



**Departing:** Tuesday, February 7<sup>th</sup> at 9:00am from REALMS  
(please help your child arrive to school at their regular time, as the 7<sup>th</sup> graders will be involved in pre-trip work from 7:55am until their 9:00am departure)

**Returning:** Friday, February 10<sup>th</sup> at 2:30pm to REALMS

**Staff (5):** Karen, Laurie, Amy, Roger, & Dante

**Parent Chaperones NEEDED:** Looking for 8 adults to help with this trip. (please call or email Amy (aanderson@realmschool.org) if you are interested ASAP. \*\*\*staff and students will be walking in on a snow-covered (hopefully) road. Amy can arrange a snow-cat ride for you or you can cross country ski in and out.\*\*\*

**Parent Chaperone Meeting:** Wednesday, February 1<sup>st</sup> (5:30pm-6:30pm)

**# of STUDENTS:** 46- 7<sup>th</sup> grade students

\*\*\*7<sup>th</sup> Grade students and Big Lake Staff will have Monday, February 13<sup>th</sup> off of school.\*\*\*

Please read through this packet carefully.  
**Sign/return the pink pages by Wednesday, January 25th**

# **BIG LAKE YOUTH CAMP 7<sup>th</sup> Grade WINTER FIELDWORK EXPEDITION**

Tuesday, February 7 - Friday, February 10<sup>th</sup>, 2012

## **Parent Information Packet**

We are very excited to be going on our fourth annual snow based excursion as a 7<sup>th</sup> grade class!

Adventure and a close connection to the natural world are key components of the REALMS mission. On this trip we will use adventure and the natural world to strengthen the bond between our students, to deepen the leadership and communication skills of each of our students, and to revitalize and refocus our energy and commitment for the academic work that lies ahead through the remainder of the school year.

We have set up a series of activities that will build on and deepen the culture of excellence, leadership and teamwork that was created when we began our school year at Suttle Lake way back in September.

This packet will provide you with all the info you need to be sure that your son/daughter is well prepared for a great experience out at Big Lake Youth Camp. Please call or email Amy Anderson ([aanderson@realmschool.org](mailto:aanderson@realmschool.org)) with any questions or concerns.

### **This packet includes:**

- Map
- Logistics information ("Nuts & Bolts")
- Sample Itinerary from 2009 to get a "gist" of the type of trip your child will be experiencing (the Big Lake Staff are actively working on the 2012 itinerary now)
- Packing List
- Gear Request Form (TO BE RETURNED TO AMY by Wednesday, January 25<sup>th</sup>)
- Parent/Student Check List (TO BE RETURNED TO AMY by Wednesday, January 25<sup>th</sup>)
- Expectations for Fieldwork Trip (TO BE RETURNED TO AMY by Wednesday, January 25<sup>th</sup>)

### **From the REALMS Mission Statement...**

*At REALMS, we will challenge our diverse group of students to investigate, understand, and become stewards of the human and natural world around us. To do so, we will pursue experiences both inside and outside of the classroom that will help our students develop a core set of academic skills and learning habits; that will encourage them to explore and identify their values; and that will foster the inspiration that comes through service to others and adventure.*

## THE NUTS & BOLTS

**Where:** Big Lake Youth Camp near HooDoo Ski Resort, outside of Sisters

### **When:**

- Depart Tuesday, February 7th from school. The bus will be ready to leave at 9:00, so PLEASE be ON TIME for school, or early!
- Return to the REALMS parking lot at 2:30pm on Friday, February 10<sup>th</sup>. **There will be no school Monday, February 13<sup>th</sup> for 7<sup>th</sup> GRADERS & BIG LAKE STAFF.**
- **STUDENTS NEED TO BRING THEIR GEAR TO SCHOOL ON MONDAY, FEBRUARY 6<sup>TH</sup> FOR A MANDATORY GEAR CHECK!!!!**

### **Getting There:**

- We will be riding a school bus, and also having some parent chaperones help with transporting any extra gear.
- **There is a 3 MILE WALK into the camp.** All students will make the trek in as a part of the adventure and challenge of this experience! Properly fitted winter snow boots will be essential!
- There will be two snowmobiles with us in case of emergency, AND we are hiring the snow cat owned by Big Lake Youth Camp to transport all of the student's gear and our food, equipment etc.

