

2018-2019 OUTDOOR EDUCATION CATALOG

Table of Contents

CALENDAR OF 2018-2019 OUTDOOR EDUCATION COURSES	p. 2
MISSION, SCOPE, and IMPLEMENTATION	p. 3
OUTDOOR EDUCATION REQUIREMENT	p. 4
OUTDOOR EDUCATION CORE CURRICULUM	p. 5
GENERAL OUTDOOR EDUCATION PROGRAM INFORMATION	p. 5-12
- Outdoor Course Policies	p. 5
- Medical Review/Wilderness First Aid and Medication	p. 6
- Outdoor Education Instructors and Instructional Methods	p. 7
- Course Descriptions and Course Areas	p. 8
- Dates for Submission of Forms and Equipment Check	p. 9
- Course Itinerary Changes Before or During a Course	p. 9
- Departure Time for Courses	p. 9
- Return Time for Courses	p. 10
- Emergency Contacts During the Course	p. 10
- Course Prerequisites	p. 10
- Course Cost and Fees	p. 10
- Financial Assistance for Courses	p. 10
- Personal Equipment for Courses	p. 11
- Equipment Rental and Purchase	p. 11
MIDDLE SCHOOL COURSES	p. 12-18
- 7th Grade Class, Montana de Oro Course	p. 12
- 8th Grade Class, Fall Quaking Aspen Course	p. 13
- Seventh Grade Class, Indian Cove Course	p. 15
- Eighth Grade Class, Spring Course	p. 15
UPPER SCHOOL COURSES	p. 20-31
- Ninth Grade Class Backpacking Course	p. 20
- Tenth Grade Class Backpacking Course	p. 22
- Eleventh Grade Class Wellness Retreat	p. 25
- Eleventh Grade Class Backpacking Course	p. 26
- Twelfth Grade Class Backpacking Expedition	p. 28
STUDENT INTERNSHIP	p. 31
OUTDOOR EDUCATION GENERAL EQUIPMENT INFORMATION	p. 31-34

CALENDAR OF 2018-2019 OUTDOOR EDUCATION COURSES

MIDDLE SCHOOL OUTDOOR EDUCATION COURSES

Eighth Grade Class, Quaking Aspen, Southern Sierra	Sept. 24-28
Seventh Grade Class, Montana de Oro State Park, S. California	Oct 15-19
Seventh Grade Class, Indian Cove, Joshua Tree National Park	Mar 4-8
Eighth Grade Class, Spring Backpacking, Coastal Mtns, S. California	April 22-26

UPPER SCHOOL OUTDOOR EDUCATION COURSES

Tenth Grade Class, Southern Sierra Backpacking Course	Aug. 27-Aug 31
Eleventh Grade Class, Big Bear, California, Wellness Retreat	Aug 28-Aug 31
Ninth Grade Class, Joshua Tree National Park Backpacking Course	November 12-16
Twelfth Grade Class Southern Sierra Backpacking Expedition	May 15 - June 3
Eleventh Grade Class Southern Sierra Backpacking Course	June 9-14

MISSION

Chadwick Outdoor Education fulfills the school's mission statement by impelling students into small group adventures in the wilderness. Students are challenged in a unique learning environment to discover a sense of self, understand their community and explore and respect the natural world.

SCOPE

Discovery of a sense of self - During outdoor courses learning and understanding on a personal level are expected as students use critical thinking and reasoning for decision-making. By self-challenge students learn integrity, independent learning and responsibility. Challenge confronted through adventure enables students to explore and develop their mental, physical and emotional capabilities. The process of self-discovery, the growth of the whole person and the fostering of a sense of self are all encouraged. The program encourages individual talent and potential to be developed in any outdoor activities.

Understanding the community - Participating in a small group that shares adventure and faces challenges will promote students' commitment to that group and to the learning experience. Students are compelled to develop communication skills and use them to build trust and support for one another. Small group adventure in the outdoors encourages social responsibility, insists on involvement and commands students to be an integral part of the group. Courses test students' perceptions and attitudes, offering new friendships, different insights, and perhaps the germination of a unique rapport with life.

Exploration of the natural world - Students are totally immersed in the natural environment during courses, developing inquiry and curiosity about their surroundings. Students learn and come to understand the natural and cultural history of areas, with the expectation that they will develop a deep regard for the natural world, while nurturing an ethic of conserving wild areas. Students learn to evaluate firsthand the power of natural forces and landscapes. They begin to understand their place in the larger scheme of the natural and human world.

IMPLEMENTATION OF THE MISSION

- Using small group adventure as a vehicle for learning.
- Demanding student commitment to the process of learning.
- Engaging students in the discovery of the value of community.

- Guiding students from dependent to independent learning.
- Using a diverse and challenging learning environment.
- Teaching and developing life skills.
- Allowing students to discover self and individual strengths.
- Teaching and developing students' reflective critical thinking.
- Developing effective communication skills.
- Interacting with a diverse and committed faculty
- Fostering an appreciation of the complexity of the world.
- Fostering an appreciation and respect of the natural environment.
- Developing a balance of cognitive and affective learning.
- Fostering respect and trust for others and an appreciation for differences.
- Providing students' with an appreciation for the discovery of the process of learning.
- Developing students' ability to work as a team.
- Developing students' personal independence through self-confidence, self-direction and self-knowledge.
- Developing students of good character including the five core values of respect, honesty, compassion, responsibility and fairness.
- Enhancing decision-making and responsibility by an appreciation of natural consequences.
- Fostering individual and social responsibility.

