in the enthusiastic, terrific people who will work with your child.

There are a number of documents in this packet. The Overview of the Week, an explanation of Sierra Nevada Journeys' Positive Learning Environment and a Packing List are included to help prepare you for your child's trip. You will also find paperwork enclosed in this packet that *must* be completed and turned in to the student's teacher prior to the trip.

If you have questions, please feel free to e-mail us at programs@sierranevadajourneys.org or call camp at (530) 832-1085.

Warm regards,
The Sierra Nevada Journeys Staff

Please fill out and sign the following forms and return them to your child's teacher:

- Student Health Form (pg. 11)
- Allergy Policy Agreement - if applicable (pg. 12)
- Student Liability Waiver and Authorization to Treat Form (pg. 13)

An Overview of the Week

“I never knew learning could be this much fun!” This statement, from a former participating student, is frequently echoed at Sierra Nevada Journeys Overnight Outdoor Learning program. Our educational framework helps to put each student in the “educational driver’s seat.” We are committed to making sure learning is hands-on, experiential, inquiry-based (ideas are actively drawn-out instead of passively received), and addresses students’ various learning styles. Students will be staying in cabins over the course of the program, with access to indoor bathrooms complete with showers and flushing toilets, supervised by school chaperones at a 1:8 adult to student ratio. The cabin leaders are either teachers or parents of the students from the school.

During the day students travel and learn in their trail groups. Sierra Nevada Journeys staff members are passionate outdoor educators who teach the students during their journey of self-discovery and learning over the course of the week. The week’s activities are incredibly educational and fun. Groups will be spending most of the time outdoors learning about the local ecology as well as exploring a variety of science curricula. Evenings are dedicated to astronomy, night hikes, campfire, and other engaging activities.

Sierra Nevada Journeys is a positive learning environment. Sierra Nevada Journeys was founded on the premise that students learn best when put in situations that challenge them, but in which they feel comfortable and safe. We establish this tone the moment students’ step off the bus at our 515-acre ranch in Portola, CA. Although Sierra Nevada Journeys’ programs “feel” a lot like camp, we operate as a school. This is a life-changing experience and we expect students to help one another to set that tone by respecting three things: the environment, one another, and themselves.

Firm, and positive, corrective action is taken when students engage in behavior that runs contrary to the positive learning environment. We make our expectations and consequences for negative behavior very clear from the beginning. Sierra Nevada Journeys staff will handle any negative behaviors using firm positive corrective action. We will keep school personnel informed of any behavioral situations that arise. Sierra Nevada Journeys and/or school personnel may determine that a student cannot stay at camp due to his/her behavior. If this occurs, the student’s parent/guardian is expected to pick up the student in a timely manner, day or night.

TYPICAL PROGRAM DAY	
7:00 AM	RISE AND SHINE
8:00 AM	BREAKFAST
9:20 AM	MORNING ACTIVITY
11:45 AM	LUNCH
1:00 PM	AFTERNOON ACTIVITY
4:30 PM	COMMUNITY TIME
6:00 PM	DINNER
7:30 PM	EVENING PROGRAM
8:45 PM	BACK TO CABINS
9:45 PM	LIGHTS OUT

Frequently Asked Questions

What is the camp like? Is there snow?

Sierra Nevada Journeys has a 515-acre property, and on it rests our camp with 14 sleeping cabins, an administration building, a massive dining lodge, basketball courts, open lawn areas, and a full challenge course. This camp is maintained by our facilities and housekeeping team to keep all areas up to local codes and maintain a high level of cleanliness for our guests. Check out our website for a virtual tour of our camp.

For snow, we are located in the mountains above 5,000 feet elevation and we do experience snow anytime from October to May. When snow is present, our fantastic facilities team keeps all our walkways clear for participants to navigate around camp with ease. Instructors are trained to read their students' comfort level with the snow and will not force students to walk across snow if they are not comfortable. Snow is often the most memorable part of students' trips because it is not something typically experienced where our guests travel from.

Who is allowed at camp?

All adults at camp, whether part of staff, a chaperone, or a teacher have been background checked to be able to come here. Our staff also participate in an extensive 2 ½ week training to learn how to best accommodate the children that we serve here.

Who will be taking care of my child?

During our school programs, teachers retain parental control over the students they bring up. The teacher will be our main point of contact for any incidents that occur here at camp. The school will also bring up chaperones, either parent or school employees, to supervise the students during non-program times. They also sleep in the cabins with the children overnight to ensure the highest level of safety and comfort.