### **Sleeping Logistics:**

- Girls will be sleeping in the main lodge, supervised by the female staff and chaperones, while the boys will be sleeping in cabins supervised by male staff and chaperones. All students will need sleeping bags and pads for the girls.

### **Food & Other Logistics:**

- There is hot/cold running water in the main lodge, but not in the cabins.
- Students will not be taking showers.
- There is a full industrial kitchen.
- Food will be cooked by our FANTASTIC parent volunteer crew under the guidance of our expert food guru \_\_\_\_\_ (\*\*still looking for a parent volunteer to head up the kitchen) The food will be nutritious and plentiful, with vegetarian and non-vegetarian options available at each meal.
- We will also have PLENTY of snacks planned for students, especially as we will be spending much of our time adventuring outside!

### **Emergency Contact Information**

- If you have a family emergency while we are on the trip and you MUST get in contact with your son/daughter, please use the following phone information:
- Camp Phone (503) 805-2267
- Big Lake Office Phone (503) 850-3583 Big Lake Cell Phone (503) 781-7784
- Please only use these numbers in case of emergency.

### **Gear**

- There is a packing list enclosed
- Please remember that we will all be outside for large portions of our day, so warm layers are essential
- Cotton is NOT a good warm layer, as it loses in. Polypro thermal long underwear and fleece are far better and don't get wet!

## **SAMPLE Trip Itinerary (the 2012 trip is a 4-day/3 night trip, however)**

\*\*\*used in 2009 when the trip was conducted as a whole school of 65 students. The Big Lake Staff are currently working on the 2012 itinerary, which will resemble the ones used in the past.\*\*\*

### **Tuesday, January 27<sup>th</sup>, 2009**

7:30	Students bring gear behind gym as they arrive, hang out on field
7:55-8:30	Crew: Review learning targets, expectations, and fieldwork journals
8:30	Circle on Field
8:45	Depart for Big Lake
9:45 - 12:30pm	Walk in 3 miles (Snacks on trail), Sled Scavenger Hunt on walk
12:45-1:30	Lunch: Hot & delicious at the lodge
1:30	After meal games/Staff Check In
1:45	Crew: Orientation to Winter Trip
2:30	Move in to cabins/sleeping areas
3:15-5:00	<b>1<sup>st</sup> Rotation</b>
5:00-6:00	Supervised time in cabins
6:00-7:00	Dinner
7:00-8:00	Crew
8:00-9:00	Evening Activity
9:00	Return to Cabins/Get ready for bed/ Teeth Brushing
9:30	Quiet Time (talking quietly in cabins, but not between)
10:00	Lights Out (Silent)

### **Wednesday, February 27<sup>h</sup>, 2008**

6:45-7:15	Optional morning yoga in main lodge (Lynda) – 6:30am wake-up
7:00am	Wake-up, Get dressed, using W.I.S.E layering system
7:15 – 8:00	Breakfast
8:00-8:30	Crew: Prep for day, backpack check
8:30-10:30	<b>Rotation 2</b>
10:30 – 11:30	Crew: Reflection & Fieldwork Journal
11:30- 12:30	Lunch
12:30-12:45	After meal game time/Staff Check In
12:45-2:30	Choice time (blend of inside/outside activities)
2:30 – 4:30	<b>Rotation 3 (snack)</b>
4:30 – 5:30	Crew: Reflection on day & <i>Fieldwork assessment rubric</i>
5:30 -6:15	Dinner
6:15-6:30	After-meal game time at tables/ Staff Check In
6:30 – 7:00	Grade Based Check In
7:00	Return to Cabins to get ready for evening activity
8:00	Evening Activity
9:30	Return to Cabins (get ready for bed/brush teeth/quiet time)
10:00	Lights Out (silent)