OUTDOOR EDUCATION REQUIREMENT

Chadwick requires each student in grades 7 through 11 to participate in the Outdoor Education Program. Yearly participation is a graduation requirement. This requirement is a reflection of the school's commitment to education of the whole-person. Students in grade 12 may elect to participate in a 22-day backpacking course.

Students may be excused from going on an outdoor course under extreme circumstances; applications to be excused will be reviewed by the Outdoor Program Advisory Committee, which consists of the Directors of the Upper and Middle Schools, the Director and Associate Director of Outdoor Education, and the Dean of Students. These applications must include an explanation as to why the student wishes to be excused from the class course (family emergency, non parent doctor's excuse).

A notation on each student's transcript will show whether he or she has fulfilled the Outdoor Education requirement for each year. Please see graduation requirements in the academic policies section of the Upper School for more details.

OUTDOOR EDUCATION CORE CURRICULUM

The Outdoor Education Department has a core curriculum that reflects students' expected learning for each course with attention to skills, information, concepts, and habits of mind. Chadwick Outdoor Education courses involve travel and camping in rugged terrain. Good physical conditioning and a positive mental attitude are essential. Each student plays an important role in the success of a COE course.

As students progress through each grade course they will assume responsibility and leadership positions, and will learn to identify and assess hazards in order to solve problems and make good decisions. Students become responsible for transporting their own equipment, preparing their own meals, selecting appropriate equipment, and taking care of themselves in a variety of different conditions. The course area and logistics of each course from grades 7-12 are designed to challenge students appropriately through a progression of experiences. The remote nature of course areas is a vital part of each group's learning experience.

All program staff are certified Wilderness First Responders. The program has fully accredited policies and protocols for all activities by the Association for Experiential Education. Risk management is a major element of the programs policies and protocols. There are challenges that are an integral part of the programs activities and without which the activity would lose its essential nature.

GENERAL OUTDOOR EDUCATION PROGRAM INFORMATION

Outdoor Course Policies

1. Students must follow all Chadwick Outdoor Education risk management policies as directed by their instructors.
2. Students and parents must return the Outdoor Education Confidential Medical Information Form and the Acknowledgment of Risk Form completed and signed

before they may participate in any course.

3. Students will be responsible for chores, equipment and personal belongings, personal hygiene, eating and drinking sufficient amounts of food and water, and getting the proper amount of sleep at night. The success of each course depends on how well the individual students take on personal responsibility, as well as how they contribute to their course community.
4. Students must conduct themselves in a positive manner that reflects the high values of their families, their communities, and the school. All school rules apply. Students may not bring drugs (except prescriptions), alcohol, or tobacco on courses.
5. Students must bring only those items listed on the personal equipment list. Students may not bring radios, smart phones, knives, electronic games, personal stereos, computers or candy into the field. Such items will remain in the vans for the duration of the course.
6. Instructors will not tolerate unsupportive behavior toward other group members.

Student Grouping for Outdoor Education Courses

To achieve the goals of the outdoor education program and integrate the outdoor education program into students' life at Chadwick, advisor groups will be used as a foundation for the course. Groups will be assigned to their respective course areas or itineraries. Typically there are more advisor groups than groups on a particular grade course, so advisor groups are merged to make backpacking groups. The groups formed are reviewed by the Director of the Middle and/or Upper School, the Assistant Director of the Middle and/or Upper School, the Dean of Students, and the School Counselor. Groups may also be reviewed by the Head Advisor of the class, the School Nurse, and the School Trainer. Any feedback from the above people will be taken into account when finalizing assignments of groups to specific course areas. If students or parents have questions about the groupings they need to contact the Director of the Division or the Dean of Students.

Medical Information Review

All participants on Chadwick Outdoor Education courses complete a confidential medical information form. These forms are reviewed by one or more of the following people: Director of Outdoor Education, Associate Director of Outdoor Education, Director of Upper School, Director of Middle School, a faculty representative, Chadwick School Nurse, Chadwick School Trainer, and Outdoor Education Instructors. Any "red flags" are noted and followed-up by conversations with the student, the parents, the student's doctor (in the case of psychological problems i.e. eating disorders, information is sought from the student's advisor and the school counselor).

If a student/parent submits a letter from the student's (non-parent) M. D., detailing a medical problem and stating that the student should not participate in the trip, the student is excused from the trip; a notation is made on the student's transcript. Medical problems that may excuse students from trips include: severe allergies, recent surgery, recent hospitalization, severe asthma, frequent severe migraines, and eating disorders.

Wilderness First Aid and Medication Use Policy and Procedure

All instructors working for the outdoor program are Certified Wilderness First Responders and follow Wilderness Medical Society, Wilderness Medical Associates, or Wilderness Medical Institute Wilderness First Responder protocols, procedures and guidelines when teaching Chadwick courses.

A basic first aid kit is carried by instructors and students during all activities. First Aid kits and drug kits are available and are routinely checked during course orientation and restocked at the end of each course. Repair kits and appropriate spare items are available for trips beyond the facility or road head. Food, shelter, and equipment are provided for activities conducted beyond the facility or road head. In the event of an injury, illness, or extreme change in weather, staff have the skills and equipment to manage the situation until a return to the road head can be achieved.