During the day, your child will be supervised by our instructor staff. They are all, at a minimum, First Aid and CPR certified and equipped with first aid kits anywhere they take their group.

Where will my child sleep?

We have heated cabins at camp that will house your child during the trip. The cabins have lockable doors for security while they sleep each night. Each cabin also contains a toilet and sink so students can take care of their basic needs in the middle of the night without having to wander outside. The cabins will be supervised by the school-provided teachers and/or parent chaperones.

Do we need to worry about wildlife like bears, mountain lions, or ticks?

Since our camp is in a National Forest, there is wildlife nearby. The most common wildlife we see are deer, who hang around our camp often as it is also a safe place for them. We do occasionally see larger mammals, like bears or coyotes, and our instructors are taught to observe wildlife from a safe

distance. Due to their shy nature, and group sizes our students typically, these animals do not approach us. They also do not approach camp because of the large amounts of humans consistently around.

For ticks, they are typically not present in Plumas County. Occasionally, after a heavy rain season, we may see them; however, our instructors have been trained to remove ticks. Tick-borne illnesses are less prevalent in California.



Will my child have enough food?

Yes. We have a fully staffed kitchen who provides three meals a day and an afternoon snack. We eat family style in our dining hall, which involves passing platters around a table of eight people and having each student serve themselves. Students can take a full portion of whatever foods they want during firsts and then are able to get seconds if they are still hungry afterward.

Also, we have supplementary food for each meal. For breakfast, there is always cereal and granola available with whole milk. During lunch and dinner, there is always a full salad bar that students can use to add onto the other food they have eaten during those meals.

What will they do? Are they missing out if they don't go with their class?

Teachers oversee selecting exactly what students do here but in general, students spend their first day with their trail group getting to know each other, building a “Community Agreement”, and setting the foundation for the activities that they will be doing later in the week. The middle days of program could be filled with exploring the forest on a hike, team building on the challenge course, engineering lessons, searching for insects at the pond, team games on the lawn, launching objects from a slingshot, and much more. It all depends on what the teacher chooses. A rough outline of the schedule is shared at the beginning of this packet.

Students who do not attend this trip will miss the hands-on application of the science concepts they learn in school. Additionally, students will miss out on an opportunity to bond with their classmates and forge new friendships, which happens on the challenge course, at meals, and in the cabins. Often, teachers remark that by the end of their time with SNJ, their class grows much closer through this shared experience, which carries throughout the school-year and beyond.

This all sounds pretty neat, can I come as an adult?

Many of our schools are looking for chaperones up until the last minute. If you are interested in assisting as a chaperone (and yes you still get to do all the fun activities too!), talk with your child's teacher. Schools are permitted to bring a certain number of chaperones to cover the adult to child ratio for proper supervision. Talk to your school and let them know you are interested.

What if my student lost an item?

It is the responsibility of the teacher and students to double-check their belongings before departing camp. Sierra Nevada Journeys does not ship items to school. You may arrange pickup at campus for any lost items.

Packing Notes

The packing list on the next pages are for a 3-day/2-night program. If your student is coming for a shorter or longer period of time, adjust quantities accordingly.

Important!!

Students should be dressed in pants, an additional layer, and closed-toed shoes or boots with a water bottle and sunscreen in their day pack ready to hike right off the bus. Check with your teacher if you need to bring a sack lunch for the first day!

- Every item your child brings should be marked with their name. 'Lost and Found' items are common and it's easier for us to return it if their name is written somewhere.
- Send your child to school that morning with packing list items packed in a small, easily carried duffel bag or suitcase, and a backpack with items needed for hiking that day.
- All items are required unless marked "optional." If you don't have some of these items, try to borrow them from a friend.
- Laundry facilities will not be available for general student use, with the exception of a bedwetting or pants-wetting emergency, in which case our staff will assist in cleaning soiled items.
- It often drops significantly in temperature at night. Our buildings are heated, but make sure to pack enough layers to be warm travelling between buildings.
- If it is cold out, pack more layers for your student as we are located in the mountains and weather can change quickly. We spend most of our class time outside; rain, snow, or shine.

