

10th Grade Winter Camping: Pacific Crest Trail and Peter Grubb Hut

Tuesday April 3rd, 2018 - Thursday April 5th, 2018



Fieldwork:

Students will be engaging in adventure activities and curriculum for the Survive and Thrive expedition along the Pacific Crest Trail and at the Peter Grubb Hut. These activities include winter camping, snow science, avalanche awareness, search & rescue professional instruction, and other curriculum that directly aligns to the 10th grade expedition. This is a two night, three day winter camping experience.

Transportation:

We will be using a bus to transport students to and from the Fieldwork site.

Drop-off:

Students need to be at SAEL at 8am on Tuesday, April 3rd.

Pick-up:

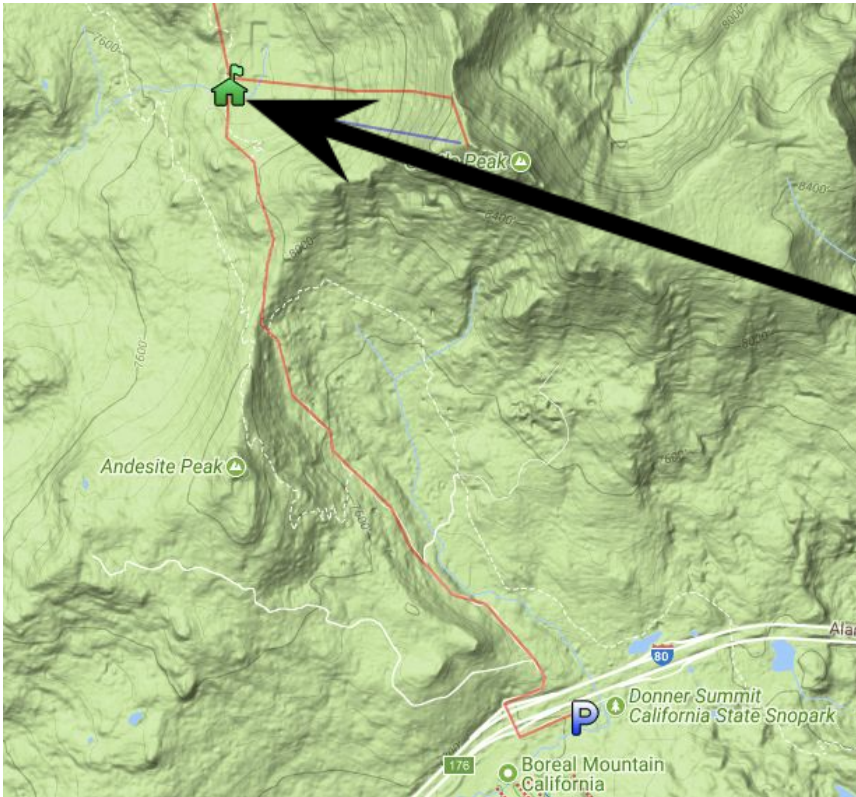
Students will be dismissed at SAEL at 4:10pm on Thursday, April 5th.

Upon return to SAEL, we will be debriefing the experiences as well as cleaning and returning equipment.

Please do not pick up your students until 4:10pm on Thursday, April 5th.

Location:

We will park and unload the bus at Donner Summit California State Snowpark. From there we will walk to the start of an oversnow route that roughly follows the Pacific Crest Trail to access Peter Grubb Hut. The hike is roughly 3.5 miles. The hike to the hut as well as the area around the hut will not expose students to any avalanche terrain.



Adventure Gear & Clothing Recommendations:

Students can bring their own adventure equipment if they have it. For example, students may bring their own backpacks, tents and sleeping bags. Students will be hiking approximately 3 miles to the hut. Students will be backpacking and carrying all food and adventure equipment on their back for this 2 night, 3 day experience.

Students will be provided with the following equipment if they do not have their own.

- Sleeping Bags (please bring your own if you have it)
- Sleeping Bag Liners
- Head Lamps
- Shelters (Tents). Students can bring their own tents.
- Backpacks
- Snow shoes
- Backpacking stoves, pots, propane fuel

Personal Items Required: ALL clothes, food, and adventure equipment MUST be brought to school on *Monday, April 2nd* for a final gear check. Students who do not bring in their equipment for a full gear check will not be permitted to attend this fieldwork.

- Hiking / waterproof shoes or boots
- Warm jack (preferable waterproof)
- Down jacket or fleece sweater
- Long pants (preferably waterproof) NO JEANS
- Wool / warm winter hat
- Non-cotton long sleeve layer / shirt
- Winter gloves (a second pair if available)
- 2 pairs of non-cotton warm socks
- Non-cotton thermal / long underwear for sleeping
- Sunglasses (recommended and snow goggles if available)
- Bowl, spoon, folk
- Water bottle
- Notepad, pen/pencil
- Hiking or ski poles, not required, but helpful.