Parents and/or students are responsible for communicating what prescribed medications are being taken, their purpose, and if the instructor will be responsible for carrying the medications. This information should be conveyed to the Director, Associate Director, or Instructor of the Outdoor Education Program. These medications must be listed on the Medical Form with doses and time schedules included. We must also be informed about any other medications that are being carried into the field. In case of an emergency medical situation, it is extremely important that we know, at all times, what medications participants have ingested while they are on our courses.

We strongly discourage "over the counter" medications being carried by students. Each instructor team carries a drug kit which contains: antihistamines, epinephrine, analgesics, anti-inflammatory, anti-fungal, decongestants, gastro-intestinal medicinal, antibiotic ointment, wound disinfectant solutions, and skin irritation relievers; in addition each group carries an expedition size backcountry first aid kit. Females: Although our first aid kits contain tampons and pads for feminine hygiene, you should bring your own supply. Outdoor courses can temporarily disrupt your menstrual cycle.

Chadwick Outdoor Education Instructors and Instructional Methods

Instructors use many different styles of teaching and instructing. Instructors understand the many facets of group development and the dynamics that run within groups. Their expertise allows them to adjust the level of experience to foster a group's process of development. Instructors use many hands-on techniques during courses,

including demonstration of techniques, question and answer, practice, evaluation and more practice. Instructors use experiential learning and learning by doing in combination with critical reflection in many aspects of the program. Please refer to the OE pages on the school website for more information about the instructor hiring process.

Because of the nature of outdoor education, the teachable moment is a widely used strategy. Often on an outdoor course, animals, plants, people or situations present themselves at opportune (and inopportune) moments that make for a powerful teaching situation. Instructors also use facilitation, the cornerstone of effective adventure-based learning. Instructors guide the growth and learning experiences that occur on courses and facilitate the transference of the learning back to the home and school environment. Facilitation is done formally and informally, through discussion, front loading and journalling on subjects such as leadership, followership, feelings, cooperation, trust, decision making and closure.

A fundamental aspect of instructors' work is to impel students into adventures while keeping actual risk to a minimum; instructors provide a combination of support and challenge, so students will take physical and emotional risks. This is the crux of the job. The ability to produce challenges that will be taken and to provide support that will be accepted relies on instructor's ability to connect with the students and to win their respect. Making connections and earning respect require a high level of integrity.

Instructors meet with the Director and the Associate Director of Outdoor Education for two to four days of planning and orientation before each course. During this time staff share ideas, review risk management policies and procedures, and refine their abilities as leaders and educators. After each course, each instructor team meets with the Director and/or Associate Director of the Outdoor Education Program to debrief their course experience.

Instructors follow a written syllabus for each course and adhere to a detailed set of risk management policies, outlined in the Instructor Manual. This document also details emergency procedures, lists emergency contacts, and gives directions to medical facilities for each of our course areas. All instructors have CPR and Wilderness First Responder certifications.

The program uses a combination of cell phones, satellite phones and/or 2-way radios as part of the emergency response. Instructors carry different devices for different course areas based on terrain and coverage of communication devices.

Course Descriptions and Course Areas

Below is an overview of the courses offered in each grade. Each course offers students a unique common experience in new and sometimes very different environments compared to school and home. Courses are shared experiences that provide an opportunity for unity and lasting bonds to be formed by students within their grades.

Students in the seventh and eighth grade are required to participate in two outdoor education experiences during the academic year. For seventh grade students there is a fall course to Joshua Tree National Park that is a base camp operation. Students split into smaller groups for daily activities, and then return to a central camp at night. The second experience is the spring seventh grade course. This is a base camp style course that is similar in format to the fall course. It is based at Pine Springs Ranch near Idyllwild. Eighth graders visit Quaking Aspen in the Sequoia National Forest in September, which is also a base camp operation. In the spring, eighth graders participate in their first backpacking expedition style course. Students are split into small groups and travel with two instructors to different course areas in the Coastal Mountains.

Every student in grades 9-11 is required to participate in a yearly outdoor education course. Grades 9 and 10 participate in a 5-day backpacking course. Junior students are required to participate in two courses a year: one is a 6-day backpacking course, the other a retreat at the beginning of the year. Students are in small groups of eight to twelve students with two or three instructors; each grade level's course experience builds upon the skills learned from their prior outdoor education experiences in a progression developed to prepare students for their final senior outdoor education experience. Ninth grade students backpack through Joshua Tree National Park in November. Tenth grade students backpack through various mountainous, wilderness regions of southern California. Eleventh grade students take part in a wellness course to Camp Whittle, which is a retreat in preparation for their junior year, and then participate on a 6-day backpacking course at the end of the year in Sequoia National Forest. Seniors have the choice to take part in a 22-day backpacking expedition at the end of their senior year. The senior course is a rite of passage for students and the culmination of their outdoor education experiences at Chadwick School.

Locations used for courses include: Joshua Tree National Park; Sequoia National Forest- Domelands, Jennie Lakes, South Sierra and Golden Trout Wilderness areas, and the Quaking Aspen area; Inyo National Forest- Golden Trout and John Muir Wilderness areas; Sierra National Forest- Dinkey Lake and John Muir Wilderness areas; San Bernardino National Forest- San Geronio, San Jacinto, and San Jacinto State Park Wilderness areas; San Luis Obispo County Parks and Morro Bay State Park; Los Padres National Forest- Matilija, San Rafael Wilderness, Sespe, and Ventana Wilderness areas; San Onofre State Beach; and the Kern River in California.