### **Thursday, February 28<sup>th</sup>, 2009**

7:00	Wake up & pack
7:45-8:15	Clean up cabins & group bathrooms
8:15	Breakfast
9:00	Pack lunches
9:15– 10:00	Appreciation circle (parents invited and encouraged to participate)
10:00	Depart camp /sno-cat
12:30	Bus pick-up
2:30	Return to REALMS/unload bus

## Packing for overnight trips -

- REALMS students will pack their gear for overnight trips in a day-pack (school backpack) and one large duffle bag or large “backpacking” backpack marked clearly with their name for every multiple day (overnight) fieldwork trip. **Label all sleeping bags, pads, rain gear, jackets, and stuff sacks with student’s first and last name.**
- Secure the sleeping bag & sleeping pad to the large duffle bag if the bag will not fit inside.

### **Day Pack will include...**

- \_\_\_\_\_ 2 Quarts of water
- \_\_\_\_\_ Fieldwork journal (REALMS will provide)
- \_\_\_\_\_ Pencils and hand sharpener
- \_\_\_\_\_ Lunch (sack lunch for day 1)
- \_\_\_\_\_ Sun hat and warm synthetic hat
- \_\_\_\_\_ Extra warm fleece layer(s)
- \_\_\_\_\_ Rain Gear
- \_\_\_\_\_ Camera (optional)
- \_\_\_\_\_ Flashlight or Headlight w/batteries

### **Large Duffle Bag or Backpack will include...**

Everything on “Big Lake Packing list”, unless it says, “optional”

**All items on the following list are required.** If you do not have any of the items, and can’t borrow them from friends, then please indicate your need on the “Gear Request Form” and return it to REALMS ASAP. We have a great supply of fleece gear, ski jackets, and pants that we can loan out. We may also be able to help with boots (we have a few pairs). Because our gear will be transported in a snow cat while we walk in to the camp, we ask that: **ALL GEAR IS PACKED CAREFULLY INTO ONE BAG, AND THAT IT IS WELL LABELLED WITH THE STUDENT’S NAME. IF TWO BAGS ARE NECESSARY, THEY SHOULD BOTH BE WELL LABELLED!**

**STUDENTS NEED TO BRING ALL OF THEIR GEAR TO SCHOOL ON MONDAY FEBRUARY 6TH FOR A GEAR CHECK**

## Big Lake Packing List

**All items on the list are required.** If you do not have any of the items, and can't borrow them from friends, then please indicate your need on the gear borrow form and return it to REALMS ASAP. We have a great supply of fleece gear, ski jackets, and pants that we can loan out. We may also be able to help with boots (we have a few pairs). Because our gear will be transported in a snow cat while we walk in to the camp, we ask that: **ALL GEAR IS PACKED CAREFULLY INTO ONE BAG, AND THAT IT IS WELL LABELLED WITH THE STUDENT'S NAME. IF TWO BAGS ARE NECESSARY, THEY SHOULD BOTH BE WELL LABELLED!**

**STUDENTS NEED TO BRING ALL OF THEIR GEAR TO SCHOOL ON MONDAY FEBRUARY 6TH FOR A GEAR CHECK**

### REQUIRED ITEMS

**Outer Wear:** water resistant fabrics, and definitely NOT cotton

- Snow pants or rain pants
- Warm ski jacket or shell
- 1 pair of warm, high top winter snow boots that fit well
- 2 Warm gloves or mittens (two is definitely preferable); one for back-up when the first pair gets wet
- 1 warm synthetic (fleece, wool) ski hat (hoods DO NOT count)

**Insulation Layers:** NOT cotton. Fleece, Wool, Polyester or Polypropylene!

- 4 pairs of thermal socks (wool, synthetic, or fleece)
- 1-2 pairs of long underwear, tops and bottoms – not cotton
- 1-2 Fleece sweater or jacket
- 1-2 Fleece pants
- 1-2 Turtle neck shirt or long sleeve shirt

