



ST. MICHAEL'S EPISCOPAL DAY SCHOOL

October 28, 2011

Dear Eighth Grade Parents:

The class trip to Yosemite is January 23 through January 27, 2012. Enclosed are all necessary forms as well as other pertinent information. **The cost for the trip is \$550.00 per student. You will be billed on your November monthly statement with the total amount due and payable to St. Michael's by November 30, 2011.**

The registration, health, and acknowledgement and assumption of risks forms enclosed must be completed and returned by Friday, December 2. Please read all the other information carefully, especially the list of needed clothing and equipment. It is imperative that the students have warm, proper attire for the cold weather, including waterproof boots and rugged rain/snow gear, as the trip includes daily lengthy hikes. They must be warm and dry in order to enjoy and participate in the activities.

Yosemite does not allow food or electrical appliances in the cabins. **iPods, iPads, cell phones, or any other electronics are not allowed under any circumstances.**

Faculty chaperones for the trip are Mrs. Graffis and Mr. Brandenburg. **The room parent is organizing transportation to Yosemite on Monday, January 23 and returning on Friday, January 27. If you are willing to drive a group either direction, please let Wendy Bell know. We need your help with this in order to make this trip possible for the students.**

If you have any questions or concerns regarding the trip, please call me. This educational experience is a vital, major part of the eighth grade year, and the students are looking forward to the experience with enthusiasm.

Very truly yours,

Mary D. Heise
Associate Head of School

HEALTH INFORMATION: PLEASE FILL OUT COMPLETELY *DOCTOR SIGNATURE NOT REQUIRED*

Do you have, or have you had, any of the following conditions or symptoms?

Current Medical Conditions

- 1. Bleeding/Clotting Disorders Yes No
- 2. Asthma Yes No
- 3. Diabetes Yes No
- 4. Ear Infections Yes No
- 5. Heart Defects/Hypertension Yes No
- 6. Psychiatric Treatment Yes No
- 7. Seizure Disorder Yes No
- 8. Immuno-Compromised Yes No
- 9. Sleep Walking Yes No
- 10. Bedwetting Yes No
- 11. Other Yes No
- 12. Hospitalized in the last 5 yrs? Yes No

Diseases

- 13. Chicken Pox Yes No
 - 14. Measles Yes No
 - 15. Mumps Yes No
 - 16. Other Diseases Yes No
- Allergies**
- 17. Hay Fever Yes No
 - 18. Iodine Yes No
 - 19. Poison Oak Yes No
 - 20. Penicillin Yes No
 - 21. Bees/Wasps/Insects Yes No
 - 22. Other Yes No

If Participant Has Allergies:

23. Do you carry own Epi-pen? Yes No

24. Do you carry own Inhaler? Yes No

Date of last Tetanus shot: _____

If you have answered "yes" to any of the above items, please explain below. Provide corresponding number.

Question No.	Explanation

Health Questionnaire: (Attach additional pages if necessary to provide complete information.)

Is the participant taking any medication? Yes No Please list all medications** the participant is taking and the purpose of each.

****Please continue to take all medications as prescribed unless otherwise instructed by your physician.**

Is the participant capable of participating in a 5 mile hike? Yes No Are there any restrictions on the participant's physical activity? Yes No

Please describe _____

Does the participant eat red meat? Yes No Poultry? Yes No Fish? Yes No

Does the participant have any food allergies? Please specify _____

Does the participant have any food restrictions? Please specify _____

Please provide any additional information that is important for us to know to insure the participant has a quality experience.

Name of Physician _____ Telephone Number _____

Medical Insurance carrier _____

Policy #/I.D.# _____ Subscriber Name _____

Additional information attached: Yes No

AUTHORIZATION FOR TREATMENT: PARENT/GUARDIAN MUST SIGN

I agree the above information is correct to the best of my knowledge, and I authorize any adult chaperone or NatureBridge Staff to consent to any X-ray, examination, anesthetic, diagnosis, treatment, and/or hospital care that may be recommended by a licensed physician and/or dentist. For minor illnesses or injuries, I understand that NatureBridge will attempt to contact me at the earliest practicable opportunity. For major illnesses or injuries, NatureBridge will attempt to contact me before the commencement of any medical treatment, unless my child's condition is such that treatment must be commenced immediately before contact with me can be made. Even if I cannot be reached, this authorization remains in full force and effect.