Optional courses are not part of the required outdoor education program and cannot be used to meet student's outdoor education requirement. An optional rock climbing course is offered during the month of March. See the optional outdoor education course description in the back of the outdoor education catalog.

Dates for Submission of Forms and Equipment Check

In order to participate in courses, students must submit the Confidential Medical Information Forms and Acknowledgment of Risks Forms. These forms must have parental signatures. It is crucial that these forms are turned in on time.

In addition, students and parents are asked to pay special attention to the dates given under the course descriptions for equipment checks. Students must attend the equipment checks; it is a vital interest of the school that students comply with this expectation.

Course Itinerary Changes Before or During a Course

Weather, road, trail, sea, snow, drought conditions, changing river levels, permit availability and public land use restrictions may force an itinerary or location change before or during a course. If conditions become so diminished or severe that the objectives of the course or activity cannot be achieved then it is inappropriate to continue. It is within the instructor's judgment to curtail or stop the activity or course, turn the group around, get off the river, stop driving, etc., if they deem conditions to be too severe. Our instructors are employed for their good judgment and ability to manage risks and take the initiative to make courses as enjoyable and educational as possible. If changes are made before the start of a course, we will notify the families involved. If itinerary changes are made during a course, instructors will notify the on-call person as much as is practical and possible, so that the necessary information can be relayed to the parents on an as-needed basis.

Departure Time for Courses

Unless otherwise noted, all courses leave from the main Chadwick School parking lot. Students need to arrive 20 minutes early to load their gear. Students cannot leave their vehicles on campus during the courses; they must arrange a ride to school the day of course departure.

Return Time for Courses

Each course has an estimated return time, which may be found in this directory in the description of each particular course. Actual return times can vary from this estimate due to traffic conditions. On the day of the course's return, call 310-541-6763 and dial the extension listed in the course descriptions below for return time information.

Please note that once back at school, students are expected to help clean and put away equipment and clean the inside of the vans; this may take up to an hour.

Extension numbers will be issued at gear checks if they are not specified in the specific course return time information.

Emergency Contact During Courses

During outdoor courses in the event of an emergency it may become necessary for parents to get information to their children. As much as is practical, this communication will be channeled through the Division Director. For Middle School courses this is Jeff Mercer, for Upper School Courses, Mark Wiedenmann. The following information is given to school administrators before each course, driving

directions to the course area, course area base-camp (if applicable), course itinerary with student groupings (including emergency evacuation routes), driving directions and phone numbers for medical facilities in the course area, and phone numbers of course area emergency contacts.

Course Cost and Fees

Tuition covers the cost of most courses. Some courses carry an additional fee, as noted, to cover extra equipment rental and staffing expenses. Students will need to provide their own personal equipment and spending money as noted in the personal equipment lists. Non-required optional courses are not included in the tuition.

The school tuition supports the Outdoor Education Program, an integral part of the mandatory curriculum. Students who miss their required course will not receive any refund of their tuition. Because of the financial commitments made in planning each course, there will be no refunds for students who leave a course early.

Financial Assistance for Courses

The Lyon Mueggler Memorial Fund is available to provide total or supplemental grants to any student who requires assistance to participate in Chadwick's Outdoor Education courses. Priority will be given to students with demonstrated financial need. Backpacks, sleeping bags and rain gear are available for loan from the program. Financial assistance is available for the other items on the equipment list for each course. Please submit your request to the financial aid office.

Personal Equipment for Courses

The equipment lists follow the course descriptions for each grade. Do not bring extra equipment, which is not mentioned on the list. This is especially important on the backpacking courses since students will carry all their equipment on their backs.

Failure to follow the list closely can result in extreme discomfort during the course. Personal well-being may be compromised. Please consult the Director or the Associate Director if you have any questions about the adequacy of your clothing or equipment. If students bring inadequate clothing or equipment, which might compromise students well being on a course, they will be required to rent gear from Chadwick School.

Electronic devices, cell/smart phones, non-prescription drugs, alcohol, tobacco are not allowed on any outdoor education courses. Sheath knives are not allowed. If students bring candy, food, and electronic items those items will remain in the vehicles or basecamp for the duration of the course.

Regarding prescription medications, we recommend that students bring two supplies, the second being a backup supply in case the first is misplaced. Students and/ or parents are responsible for communicating what prescribed medications are being taken, their purpose, and whether the student or instructor will be responsible for

administering the medications to the individual student. This information should be conveyed to the Director, Associate Director, or Instructor of the Outdoor Education Program. These medications should be listed on the Medical Form with doses and time schedules included. We must also be informed about any other medications that are being carried into the field. In case of an emergency medical situation, it is extremely important that we know, at all times, what medications participants have ingested while they are on our courses.

We strongly discourage "over the counter" medications being carried by students. Each instructor team carries a drug kit which contains: antihistamines, epinephrine, analgesics, anti-inflammatory, anti-fungal, decongestants, gastro-intestinal medicinal, antibiotic ointment, wound disinfectant solutions, and skin irritation relievers; in addition each group carries an expedition size back country first aid kit.