** Try to avoid cotton and denim*****

Food:

Students must bring their own food on this fieldwork. Students will plan and develop menus based on caloric needs per day. Each student will complete a full menu that account for 3 lunches, 2 breakfasts, 2 dinners and snacks. If any family has problems purchasing the ingredients that students have planned, please contact Mr. Berry and SAEL will assist. All meals and snacks have been planned to meet the needs for each student for this adventure experience. Students have already started the menu planning process and picking their preferred choice of dehydrated camp food.

* Please contact Mr. Berry if you cannot provide lunch.

Medication:

All medication must be detailed on the Extended Medical Form AND on the Medication Required During School Hours Form. These forms must be fully filled out and on file in the SAEL Main Office in advance of fieldwork. Students should check in their meds with Mr. Berry on the morning of the trip to ensure our records match the bottle dosage, prescription, and correct medication type. ANY medication (prescription or over the counter) requires an official doctor's note or prescription to be on file in the main office for it to be allowed with us on fieldwork.

Safety:

Mr. Berry and Mr. Young are Wilderness First Responder certified. This means they are First Aid, CPR, and AED certified. Both have specific training to respond to emergency medical situations in the backcountry. Mr. Berry will be directing this program using the latest best practices in Adventure Education.

Sleeping:

Students will be sleeping in tents in small groups in order to ensure our entire group is visible at all times. Students will also be separated by gender. This means students of different genders will not share a shelter and will not be allowed into each other's shelters at any time. SAEL staff will support the experience to ensure everyone is properly monitored.

We will ensure all bathroom use will happen in separated bathrooms areas at the campground and with privacy in the backcountry while hiking. If families have questions, concerns, or would like to discuss gender identity and how this plays a role in the field, please reach out to Mr. Berry directly if you have not already.

Personnel:

Mr. Berry will be the Field Director. He will organize and coordinate this experience. Ms. Crane will be the main point of contact back at SAEL. She will keep her phone on at all times in order to receive updates from Mr. Berry's regular cell phone or the SAEL Satellite Phone if needed.

Families will also be able to contact her in emergency situations. SAEL personnel in the field and students in the field will not be focusing on updating parents back at home. They will be immersed in the experience and will therefore not be reaching out with updates home unless there is an emergency.

Parent/Guardian Contact:

We ask that families do not visit students during this fieldwork. This is a school program that is intended to support student growth and achievement. It is essential that students are allowed to be fully immersed in the experience. Please do not intend on seeing or speaking with your child during this experience, unless it is an emergency in which case you should contact Ms. Crane. **NO REGULAR CONTACT WILL BE MADE TO HOME UNLESS IT IS AN EMERGENCY. Also, please do not expect regular updates from any personnel in the field or Ms. Crane as the experience develops unless it is an emergency.** There may be some positive social media posts with pictures, but these are not intended to be official updates for families that are coming at any regular interval. Please reach out to Ms. Crane if you have questions or concerns about this policy.

What Not To Take:

- **Knives/utility tools with knives**
- Matches/lighters, fire starting equipment
- Chromebooks

All banned/illegal/controlled substances or anything outlined as inappropriate for school in our SAEL Student and Family Handbook and/or Ed Code. All school rules apply in the field as it is school.

* Chromebooks, ipods, or any personal or school electronic devices are not NECESSARY on this trip *
SCHOOL CHROMEBOOKS ARE NOT ALLOWED ON THIS FIELDWORK.

SAEL accepts no responsibility for lost or damaged electronics/gear.

Phone Coverage and Safety:

Students may not take or use cell phones during Winter Camping. Mr. Berry has a Satellite Phone that will allow us to always communicate with the group in the field. We do not want students or parents to depend on daily check ins. Pictures may be posted on Facebook and the website, but daily calls will not be made home. We want students to be working with their fellow students and focused on being immersed in the experience and in nature. If a parent needs to contact a student for an emergency, please call Principal Erica Crane (at SAEL during regular school hours or on her cell phone after hours). If there is any issue in the field, Mr. Berry will contact Ms. Crane and she will contact families. If your child contacts you while she or he is in the field, please encourage them to stop contacting you and to turn the phone in to Mr. Berry. **SAEL accepts no responsibility for lost or damaged electronics on Fieldwork.**

Contact Information: SAEL: 530-268-2200

Principal Erica Crane's Cell Phone (for emergencies only after school hours): 203-725-8875

Fieldwork:

Fieldwork is supposed to be challenging and an opportunity for students to face adversity. We call this field "work" and not a field trip because we are bringing students into the field to actively engage and do work that is physically and/or mentally difficult. We do this because we believe students can do more than they originally think possible. We do this to align with our Expeditionary Learning partners who engage in fieldwork throughout the country. When we engage in adventure-based field activities, we do so to push students. Our adventure is more in line with EL's Outward Bound roots than with the idea of a camping vacation.