Important!! PROHIBITED Items Include:

- | | |
|---|---|
| <input checked="" type="checkbox"/> Knives or other weapons | <input checked="" type="checkbox"/> Hair dryers |
| <input checked="" type="checkbox"/> Electronics (including iPods, gaming devices, e-readers, cell phones) | <input checked="" type="checkbox"/> Money |
| <input checked="" type="checkbox"/> Alcohol, tobacco, or drugs | <input checked="" type="checkbox"/> Personal sports equipment |
| <input checked="" type="checkbox"/> Aerosol spray cans | <input checked="" type="checkbox"/> Matches/lighters |
| | <input checked="" type="checkbox"/> Candy and gum |

Spring/Summer 3-Day Packing List

****Note: This is for a 3-day program. Adjust your packing based on program length.****

<p>Wear on Arrival</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 pair of comfortable, close-toed shoes or light boots, w/ socks<input type="checkbox"/> Pants (preferred for hiking)<input type="checkbox"/> T-Shirt<input type="checkbox"/> 1 long-sleeved shirt (for layering and sun protection)<input type="checkbox"/> Hat (wide-brimmed or baseball cap)<input type="checkbox"/> Sunglasses (optional) <p>Hiking Day Pack – Bring Each Day</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 Backpack for hiking (big enough for a sweatshirt, lunch, and water bottle)<input type="checkbox"/> 1 Reusable Water Bottle (2 preferred)<input type="checkbox"/> 1 lightweight insulated jacket or sweater (for chilly mornings/evenings)<input type="checkbox"/> 1 Pencil<input type="checkbox"/> Hair Tie (If you have long hair) <p>Main Luggage</p> <ul style="list-style-type: none"><input type="checkbox"/> 2 T-shirts<input type="checkbox"/> 1 fleece pullover or cotton sweatshirt<input type="checkbox"/> 2 pairs of comfortable pants<input type="checkbox"/> 1 pair of shorts<input type="checkbox"/> 1 water-proof rain jacket or poncho<input type="checkbox"/> 1 pair of sandals or lightweight shoes<input type="checkbox"/> Pajamas for bedtime<input type="checkbox"/> 3 pairs of socks<input type="checkbox"/> 3 pairs of underwear<input type="checkbox"/> 1 warm hat (wool or fleece for chilly evenings)	<p>Personal Items</p> <ul style="list-style-type: none"><input type="checkbox"/> Soap/Shampoo & Conditioner<input type="checkbox"/> 1 towel<input type="checkbox"/> Comb or brush<input type="checkbox"/> Deodorant<input type="checkbox"/> Toothbrush & toothpaste<input type="checkbox"/> Contacts/glasses (if applicable)<input type="checkbox"/> Sunscreen/Lip balm<input type="checkbox"/> Personal Medications<input type="checkbox"/> Bag for dirty laundry (optional)<input type="checkbox"/> Shower flip flops (optional) <p>Sleeping Gear</p> <ul style="list-style-type: none"><input type="checkbox"/> Sleeping Bag or Blanket<input type="checkbox"/> Pillow & pillowcase<input type="checkbox"/> Twin fitted sheet (optional) <p>Optional Comfort Items</p> <ul style="list-style-type: none"><input type="checkbox"/> Book, small games and/or cards<input type="checkbox"/> Binoculars<input type="checkbox"/> Camera (optional – no phones)<input type="checkbox"/> Watch<input type="checkbox"/> Flashlight or headlamp<input type="checkbox"/> Bug Spray<input type="checkbox"/> To-Go Mug <p>Extras for Warm Weather</p> <ul style="list-style-type: none"><input type="checkbox"/> Additional pair of close-toed shoes, in case your other pair gets wet<input type="checkbox"/> Bandana or neck gaiter<input type="checkbox"/> Insulated jacket (weather-dependent)<input type="checkbox"/> Light gloves (weather-dependent)
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It can be tempting to wear your favorite clothes or nice shoes to camp. If you are at all concerned about an item getting dirty or worn,