Girls: Although our first aid kits contain tampons and pads for feminine hygiene, you should bring your own supply. Outdoor courses can temporarily disrupt your menstrual cycle.

Equipment Rental and Purchase

Sleeping bags, raingear, long underwear, and backpacks may be rented from Chadwick School on a first-come, first-served basis. Email Alan Hill at ahill@chadwickschool.org, for equipment rental reservation. Reserved rentals will be given out at the start of the course or at the equipment check.

Sleeping bag rental is \$9 per day. Backpack rental is \$14 per day. Raingear sets are \$7 per day. The business office will bill you for all rental fees after the course has been completed.

Equipment suppliers for rent or purchase: Big 5, Torrance, (310) 326-9528. DiveNsurf, Redondo Beach, (310) 372-8423. REI, Manhattan Beach, (310) 727-0728.

Additional information about the Chadwick School Outdoor Education Program can be found on the Chadwick web site at www.chadwickschool.org

MIDDLE SCHOOL COURSES

As a way of learning more about the Middle School Outdoor Education Program, Jeff Mercer, Middle School Director, will host a middle school barbecue. Alan Hill Director of Outdoor Education, will show photos and speak about the Outdoor Program. The barbecue will give insight into the goals of the program and vital information about the Middle School outdoor education courses. The Middle School barbecue is Friday, September 7 at 6:30 p.m.

SEVENTH GRADE CLASS, MONTANA DE ORO COURSE

Submission Dates for Forms: The OE Confidential Medical Information Form and Acknowledgment of Risks Form is due online by July 11, 2018.

Equipment: Please follow the equipment list on p. 14. For information on equipment rental and purchase, and more information about equipment items specific to this course see the end of the outdoor education section of the directory titled general equipment information. **Note: Bring snacks to eat on the bus ride to the course area.** Lunch will be provided when the bus arrives to the base camp. On September 10 at 8:00 a.m. in the Chadwick Library Storycorner there will be a show-n-tell of required student equipment and clothing, and time to answer parent questions.

Departure: October 15, 9:00 a.m. Location TBA

Return: October 19, 12:00 noon. On the return day, call (310) 541-6763, extension 2163, for updated information.

Cost: Covered by tuition.

Students will travel to Montana de Oro State Park for this basecamp course. They will be divided into six small groups camping in dispersed sites within the group camp. Students will be in small groups for activities during the day, and evening. During the course, there are three full-day activities, one day is spent doing a loop hike from the campground to local peaks including Valencia Peak. A second day will be spent visiting the bluffs using the Bluff trail in the southern region of the park and tide pooling in the local coves, and a third day will be used to study the varied and adapted plant and animal life using the Dunes Trail north of Spooners Cove.

SELF

Students will be introduced to themes of the program such as monitored solitude, reflection time and journalling. We will work on self-care while living in a rugged outdoor environment.

OTHERS

Students will work towards understanding their community focussing on small group dynamics, trust, drawing on and supporting others, respecting differences, and basic communication.

ENVIRONMENT

Students will explore the natural world, learning about the coastal ecosystem, geology of the area, plant and animal life in the coastal and intertidal environment and human and natural history.

OUTDOOR COMPETENCE

Students will work on outdoor competencies such as shelter set-up, pack packing, day hiking, outdoor equipment and clothing use and layering and hazard identification.

EIGHTH GRADE CLASS, FALL QUAKING ASPEN COURSE

As a way of learning more about the Middle School Outdoor Education Program, Jeff Mercer, Middle School Director, will host a middle school barbecue. Alan Hill and Deb Powers, Director and Associate Director of Outdoor Education, will show photographs and speak about the Outdoor Program. The barbecue will give insight into the goals of the program and vital information about the Middle School outdoor education courses. The Middle School barbecue is Friday, September 9 at 6:30 p.m.

Submission Dates for Forms: **The OE Confidential Medical Information Form and Acknowledgment of Risks Form is due online by July 11, 2018.**

Equipment: Follow the equipment list on p. 14. For information on equipment rental and purchase, and more information about equipment items specific to this course see the end of this outdoor education section of the directory titled general equipment information. **Note: Bring a bag lunch to eat on the bus ride to the course area.** On September 12 at 8:00 a.m. in the Chadwick Library Storycorner there will be a show-n-tell of required student equipment and clothing, and time to answer parent questions.

Departure: Sept. 24, 6:30 a.m. From bus turnaround near swimming pool.

Return: Sept. 28, 1:00 p.m. On the return day, call (310) 541-6763 extension 2163, for updated information.

Cost: Covered by tuition.

For this basecamp course students travel to Quaking Aspen Campground in the Sequoia National Forest. Students will be divided into six small groups camping in dispersed sites within the group camp, meeting as a large group for breakfast and dinner meals. Students will be in small groups for activities during the day and return to camp at night. Three full-day activities include rock climbing and rappelling at Dome Rock a spectacular granite dome overlooking the Kern valley, a second day is spent hiking to the Wheel Meadow Grove of towering Giant Sequoias, the world's largest trees, and a third hiking Slate Mountain, which with good visibility offers views of the Kern river basin, Mt Whitney to the northeast, Olancho Peak, Kern Peak and the massive granite monolith rock formation of the "Needles." (The Senior Trip course area).

SELF

Students work on personal responsibility and going beyond their perceived limitations.