\*\*\*students will be spending time outside and it is nice to have extra layers to change into after a snow-shoe experience or sledding.\*\*\*

**Inside Wear (for when we're inside):**

- 1 pair of pants
- 2 t-shirts
- Running shoes or slippers (to wear while boots are drying)
- PJ's
- Underwear

**Other Required Gear:**

- Water bottle (2 quarts)
- Daypack (for bus and activities each day)
- Warm sleeping bag (synthetic – NOT cotton)
- Sleeping pad
- Flashlight or headlamp
- Sunglasses and/or goggles
- Fieldwork journal (REALMS will provide) with pencils
- SSR book
- Toothbrush & toiletries
- Sunscreen and Lip Balm with SPF

**Note: there are no showers (and there will be no polar bear swim)**

#### **Please DO NOT Bring:**

- Any snacks or candy
- No video games or cell phones
- Music players (MP3, IPODs, etc)
- Portable Game players or DVD players

**This is a NO Technology trip**

**This is an outdoor trip!**

## GEAR REQUEST FORM

If you do not have any of the following gear, please consider borrowing from friends or purchasing at local used gear stores. If that is not possible, please indicate below what items you need to borrow and we will do our best to help!

NAME: \_\_\_\_\_

\_\_\_\_\_ Snow pants or rain pants

\_\_\_\_\_ Warm ski jacket

\_\_\_\_\_ 1 pair of warm, high top winter snow boots

\_\_\_\_\_ 1-2 warm gloves or mittens

\_\_\_\_\_ 1 warm synthetic (wool or fleece) ski hat (hoods **DO NOT** count)

\_\_\_\_\_ 4 pairs of thermal socks

\_\_\_\_\_ 1-2 pairs of long underwear, tops and bottoms – not cotton

\_\_\_\_\_ 1-2 Fleece sweater or jacket

\_\_\_\_\_ 1-2 Fleece pants

\_\_\_\_\_ 1-2 long synthetic long sleeve shirt

\_\_\_\_\_ **warm sleeping bag**

\_\_\_\_\_ **sleeping pad**

**Please return this form to Amy ASAP in the office, but no later than  
Wednesday, January 25<sup>th</sup>, 2012**

## A word about Clothing -

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 – please let us know by filling out the “Gear Request Form” and turn it in 3 days before the trip's departure.

**Repeat Performance Sports (used gear store)** \*\*\*\*you can even ask Repeat Performance to put your name on a list for a specific item and they will call you when they get it in the store)  
(541) 617-0022 345 SW Century Dr Bend, Oregon 97701

**Craigs List** (<http://bend.craigslist.org/>) A web site of classified ads and community notices that the local community uses to sell/buy/advertise various items and services.

**Gear Peddler (used gear store)** 184 NE Greenwood Ave Bend, OR 97701 (541) 617-5254

## Dressing for the weather

Weather is unpredictable, so you'll need to bring a range of clothing for various temperatures, as well as rain. In order to be appropriately prepared, you'll need to start reading labels and discovering the fabrics your clothes are made from. Since the majority of this trip is spent outside, it is essential to invest in the following layering system and invest in appropriate clothing for REALMS fieldwork trips.

## Layering (dress **W.I.S.E.**) from The Backcountry Classroom by Jack K. Drury, Bruce F. Bonney

Dressing in layers is the most efficient way to stay comfortable in the outdoors. By bringing several different layers, you can add or remove clothing to match your activity level and the weather conditions.

**W** = WICKING LAYER: The first layer worn against the skin, its function is to wick moisture away from the skin and insulate. Inner layers of clothing should be made of synthetic materials that absorb minimal amounts of moisture and allow moisture to readily evaporate from the body's surface (e.g., polypropylene, capilene, wool). **NOT COTTON!**

**I** = INSULATION LAYER: The primary job of this layer is to insulate by trapping body heat. Fleece, pile, wool, or goose down can serve as an effective middle layer.