I authorize NatureBridge staff who have received appropriate training to (1) dispense "over the counter" medication, including aspirin, Tylenol, ibuprofen, Benedryl, Neosporin, Pepto-Bismol, and other similar medications; and (2) administer epinephrine via injection for the emergency treatment of anaphylactic shock that may result from an allergic reaction to insect bites, insect stings, food or plants (such as poison oak). This administration is under the direction of Nature Bridge's medical director.

I agree to assume full financial responsibility for any medical care/treatment my child may receive.

****MUST SIGN**** Signature of Parent/Guardian _____ Date: _____

Print Name of Participant: _____ Date: _____



Yosemite Institute Student Contract

Hello and welcome in advance to Yosemite Institute!
Our commitment is to provide new experiences, fun learning opportunities, and safe adventures. In order to attend Yosemite Institute, you must make a commitment of your own: to live by the following guidelines. If you can agree to this contract, please put your initials next to each item and sign at the bottom.

GENERAL AGREEMENTS

- _____ I agree to participate in the program at Yosemite Institute.
- _____ I agree to be on time for scheduled meetings and events.
- _____ I agree to respect the privacy, property, and feelings of others. I understand that we'll be living together in cabins and sharing the campus.
- _____ I agree to treat my fellow students, chaperones, and instructors with respect. I understand that how I talk to people is important. I will also do my best to pay attention when someone is talking to me, whether it's a chaperone, an YI instructor or my best friend.
- _____ I agree to follow my CLOTHING AND EQUIPMENT LIST and bring the things I'll need for my stay (like raingear, water bottles, extra clothes, etc.)
- _____ I agree to stay out of other students' cabins.
- _____ I understand that lights out is at 10:00 pm. I agree to be quiet and respectful in the evening so that everyone can get enough sleep to participate and stay healthy.
- _____ I agree to keep food out of my cabin. I will give any leftover food from YI group lunches to my YI Instructor at the end of the day.

BOTTOM-LINE AGREEMENTS

I understand that a violation of any one of the following or a combination of the above contract agreements may result in a return trip home at my parent/guardian's expense.

- _____ I agree not to cause physical or emotional harm or threaten any other person.
- _____ I agree to not discriminate against people because of their race, culture, religion, language talents, or special needs.
- _____ I agree to respect the YI campus and Yosemite National Park, and refrain from any acts of vandalism.
- _____ I understand how important it is to be safe on the trails. I will participate in a way that will keep the group and myself safe by following all of the trail rules.
- _____ I agree to refrain from bringing or using non-prescription drugs, cigarettes, weapons, and/or alcohol at YI.
- _____ I agree to always let a chaperone know where I am and never wander off alone.

Signature

Date

PROGRAM GUIDELINES AND EXPECTATIONS

At Yosemite Institute, students will live and study closely together in an unfamiliar setting away from their homes and families. The following guidelines have been established to help students and adults prepare for and enjoy the experience safely.

RESPECT EACH OTHER

Respect personal space and property. It is important to take good care of your own belongings and leave others' alone. Proper clothing and equipment are essential for a safe and comfortable experience.



Treat everyone as you want to be treated. It is important that there be respectful dialogues among students, chaperones, teachers, and YI staff. Attentive listening and participation in events and activities are key signs of respect.

Respect each person's privacy. Students may only enter their own assigned cabin.

Consider the needs of others. Quiet hours are observed between 9:30pm and 7:00am, except under special circumstances. Students are expected to be in their bunks and quiet by 9:30pm so that everyone can get enough sleep for the next day's adventures.