OTHERS

In their small groups they work on the small group dynamic, good listening skills, and good communication.

ENVIRONMENT

They explore the natural world with particular emphasis on sense of place, geology and different ecosystems.

OUTDOOR COMPETENCE

They continue to build on hiking and camping skills learned in the seventh grade and focus on clothing and equipment choice with regard to layering and day pack preparation and preparing students for the mobile backpacking course in the Spring. Students will be exposed to outdoor skills, such as rock-climbing, rappelling, and navigation with map and compass, a peak hike and dealing with variable weather conditions.

Equipment List for Fall and Spring Seventh Grade Courses and Fall Eighth Grade Quaking Aspen Course.

Hiking Boots, Sleeping Bag and Pad

- Lightweight-hiking boots: make sure they are comfortable, sturdy, and broken-in. Ankle support and stiffness are critical in the boot.
- Sleeping bag: polar guard or fiberfill insulation. No cotton bags. Must be rated to 20° or colder.
- Ground pad: Ensolite, Thermarest, or closed-cell foam. No open-cell foam. Must be as long as you are tall.
- Ground tarp with grommets in the corners. A blue 5' x 8' plastic tarp works well.
- Day pack - large enough to carry lunch, snacks, water bottle, spare clothes, raingear, journal.
- Duffel bag for all equipment.

Clothing

- Raincoat (with hood) and rain pants. These must be waterproof. If you can suck air through the fabric it is not waterproof. Coated nylon is the cheapest acceptable material. No plastic.
- Tennis shoes for camp and/or river use; these shoes may get wet. Sandals, Tevas, or Aqua Socks are not acceptable substitutes.
- Polypropylene liner socks (two pair; thin and smooth) (optional, based on preference).
- Wool or synthetic socks, two pair, thick.
- Nylon shorts.
- Underwear, T-shirt, long sleeved shirt.
- Long underwear tops and bottoms, lightweight polypropylene. No cotton. When you hold up a lightweight layer, it lets some light through.
- Lightweight pants, hospital scrubs or nylon wind pants. No jeans!
- Medium weight top and bottoms; medium weight is double the thickness of the lightweight layer top, can be polypropylene or wool. No cotton
- Fleece jacket, or thick wool sweater. No cotton.
- Fleece pants and additional wool/fleece sweater recommended.**
- Warm hat and lightweight gloves (wool, polyester, or polypropylene).
- Sun hat (baseball cap or broad-brimmed hat).

•Sunglasses, sunscreen, and lip balm. Sunglasses must provide complete ultraviolet protection. Sunscreen and lip balm must be at least SPF 30.

Personal items

- Two 1-qt. water bottles (Nalgene preferred) or two-liter 'Camelback' or 'Platypus' type system. Must be leak proof and sturdy.
- Personal items, toothbrush, moisturizing lotion, bandana (two for females).
- Extra supply of prescription medications, i.e. Asthma inhalers, etc.
- Moleskin, to prevent blisters.
- Cup, bowl and spoon. Plate optional.
- Flashlight with extra batteries, typically AA or AAA. (or Headlamp)
- Eyeglasses, in case of contact lens problems.
- Insect repellent, 100% DEET not recommended.
- Females: An additional supply of tampons/ feminine hygiene pads.
- Swimsuit (needed for all middle school courses, except fall 7th grade Joshua Tree).
- Journal provided by the outdoor education program.
- Plastic whistle

SEVENTH GRADE CLASS, INDIAN COVE COURSE, 2019

Departure: March 4, 9:00 a.m. Location TBA.

Return: March 8,, Noon p.m. On the return day, call (310) 541-6763, Extension 2169.

Students travel to Joshua Tree National Park for this basecamp course. They will be divided into six small groups camping in dispersed sites. They will meet as a large grade group for breakfast, dinner in the evening and free-time. Students will be in small groups for activities during the day and evening.

During the course, students will rotate through three full day activities, one day is spent doing a loop hike/scramble from the campground up Gunsight Canyon. A second day will be spent rockclimbing and rappelling, and a third day will be used to explore the desert environment doing an activity called the 'crawl' and monitored solitude.

SELF

Students will be re-introduced to themes of the program such as monitored solitude, reflection time and journalling. We will continue to work on self-care while living in an rugged outdoor environment.

OTHERS

Students will continue to learn about building and understanding their community by focussing on small group dynamics, trust, drawing on and supporting others, respecting differences, and basic communication.

ENVIRONMENT

They will explore the natural world, learning about the Mojave desert environment, geology of the area, plant and animal life and adaptation in the desert environment and human and natural history.

OUTDOOR COMPETENCE

Students will continue working on outdoor competencies such as shelter set-up, pack packing, day hiking, outdoor equipment and clothing use and layering and hazard identification.

EIGHTH GRADE CLASS, SPRING BACKPACKING COURSE, APRIL 22-26, 2019

The entire eighth grade will have the opportunity to participate in their first backpacking course in several wilderness areas of the Los Padres National Forest, which encompass Big Sur, Sespe Creek, Matilija Creek and Manzana Creek.

Submission Date For Forms: In March, Alan Hill and Jeff Mercer will send out a course information packet containing all necessary forms with submission dates, descriptions of the courses, detailed equipment lists, and reminders for the date and time of the equipment check.