LEAVE 🙌 THOSE 🙌 AT 🙌 HOME

Fall/Winter 3-Day Packing List

****Note: This is for a 3-day program. Adjust your packing based on program length.****

<p>Wear on Arrival</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 pair of comfortable, close-toed shoes or light boots, w/ socks (waterproof for snowy/wet conditions)<input type="checkbox"/> Pants<input type="checkbox"/> 1 pair of long underwear or leggings (for layering; weather dependent)<input type="checkbox"/> T-Shirt (for warmer fall weather or layering)<input type="checkbox"/> 1 long-sleeved shirt<input type="checkbox"/> Beanie or warm hat<input type="checkbox"/> Sunglasses (optional) <p>Hiking Day Pack – Bring Each Day</p> <ul style="list-style-type: none"><input type="checkbox"/> 1 Backpack for hiking (big enough for a sweatshirt, lunch, and water bottle)<input type="checkbox"/> 1 Reusable Water Bottle (2 preferred)<input type="checkbox"/> 1 fleece pullover or insulated jacket<input type="checkbox"/> 1 Pencil<input type="checkbox"/> Hair Tie (If you have long hair)<input type="checkbox"/> Waterproof/windproof jacket and pants (weather-dependent) <p>Main Luggage</p> <ul style="list-style-type: none"><input type="checkbox"/> 2 thermal tops<input type="checkbox"/> 2 pairs of comfortable pants<input type="checkbox"/> 1 pair of camp shoes or warm slippers<input type="checkbox"/> Pajamas for bedtime<input type="checkbox"/> 3 pairs of socks (wool or synthetic, if possible)<input type="checkbox"/> 3 pairs of underwear	<p>Personal Items</p> <ul style="list-style-type: none"><input type="checkbox"/> Soap/Shampoo & Conditioner<input type="checkbox"/> 1 towel<input type="checkbox"/> Comb or brush<input type="checkbox"/> Deodorant<input type="checkbox"/> Toothbrush & toothpaste<input type="checkbox"/> Contacts/glasses (if applicable)<input type="checkbox"/> Sunscreen/Lip balm<input type="checkbox"/> Personal Medications<input type="checkbox"/> Bag for dirty laundry (optional)<input type="checkbox"/> Shower flip flops (optional) <p>Sleeping Gear</p> <ul style="list-style-type: none"><input type="checkbox"/> Sleeping Bag or Blanket<input type="checkbox"/> Pillow & pillowcase<input type="checkbox"/> Twin fitted sheet (optional) <p>Optional Comfort Items</p> <ul style="list-style-type: none"><input type="checkbox"/> Book, small games and/or cards<input type="checkbox"/> Binoculars<input type="checkbox"/> Camera (optional – no phones)<input type="checkbox"/> Watch<input type="checkbox"/> Flashlight or headlamp<input type="checkbox"/> Bug Spray<input type="checkbox"/> To-Go Mug <p>Extras for Cold Weather</p> <ul style="list-style-type: none"><input type="checkbox"/> Additional pair of close-toed shoes, in case your other pair gets wet<input type="checkbox"/> Scarf or neck gaiter<input type="checkbox"/> Hand and Toe Warmers<input type="checkbox"/> Insulated gloves (season-dependent)
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*****Check the weather forecast for the days of your trip.*****

Rain and snow are likely in February/March or Late October/November.

1. Layer Smartly: Be prepared to adjust your layers for activity and changing weather.
2. Stay Dry: Wet clothes and gear can lead to discomfort and hypothermia. Bring spares.

Layering Basics

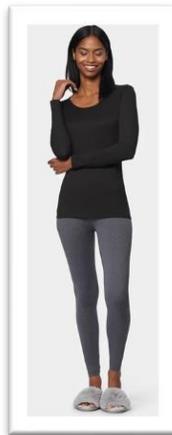
Review the next two pages if your scheduled trip is in February/March or Late October/November.

Layering is the process of wearing multiple articles of clothing with specific intentions to maximize one's comfort in cold weather conditions. Basically, you're stacking clothes to stay warm. Layering consists of four distinct levels: **Base layer, middle layer, outer layer, and the shell.** You're going to want to wear at least one thing in each layer to maximize your warmth. When it comes to the fabrics of the clothes, we recommend sticking with wool, polyester, or a blend (ie. 50% cotton, 50% polyester). You may also find pieces with Rayon, Acrylic, and Nylon as fabrics included in the clothes you find...don't worry...we like those. What we don't like is cotton by itself. Below you'll see various examples of vetted options that should provide you with a great place to begin your cold weather gear journey!

Layer 1: Base Layer

The base layer is a thin, long sleeve article of clothing that goes on both your torso and your legs. Thinner layers wick sweat better and dry faster. The longer that moisture stays on your body the longer you'll feel the cold. 32 Degrees, Wal-Mart, Amazon, and Big 5 are a couple places to check to get some good deals on base layers.