**S** = SHELL LAYER: The outer layer protects from wind and precipitation (rain & snow). This layer should be waterproof. This is your rain jacket or ski jacket, depending on conditions.

**E** = EXTRA LAYERS: Be prepared by carrying extra layers to deal with the diverse conditions experienced by spending time outside. You should never have all of your clothes on when spending time outside. Instead you should have something to put on if the weather changes or a layer gets wet.

**PARENT/ STUDENT CHECKLIST:**

**Student Name:** \_\_\_\_\_

**Please complete the following checklist, sign, and return to school BY WEDNESDAY, JANUARY 25TH**

**Do you have everything you need for the trip?** **Gear Check**

- Yes we will pack our gear into ONE well-labeled bag!
- Yes, we have everything on the gear list.
- No, we need to borrow some items and have turned in the "Gear Request Form"

**Do you understand the fieldwork expectations?** **Expectations Contract:**

- Yes, we have read the REALMS fieldwork expectations together and have signed the form.

**Does your child have any food allergies/issues/dietary considerations?** This will help inform our menu planning (we plan meals with a lot of choices, including meat-free. Please concentrate below on dietary issues that will cause major problems (medical) instead of likes & dislikes.

- Yes, my child has allergies to: \_\_\_\_\_ (pls. list)

**Describe Allergic Reaction (to above foods):**

\_\_\_\_\_

- Vegetarian
- Gluten-Free
- Lactose Intolerant
- Other: \_\_\_\_\_ (pls list & describe)

**Medication Update:**

- Yes, I have sent in enough pills for the trip. The pills need to be in the original prescription bottle, in your child's name with the correct dosage instructions. Any changes must be accompanied by a physician's note and signature. Staff will adhere to the script on the trip.
- REALMS staff will also administer any over the counter medication your child will need on the trip. (please fill in the table below)
- Please turn the medication into the office **NO LATER than WED., FEBRUARY 1ST**

\_\_\_\_\_ takes the following prescription or Over the Counter medications:  
(name of your child)

Name of Medication	Dosage in mg AND # of tabs	Time of Day administered	Other Information

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

\_\_\_\_\_  
Date

\_\_\_\_\_  
Student Signature

## Expectations for Fieldwork Trip

The same expectations apply, when on a fieldwork experience, that we have at school. These expectations are even more important when we are away from campus, because of safety, and we are representing ourselves and REALMS to the public.

### Kindness

### Positive Participation

### Consideration

#### **Treat all members of our Community with kindness and consideration...**

- Strive to always include others, and never exclude anyone
- Cooperate and compromise
- YES to "put ups", NO to "put downs"
- Offer to help out whenever you see something that needs to be done
- If you have a problem with another student, ask a teacher for help!

#### **Bus**

- Keep your volume down
- Keep the bus clean
- Keep your conversations respectful/polite
- Say thank you to your driver

#### **School/Gymnasium/Lodge/Cabins/Facility**

- Respect the boundaries set by staff
- Leave No Trace
- No yelling - respect the facility we are using
- No boys in girls zone, or vice versa... EVER.

#### **Public Places**

- Be polite and respectful of people who we work with and people we meet
- Keep your volume down, silent during the house session.
- Avoid the "herd mentality" - enter and exit public places quietly
- Follow directions (from teachers or parent chaperones) the first time

#### **Working with Experts**

- Show good attending skills
- Learn as much as possible
- Ask thoughtful questions
- Remain open and interested in each experience

#### **Activities/Circles**

- Circle up quickly and quietly
- Participate fully
- Fieldwork activities are just like classroom activities - do your best work
- Have fun, and help others have fun

When away from our school campus, consequences may be different than usual. If you have difficulties following the expectations above you may lose free time, you may lose the ability to participate in activities during the day or evening, **OR, you may be removed from the trip. In this case, parents will be called and asked to pick you up.**

I understand the expectations and consequences for the trip and I agree to live up to these expectations.

Parent Signature: \_\_\_\_\_ Student Signature: \_\_\_\_\_