RESPECT AND CARE FOR YOURSELF

Stay with your group when you are hiking or exploring during the program. Your chaperone must know where you are **at all times**.

Behave in a safe and responsible manner while you are here. An accident or injury can ruin your trip or someone else's.

If you or someone you are with becomes sick or injured, **contact your teacher, chaperone, or YI staff member immediately.**

RESPECT THE ENVIRONMENT

Take good care of the natural world around you that will be your home for the week. Your actions can either harm or help this place, so please behave appropriately. The Leave No Trace guidelines on the following page have been developed to help visitors to the wilderness understand how they can minimize their negative impact.

LEAVE NO TRACE TRAIL GUIDELINES



Be prepared for the day. Wear and pack appropriate gear in your backpack including hiking boots, a warm jacket, hat, gloves, rain gear, leak-proof water bottle, notebook, pencil, and other items as requested by your YI instructor or teacher.

Please stay on the trails. If we limit our travel to existing trails, we protect the plants and animals alongside the path. This is important to do for the sake of those living things and to allow other people the pleasure of walking in a wild and beautiful place. **Please be observant and careful wherever you go.** Attention to trail irregularities (roots, rocks, etc.) will help avoid unnecessary mishaps.

Pick up natural objects like rocks, twigs, or leaves only to observe them. When you are finished, return them to where you found them. Do NOT throw objects, as throwing things can harm others and will disturb plants and wildlife.

Dispose of waste properly. Pack out everything you pack in. You can also help the environment by picking up litter that others have carelessly left behind. Your instructor will inform you about the availability of restrooms and minimum impact ways to answer nature's call while on the trail.

Respect wildlife: though it can be tempting to approach, feed, or follow wild animals, *please do not*. Animals can be stressed when people approach or make loud noises near them. Human food is unhealthy for wild creatures and feeding animals can lead to their deaths. Animals can injure you and may carry serious diseases. Antagonistic human behavior may force animals into taking aggressive actions as a means of self-defense.

Respect other visitors to wild places. Follow the directions of your YI instructor regarding noise level and what to do when your group meets other people on the trail.

Collecting any natural objects within the National Park is prohibited.

For more information on Leave No Trace ethics, please visit the LNT website at www.LNT.org

An excellent motto for minimizing impact travel is:
**Take only pictures,
Leave only footprints.**
Remember, the less we disturb an area, the more we can discover about it. Follow these guidelines and continuously watch, examine, and observe the world around you. You'll be amazed at what you discover!

WHILE ON CAMPUS...

Help us be positive environmental stewards by conserving energy: turn off lights and heat when not in use. Also, **REDUCE, REUSE & RECYCLE** whenever possible.

Food is not allowed in cabins at any time. To avoid attracting rodents to the cabins, any food brought to Yosemite Institute must be given to an YI staff member for storage.

Please treat all cabins and facilities with care. These have housed students like yourself for many years and we hope that they may continue to do so for years to come. Students are financially responsible for any damage incurred during their stay.

Wood stoves provide heat at Crane Flat. **Students must keep a safe distance from the woodstoves and only YI staff will tend stoves.**

Wooded and rocky areas around the campus are off limits to students, unless with a chaperone or a YI instructor.



FIELD SCIENCE CLOTHING AND EQUIPMENT LIST

YOSEMITE INSTITUTE

The items on this list are to be brought by each Field Science School participant. Please adjust the number of socks, pants, etc according to the number of days you will be spending at YI. When asked what they could have done to make their stay at YI more enjoyable, many students answer that they would have followed the equipment list more closely.