Examples: Leggings/Thermal Underwear or Fitted Long Sleeve Top



Layer 2: Mid-Layer

The mid layer is the next piece (or pieces) of clothing. The mid layer is all about insulation. This layer consists of two separate pieces: a shirt option and a hoodie.

Shirt Options: A long sleeve cotton/polyester blend thermal long sleeve is great for its affordability or some mix of polyester and wool for the mid layer.

Examples: Thermal Henley or athletic long sleeve top.



Hoodie or Fleece Sweater: This is where a bulk of the insulation is going to come from.

Pant Options: Your choice! Just be sure to layer! Pants that come with a fleece lining are perfect for cold weather environments, especially with leggings or sweatpants worn underneath.

If snowing, you could opt for rain/snow pants.

Layer 3: Outer Layer

This is where your puffy, zippered jackets come into play. A good down or synthetic filled puffer jacket is a game changer. Throwing one of these on over everything is going to give your outfit that final umph to take it to the next level of warmth. Layer 2 and Layer 3 work together to create an oven around your body that traps and stores heat. Very, very important. Beyond functionality, this is where you also really get to play around with the style. Store recommendations include Big 5, 32degrees, Amazon, and Wal-Mart for the best value for your dollar. If you're looking for something a little pricier, but higher quality - then REI, North Face, Patagonia, and Columbia are solid places to look.



Layer 4: The Shell

A shell... A shell is basically a raincoat (or a thicker snow jacket). This doesn't need to be anything special, but it does need to be waterproof, at bare minimum water resistant. The shell is your first line of defense against the elements, primarily wind and rain. This can sometimes be considered as "additional" because a lot of puffer jackets now come with water resistance/waterproof material on their outsides which can substitute for this layer. We still like separating the outer layer from the shell because it adds another barrier between your body and the elements.



*Quick notes:

- We want to try to avoid cotton as much as possible in wet conditions as a good rule of thumb. Cotton holds more water and dries slowly. We have a saying at camp 'Once you're wet, you're wet all day.' This is true if someone chooses to wear cotton in the rain or snow.
- Many of the items you have at home would make great layers! You may not need to go out and buy new or thrifted clothing. Read through each description and see if anything you already own would help you stay warm in colder weather conditions at camp!

Camp Merch

Looking to have an additional memento from your trip? We have a simplified process for all our customers to take a piece of Sierra Nevada Journeys home with them.

Accessing Our Online Store

-  You can now conveniently browse and shop for clothing items through our online store. To access it, scan the QR code provided or visit our website directly.

Available Items

-  We have various clothing items readily available in stock, including T-shirts and Hooded Sweatshirts. Additionally, we offer numerous on-demand items you can purchase according to your preferences.

Order Processing and Delivery

-  For items displayed as "in stock," your order will be processed immediately, typically shipping out on the same or the next business day.
-  Allow 1 to 5 business days for delivery of in-stock items.
-  If you've ordered an item produced on-demand, expect a slightly longer processing time. Allow up to 10 business days for production and 1 to 5 days for transit.
-  **You will pay online through the store.**
-  Sierra Nevada Journeys assumes no responsibility for shipping or returns. For any inquiries regarding shipping or returns, get in touch with Coggins Promo at support@cogginspromo.com.

Future Additions

-  We're continuously striving to enhance your shopping experience. Keep an eye out for new additions to our store in the coming months, as we'll be introducing fresh and exciting items to our collection.



Participant Health Form (Student)

Date of Trip: _____ Organization: _____ Leader/Teacher: _____

Participant Name: _____ Parent/Guardian's Name (If under 18): _____

Phone Number: (Cell) _____ (Work) _____ (Home) _____

Email: _____

Family Physician: _____ Phone: _____

Insurance Company: _____ Insurance ID# _____ Phone: _____

Check this box if you don't have insurance

Emergency Contact Name: _____ Phone: _____

HEALTH HISTORY

Check all that apply and explain details of treatment in the comments section or provide additional information to the group.