Student Grouping for Outdoor Education Courses

To achieve the goals of the outdoor education program and integrate the outdoor education program into students' life at Chadwick, advisor groups will be used as a foundation for the course. Groups will be assigned to their respective course areas or itineraries. Typically there are more advisor groups than groups on a particular grade course, so advisor groups are merged to make backpacking groups. The groups formed are reviewed by the Director of the Middle and/or Upper School, the Assistant Director of the Middle and/or Upper School, the Dean of Students, and the School Counselor. Groups may also be reviewed by the Head Advisor of the class, the School Nurse, and the School Trainer. Any feedback from the above people will be taken into account when finalizing assignments of groups to specific course areas. If students or parents have questions about the groupings they need to contact the Director of the Division or the Dean of Students.

Parent Meeting: On Wednesday, April 10 at 7 p.m. in the Lecture Hall there will be a meeting for parents of 8th grade students. During the meeting Alan Hill will explain the nature of the different courses, give a detailed explanation of the equipment needed, and answer questions.

Equipment Check: Students on all eighth grade trips must bring all personal equipment to school for a gear check at 1:45 p.m. Friday April 20 on the main lawn. Rentals will be given out then.

Departure: April 22, 6:00 a.m. All groups leave from the Chadwick main parking lot.

Return: April 26, groups will arrive back between 2:30-4:30 pm. Information about specific return times for each group will be contained in the information sent out in February.

Cost: Tuition covers the cost of this trip. All students are required to participate. Students will need \$10.00 spending money for lunch on the drive home.

Course Description:

The eighth grade will participate in a small group wilderness expedition. Each small group of eight to thirteen students with two to three instructors will undertake a beginning backpacking course. Students will be assigned to groups going to the three different course areas described below. Groups will follow separate backpacking routes spending four nights in the backcountry. Students will backpack up to two to three miles or less each day, mostly, if not all, on established trails.

While meeting the mission of the program,

SELF

Students will build on the skills and knowledge learned on the previous basecamp courses and will be introduced to expedition behavior using the School core values.

OTHERS

Students will be in small groups for the whole course, they will concentrate on, self-responsibility, self-reliance and continued self-care. They will learn how their choices affect the whole group.

As a group they will focus heavily on expedition behavior, collaborating as a small group, building community, fulfilling group roles, and communicating effectively.

ENVIRONMENT

Students will learn about plant and animal life in the course area. Itineraries are basically “out and back” or “loop” routes starting at a trailhead and then camping in the backcountry at two or three different locations each night. Set itineraries will also allow time for a period of monitored solitude, reflection, unstructured conversation, and discussions on natural and cultural history. Students will practise a leave-no-trace (LNT) ethic in the backcountry.

OUTDOOR COMPETENCE

Students will learn about and work on backpack fit and packing, water purification, stove-use, campsite location and set-up including camp chores; along with map and compass navigation and group skills necessary to travel in the wilderness.

Course Area Descriptions:

Sespe Creek and Matilija Wilderness Backpacking

Groups of students will travel to the Sespe and Matilija Wilderness of the Los Padres National Forest, north of Ojai. The groups will start at the same point and backpack 1-3 miles per day; the groups will travel and camp separately, but may meet occasionally as they explore the area. Sespe Creek provides a number of excellent swimming holes that can be used. Wildlife is abundant in the area as the creek provides an oasis in this dry chaparral environment. Part of the hike is near the Sespe Condor Sanctuary, giving testimony to the remote beauty of the area. It is here that the California Condors bred and raised in captivity are being released. Activities will include backpacking, day hiking and swimming.

San Rafael Wilderness Backpacking

The San Rafael Wilderness is nestled in the heart of the Los Padres National Forest. The wilderness area is still an uniquely beautiful place, a primitive landscape characterized by rugged chaparral-covered slopes, deep rocky gorges, pine-covered peaks, grassy "potreros" and striking sandstone formations. The scenic Manzana Creek provides a gathering place for many species of wildlife. The area is also rich in cultural history, from its ancient Chumash village sites to remnants of late 19th century pioneer homesteads. Students begin travel at the trailhead called Nira Camp. From there they will travel to the upper or lower Manzana Creek. The creek runs westward through deeply wooded canyons from the slopes of the San Rafael Mountains of the Los Padres National Forest to its confluence with the Sisquoc River. The creek undulates its way through narrows formed by resistant sandstone; along the way alders line clear pools. Activities include backpacking, hiking and searching for spectacular pools. The Sisquoc Condor Sanctuary is only a few miles from the area. There are also numerous Native American petroglyph and rock painting sites that may be visited.

Big Sur Backpacking and Coastal Exploration

This course will take place along the spectacular coast of Central California and into the heart of the Ventana Wilderness of the Los Padres National Forest. The first and last nights of the course will be spent camping in Julia Pfeiffer State Park and Plaskett Creek Campground in the beautiful Pacific Valley. The morning of the second day students will do up to a 4 mile hike on trail carrying their backpacks up the Big Sur River into the Wilderness. They will set up a base camp and spend the next day exploring the Big Sur River, visit groves of Redwood trees, and learn some of the extensive natural history of the area. Parts of the first and last days will involve visits to some of the spectacular beaches of the Big Sur area. The backpacking will average about 4 miles per day.

