

# Suttle Lake Confluence Trip

September 8-10, 2010

**Confluence: "...the merger or meeting of two or more objects that seem to inseparably bind their respective forces together."**

## **What is it?**

Every year at REALMS we begin the school year with an overnight community building experience. This trip is specifically designed to help build a strong and cohesive culture of learning and participation that will set the tone for a great year at REALMS. The REALMS staff have set up an itinerary of activities that help students in each grade and in each crew get to know each other and begin developing the trust and skills that will make the cooperative learning we do in our classrooms much more successful.

## **When?**

<b>Tuesday Sept. 7</b>	<b>Wednesday Sept. 8</b>	<b>Thursday Sept. 9</b>	<b>Friday Sept. 10</b>
First Day of School! 7:55-2:40pm	Community Building day & REALMS orientation for 6th Graders @ REALMS (7:55-2:40pm)  7th & 8th Graders depart for Suttle Lake in am via school bus	6th Graders depart in am for Suttle Lake (via school bus)  Arrive to school @ 7:55am	Everyone returns from Suttle Lake @ 4:00pm

## **Where?**

REALMS will be renting the Suttle Lake Camp, just west of Sisters. This is an outdoor-based trip. Students will be sleeping in small (single sex) groups with their fellow crew members in cabins or sleeping in the meadow (8th grade). There are indoor bathroom facilities with running water, but not showers for us to use on this trip.

## **Who?**

### **REALMS Students...**

This trip is all about community and culture building. Fieldwork is an essential part of learning at REALMS. Therefore, we expect that ALL students will participate. If you have a family engagement that gets in the way, please call the office ASAP!

### **REALMS Staff..•**

We are fortunate at REALMS to have a teaching staff that also has an extensive background in planning and leading outdoor education experiences with students. Together, the REALMS staff has logged thousands of hours of leading students on these kinds of multi-day outdoor education experiences around the country. Our teachers are all first aid certified, including 3 wilderness first responders and one wilderness EMT. We maintain conservative teacher student ratios at all times in order to ensure adequate supervision. Safety and risk management is a central component of our approach when we plan and conduct these trips. If you have any questions or concerns, please contact our office.

**Parent Chaperones....wanted! Please contact Amy Anderson @ [amy.anderson@bend.k12.or.us](mailto:amy.anderson@bend.k12.or.us) if you are interested in volunteering.**

## **Clothing for trips -**

You want clothing that is warm, breathable, and quick-drying. Synthetic fabrics are best because they won't absorb water, dry quickly, and are relatively windproof. Many people already have synthetic clothing at home, so you may not need to go out and purchase clothing just REALMS' trips. Items like running gear, athletic warm-ups, and skiing/snowboarding gear can easily be used on fieldwork trips—so check out your closet, read the labels or borrow from a friend *before* going to the store. You should **avoid** bringing *all-cotton* clothing since it absorbs water easily and won't keep you warm if it gets wet. Cotton also retains water so that it takes a *very* long time to dry. **Do NOT bring all-cotton clothes such as sweatshirts, sweatpants, or jeans.**

**Outdoor clothing is expensive!** There is no need to buy brand new clothing, sleeping bags or other gear. Since Bend is an outdoor mecca, you can almost always find the clothes/gear you need by spending time at used outdoor gear stores or on craig's list, especially if you start early by identifying the gear you need. Additionally REALMS has some gear to loan – let us know by filling out the “Gear Request Form” and turn it in 3 days before the trip's departure.

## **How to pack for trips -**

- For every fieldwork experience, students will have a day-pack (school backpack) and 1 large duffle bag or backpack marked clearly with their name.
- Label all sleeping bags, pads, rain gear, jackets, and stuff sacks with student's name.
- Secure the sleeping bag to the large duffle bag if the bag will not fit inside.

### Day Pack will include:

\_\_\_\_\_ 1-2 quarts of water  
\_\_\_\_\_ fieldwork journal (REALMS will provide)  
\_\_\_\_\_ pencils and hand sharpener  
\_\_\_\_\_ lunch  
\_\_\_\_\_ sun hat or warm beanie hat  
\_\_\_\_\_ extra layer

### 1 large duffle bag or backpack :

see “multiple day packing list”, bring everything on the list unless it says, “optional”

## **NO Technology trips**

In addition to fieldwork providing a rich curricular component for students, trips provide students the opportunity to connect in different ways. Although technology can be a source of bonding, we recognize that it often precludes the opportunity to practice communicating and learning about one another. For that reason, we ask that students do not bring any technology on trips.

### The following items are not allowed

- Cell phones
- Ipods and other music listening devices
- Game players
- Portable DVD players
- Ipads
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\*\*\*On all trips, there are REALMS staff that carry cell phones that can be used in case of emergencies and can be used by you to leave a message for your child.

# Multiple Day Packing List

## sleeping

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**1 sleeping bag & stuff sack** - A synthetic fill bag will do (fills like Polarguard Delta, CloudLoft, PrimaLoft, Thermic CF) that has a temperature rating between 25 to 45° F bag should be fine. The bag should have a nylon shell both inside and outside. **Do not bring bags with cotton shell, fill, or lining**—if they get wet, you'll never get them dry.

**1 foam sleeping pad** (3/8 in. foam) - or inflatable camping pad (like a Thermarest—*not* a full-size inflatable mattress). Sleeping pads provide padding and insulation from the ground for more comfortable sleeping, and they help keep your sleeping bag dry.

small pillow (optional)

pajamas

## clothes

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1 pair closed-toed shoes (hiking boots, sneakers, tennis shoes, etc.)

1 pair water sandals that have straps and stay on your feet (NO FLIP-FLOPS)

Socks (1 pair/day)

Underwear as needed

1-2 pairs shorts, loose-fitting

1 pair long pants, loose-fitting: cotton/synthetic blend, fleece, nylon, or some other synthetic material. Athletic warm-ups are great. **No blue jeans or cotton sweatpants**—they take too long to dry!

1 pair lightweight polypropylene long underwear bottoms (optional but highly recommended)

1 pair waterproof rain pants, coated nylon

1 bathing suit

T-shirts: 1-2 synthetic OR 2-3 synthetic/cotton (50/50 blend)

1 long-sleeve shirt: cotton/synthetic blend, polypropylene, athletic warm-up, skiing gear

1 synthetic fleece jacket or wool sweater. The mountains get chilly at night!

1 rain jacket or poncho: coated nylon or waterproof/breathable fabric like Gore-tex. Make sure it's still waterproof—the waterproof coating on nylon rain jackets degrades over time! Don't bring heavy rubberized rain jackets; they weigh a ton and you'll end up getting very hot and sweaty.

1 brimmed cap (wide-brimmed, baseball, etc) for sun and rain protection

1 wool or synthetic fleece hat for warmth at night

## Other Essentials

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2 one-quart water bottles, such as Nalgene. **You must have these water bottles!**

1 small flashlight or LED headlamp with fresh, alkaline batteries (alkaline batteries last longer)

1 toilet kit: Just the essentials: toothbrush and small tube of toothpaste, comb/brush, sunscreen, lip balm. **Do not bring "smellables" like shampoo, soap, shaving cream, deodorant, etc.** Things that "smell good" to us are an attraction for insects and animals.

1 pair sunglasses

1 camera and film (optional)

personal book

1 towel

sunscreen (with at least a SPF of 30) and lip balm with SPF

## Day Pack will include:

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1-2 quarts of water

fieldwork journal (REALMS will provide)

pencils and hand sharpener

lunch

sun hat or warm synthetic hat

extra layer