<input type="checkbox"/> Asthma	<input type="checkbox"/> Glasses/contact lens	<input type="checkbox"/> Seizure disorder	<input type="checkbox"/> Bedwetting	<input type="checkbox"/> Ear infections
<input type="checkbox"/> Diabetes	<input type="checkbox"/> Eating disorders	<input type="checkbox"/> Headaches	<input type="checkbox"/> Heart disease/defect	<input type="checkbox"/> Digestive disorders
<input type="checkbox"/> Hypertension	<input type="checkbox"/> Respiratory disorder	<input type="checkbox"/> Sleepwalking	<input type="checkbox"/> Nose bleeds	<input type="checkbox"/> Other

COMMENTS: _____ Date of Last Tetanus Shot: _____

FOOD ALLERGIES / DIETARY RESTRICTIONS: Select all that apply.

Food Allergies	Dietary Restrictions
<input type="checkbox"/> Celiac <input type="checkbox"/> Eggs <input type="checkbox"/> Shellfish (not served at camp)	<input type="checkbox"/> Vegetarian <input type="checkbox"/> Vegan <input type="checkbox"/> Lactose Intolerant
<input type="checkbox"/> Dairy <input type="checkbox"/> Peanuts / Treenuts <input type="checkbox"/> Other: _____	<input type="checkbox"/> Gluten Free <input type="checkbox"/> Halal <input type="checkbox"/> Kosher

****If Halal or Kosher, the participant will likely be served a vegetarian meal.**** Other: _____

MEDICATIONS

List all prescription and/or over-the-counter medications. These medications, to include clear dosage information, need to be dropped off with the group lead prior to the trip: _____

Will the participant bring an inhaler or EpiPen? Please specify for what reason. These items must always be carried.

- NO
- Yes, **inhaler**; Reason: _____
- Yes, **EpiPen**; Reason: _____

Please list any other concerns that you would like our staff at Sierra Nevada Journeys to be aware of:

RESTRICTIONS

If the participant has any restrictions for participation at Sierra Nevada Journeys, please indicate those restrictions here:

By signing below, I hereby certify that the information on the health form is true and correct to the best of my knowledge and the participant listed may participate in all activities at Sierra Nevada Journeys, unless noted otherwise above.

Participant Name (Or Parent/Guardian if under 18): _____

Participant Signature (Or Parent/Guardian if under 18): _____ **Date:** _____

Sierra Nevada Journeys Allergy Policy

****Required for any participant who listed an allergy on the health form****

It's the responsibility of the participant or the parents/guardians of an underaged participant with allergies to inform SNJ and the group.

SNJ food service staff is very skilled when handling allergies/food restrictions while preventing cross contamination. However, not all allergies/food restrictions can be addressed due to the complexity of certain allergies. To ensure the safety of the participant, SNJ may request a box of "safe" foods brought to camp. SNJ can accommodate common allergies such as *peanut, tree nuts, gluten, lactose, and soy* with proper notification.

All participants with life-threatening allergies must bring necessary medications, including an epinephrine auto-injector. The epinephrine auto-injector must always accompany the participant while attending SNJ.

RESPONSIBILITIES OF THE PARENTS/GUARDIANS OF A PARTICIPANT WITH ALLERGIES:

- Provide a clear list of foods and ingredients to avoid or send a bag of "safe food" with your child.
- Provide the school nurse with medication orders from the licensed provider.
- Provide the school with up-to-date epinephrine auto-injectors.
- Be willing to go on your child's field trips if possible.

RESPONSIBILITIES OF SIERRA NEVADA JOURNEYS:

- Make food ingredient lists used in food production and service available.
- Maintain food labels from each food served when manufactured products are used.
- Maintain contact information with vendors and purveyors to access food content information.
- Communicate with parents about allergies.
- Be educated on life-threatening allergy conditions.

I HAVE READ THIS AGREEMENT AND I FULLY UNDERSTAND IT.

Participant Name (Or Parent/Guardian if under 18): _____

Participant Signature (Or Parent/Guardian if under 18): _____ **Date:** _____

Participant Liability Waiver and Authorization to Treat

Participant Name: _____ Group Name: _____

Authorization for Emergency Treatment

I hereby give permission to Sierra Nevada Journeys to seek emergency medical treatment. In the case of severe allergic reaction (anaphylaxis), I give permission for Sierra Nevada Journey's staff members to act in accordance with their emergency training and administer epinephrine via auto-injector and/or oral antihistamines. I agree to the release of any records necessary for treatment, referral, billing, or insurance purposes. I give permission to Sierra Nevada Journeys to arrange necessary related transportation for me/my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by Sierra Nevada Journeys to secure and administer treatment, including hospitalization, for the person named above. Information in this paperwork may be given to the physician. I agree to incur all costs related to any medical emergency for the person named above.