- DAY PACK** must be big enough to fit the items below and some of the group lunch. *These things will be brought on the trail with you everyday:*
 - RAIN GEAR** waterproof not just water resistant. A rain suit (jacket and pants) is much better than a poncho because it keeps all of you dry
 - WARM KNIT OR FLEECE CAP** for cool and possibly rainy days.
 - TWO (2) WATER BOTTLES** - unbreakable one quart plastic bottles with screw-on, leak proof tops, such as soda or sports drink bottles. NO glass bottles please.
 - NOTEBOOK & PENCIL** (in ziplock bag)
 - EXTRA LAYERS OF WARM CLOTHING**
 - BANDANA** serves as your field lunch placemat/crumb-catcher + many other fun uses
- HIKING BOOTS** One pair of broken in lightweight waterproof hiking boots that will keep your feet dry as well as happy after a long day on the trail
- TENNIS SHOES OR SNEAKERS** for evening activities and use around camp
- PANTS** three rugged pairs (including one pair of warm pants)
- SHIRTS** three rugged shirts, plus a few lightweight shirts for warm weather
- SWEATER OR FLEECE** two lightweight wool or fleece layers are best; avoid cotton
- JACKET** an insulated layer, such as a parka with hood is a good choice.
- SOCKS** five pairs of socks (wool or synthetic preferred **no cotton**)
- UNDERWEAR *THERMAL UNDERWEAR (BOTTOMS)** polypropylene or capilene very warm and lightweight - **no cotton**.
- *WATER PROOF MITTENS** mittens are warmer than gloves
- PAJAMAS**
- TOWEL**
- TOILETRIES** shampoo, soap, toothbrush, toothpaste, sunscreen, lip balm, moleskin, personal medication
- HANDSANATIZER**
- SLEEPING BAG** synthetic or down fill; sheets and blankets are fine if you don't have a sleeping bag
- FITTED SHEET & PILLOW** if you will be staying at our Crane Flat campus
- SUNGLASSES** to prevent sun blindness in the high altitude sun reflecting off the snow and granite
- LIGHTWEIGHT HAT WITH BRIM** baseball hat or other type to shade sun
- FLASHLIGHT** with spare batteries and bulb
- PLASTIC BAGS** trash sized to keep your things clean and dry as well as small sizes to put between your sock and shoe on wet days
- ALARM CLOCK** to get you up on time.



□ **OPTIONAL** binoculars, field guides, camera, film, book light, umbrella

***Items with star not needed from May to September**

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

- Extra Food, including gum and candy – food is not allowed in the cabins. Ample food will be provided
- Knives – are a safety hazard!
- Electrical Appliances / games – including Walkman and Discman players
- Hand Warmers – these are wasteful and often end up as litter
- Anything that would be sadly missed if lost!

BE PREPARED!

Please come prepared to hike in a blizzard, in hot sunny weather, or in a rainstorm. Weather is variable. Layer materials (synthetics, polypropylene, pile or wool) for greater flexibility as temperature change throughout the day. Weather in May- September is usually warm with cool nights. Shorts, T-Shirts and lightweight (but sturdy) walking shoes are recommended, though warm clothes and rain gear should still be included.

A NOTE ABOUT WOOL AND PILE (OR FLEECE) CLOTHING

Why wool and pile? We believe in them because they can save your life. When wet, wool and pile retain much of their insulating quality and keep you warm. That's not true for down or cotton, which are useless when wet. Military surplus wool garments are often the least expensive warm clothes you'll find.

Synthetic polyester fabrics (with names like polar fleece, polypropylene, capilene, polarguard, fiberfill, polarpile and others) maintain insulating qualities even when wet, and they dry quickly. We recommend garments made of these fabrics. **Do not bring only cotton clothing!** Your life could depend on staying warm when wet.

REGARDING YOUR BOOTS

Purchase boots at least two months ahead of time. Fit with a thick pair of wool socks. Buy boots that fit your needs. Many people over-buy, assuming bigger means better. Big, heavy boots have their place, but for most hikers, they are more than necessary. Heavy Boots should offer ankle support and traction on rocky and slippery surfaces. Above all, boots must be waterproof and comfortable. Blisters can be a painful part of your Yosemite experience. It is important to prepare your boots and your feet for hiking. Wear your boots for half-day periods for several weeks before your Yosemite trip. This allows boots and feet to get used to each other. The boot leather gets softer and your feet get tougher.

WHERE TO GET EQUIPMENT

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