Participant Signature (Or Parent/Guardian if under 18): _____ Date: _____

Participant Contract and Waiver

I have read and completed the Information Packet in its entirety. The listed participant understands what's expected of them before, and during our program and we agree to abide by the rules and procedures detailed within. I therefore grant permission for the participant participate in all activities and camp programs, included but not limited to challenge course, pre-arranged out-of-camp trips by van, bus or other designated vehicles, understanding that appropriate supervision is provided under the State of California requirements for residential camp programs.

I also understand that during the listed participant's participation at Sierra Nevada Journeys', they may be exposed to a variety of risks and hazards, foreseen or unforeseen, which cannot be eliminated without fundamentally altering the unique character of the program. Those hazards include, but are not limited to, hiking/walking/running outside; snakes, insects, and animals; sunburn and heatstroke, dehydration, hypothermia and other mild or serious conditions or injuries; falling and rolling rock; drowning, and; lightning and unpredictable forces of nature (including weather that may change to extreme conditions without notice). Sierra Nevada Journeys is not responsible for lost, stolen or damaged articles. I, the undersigned, have read and understand my responsibility to complete and submit all necessary forms and fees on time (and that the listed participant will not be allowed to attend program without completed required medical and immunization information)

I authorize Sierra Nevada Journeys and its partners to have and use photographs, slides, video, writing, artwork and/or testimonials created by the listed participant and submitted to Sierra Nevada Journeys without seeking remuneration. These shall become the property of Sierra Nevada Journeys, and may be used by Sierra Nevada Journeys for marketing and/or advertising purposes. As a condition of participation in the Program, I acknowledge that participation is entirely voluntary, and I agree to assume full responsibility for the risks that participation may entail. I voluntarily agree to release and hold harmless Sierra Nevada Journeys to the fullest extent permitted by law. I authorize Sierra Nevada Journeys to add my email to their mailing list.

Participant Signature (Or Parent/Guardian if under 18): _____ Date: _____

Immunization Attestation

I hereby attest that the Sierra Nevada Journeys Outdoor Education Camp attendee has completed all the necessary immunizations required for public school attendance or have a state approved exemption for public school attendance. I declare that the above statement is true and accurate to the best of my knowledge.

Participant Signature (Or Parent/Guardian if under 18): _____ Date: _____

Waiver continued on the next page >>>>>

Communicable Disease Liability Waiver

In consideration of participating on behalf of Sierra Nevada Journeys programming and related activities, I acknowledge and agree that participation includes possible exposure to and illness from infectious diseases including but not limited to MRSA, influenza, and COVID-19. While rules and personal discipline may reduce this risk, the risk of serious illness and death still exists. I knowingly and freely assume all such risks, both known and unknown, even if arising from the negligence of Sierra Nevada Journeys or other participants and assume full responsibility for my participation. I willingly agree to comply with the stated terms, conditions, and community agreement for participation as they pertain to protection against infectious diseases.

I HAVE READ THIS AGREEMENT. I FULLY UNDERSTAND IT AND AGREE TO BE LEGALLY BOUND BY IT.

Participant Signature (Or Parent/Guardian if under 18): _____ Date: _____

Ensure you have signed all four signature areas on the front AND back of this sheet, otherwise, it is considered incomplete. If the participant is under the Age of 18 years, a parent or guardian signature is required.

Participant Demographic Information

Please answer the following questions in relation to the participant who is attending camp. This information is for grant-based reporting and to ensure we are meeting the needs of the communities we strive to serve.

Select the racial/ethnic identity you identify as:

- African American/Black
- African
- Arab/Arab American/Middle Eastern
- Asian/Asian American
- Native American/Indigenous
- Native Hawaiian/Pacific Islander
- Latino/a/x or Hispanic
- White/Caucasian
- Prefer not to disclose.
- Two or more racial/ethnic identities. I identify as:

Do you qualify for free or reduced lunch at your school? (*Youth Only*)

- Yes
- No



Together, We Create Change

Support students who often don't have these same opportunities to attend camps and outdoor education programs. Please give today to our scholarship fund and help more kids access outdoor learning experiences.



[SIERRANEVADAJOURNEYS.ORG/GIVE](https://sierranevadajourneys.org/give)

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