Sequoia National Forest and Kern River Canyon Backpacking

The Kern River Canyon includes some of the most majestic scenery in the southern Sierras. Groups will complete "loop" routes in this area, starting from Johnsondale Bridge trailhead and the Rincon trailhead. Students will learn the basics of backpacking and camp-craft along with the map and compass skills necessary to travel in the wilderness. Groups will spend part of the course hiking and camping along the banks of the Kern River, as well as hiking along six-mile trail and Durwood Creek a tributary of the Kern River. The Kern River is the largest drainage in the southern Sierras; the area is rich in natural and native history.

Equipment List for 8th Grade Spring Backpacking Courses

Hiking Boots, Sleeping Bag and Pad

- Lightweight hiking boots: make sure they are comfortable, sturdy, and broken-in. Ankle support and stiffness are critical in the boot.
- Sleeping bag: polar guard or fiberfill insulation. No cotton bags. Must have a temperature rating of at least 20°.

- Ground pad: Ensolite, Thermarest, or closed-cell foam. No open-cell foam. Must be as long as you are tall.
- Ground tarp. A blue 5' x 8' woven plastic tarp works well.
- Backpack 4,000 – 5,000 cubic inch capacity. Internal frame required. No duffle bag.

Clothing

- Raincoat (with hood) and rain pants. These must be waterproof. If you can suck air through the fabric it is not waterproof. Coated nylon is the cheapest acceptable material. No plastic.
- Extra sleeping bag-size nylon stuff sack, for storing food.
- Three plastic trash compactor bags. Compactor bags are stronger than regular garbage bags.
- Tennis shoes, for camp and/or river use; these shoes will get wet. Sandals, Tevas, or Aqua Socks are not acceptable substitutes.
- Polypropylene liner socks (two pair; thin and smooth). (optional based on preference)
- Wool or synthetic socks, three pair; thick.
- Nylon shorts. (one pair ideally, two max).
- Underwear, one T-shirt, one lightweight long sleeved shirt.
- Long underwear tops and bottoms, lightweight polypropylene. No cotton. When you hold up a lightweight layer, it lets some light through.
- Lightweight pants, hospital scrubs or nylon wind pants.
- Medium weight top and bottoms; medium weight is double the thickness of the lightweight layer top, can be polypropylene or wool. No cotton.
- Fleece jacket, or thick wool sweater. No cotton.
- **Additional sweater and fleece pants if you get cold easily. No cotton.**
- Warm hat and lightweight gloves (wool, polyester, or polypropylene).
- Sun hat (baseball cap or broad-brimmed hat).
- Sunglasses, sunscreen, and lip balm. Sunglasses must provide complete ultraviolet protection. Sunscreen and lip balm must be at least SPF 30.

Personal items

- Two 1-qt. water bottles (Nalgene preferred) or two-liter 'Camelback' or 'Platypus' type system. Must be leak proof and sturdy.
- Personal items, toothbrush, moisturizing lotion, bandana (two for females).
- Cup, bowl, spoon.
- Small headlamp with extra batteries, most likely size AAA or AA.
- Eyeglasses, in case of contact lens problems.
- Insect repellent, 100% DEET preparations not recommended.
- Headnet or Bugnet
- Sawyer mini water filter with 64 oz bag.
- \$20 for meals and snacks during the drive.
- Extra supply of prescription medications, i.e. asthma inhalers, etc.
- Journal will be provided by the outdoor education program.
- Females – additional supply of feminine hygiene pads/tampons.
- Plastic whistle

Chadwick Equipment Rental and Other Rental Sources

Please see the general equipment information at the end of this Outdoor Education Catalog for additional equipment rental information.

UPPER SCHOOL COURSES

NINTH GRADE CLASS, JOSHUA TREE BACKPACKING COURSE, NOVEMBER 12-16, 2018

Submission Dates for Forms: **The OE Confidential Medical Information Form and Acknowledgment of Risks Form is due online by July 11, 2018.**

Equipment Check: Read and follow the equipment list below. For information on equipment rental and purchase, and more information about equipment items specific to this course, see the end of this outdoor education section of the directory, titled general equipment information. **An equipment check will take place by the course instructors on Friday, November 9 on the main lawn 1:15-2:45 pm.**

Departure: November 12, 6:00 a.m. Chadwick main parking lot.

Return: November 16, 4:00 p.m.

Cost: Covered by tuition.

Course Area: The students will travel to Joshua Tree National Park, which is located in the Sonoran (low) desert in its southern section and the Colorado (high) desert in the north. Elevations range from 2000-5500 feet; temperatures may be in the 80's during the day and drop into the 30's at night. Expect sun, wind, rain, hail or snow.

Course Description: The Ninth Grade will be introduced and reintroduced to a small group wilderness expedition. The Ninth grade will have the opportunity to participate in a backpacking course in Joshua Tree National Park. Small groups of twelve students will follow separate backpacking routes through the Park with two or three instructors spending four nights in the backcountry. Students will backpack up to four miles each day; on and off-trail. Each group will be resupplied with water and food during the course. Routes allow the opportunity to climb a peak and for a period of monitored solitude.

SELF

Students will be introduced and reintroduced to expedition behavior based on the School core values. Focus will be placed on building self-confidence, integrity and compassion. Students will have the opportunity to teach competent outdoor skills to the whole group. Students will have the opportunity to lead the whole group.

OTHERS

Students will learn about different types of leaders and forms of leadership and group development. Students will learn to work and communicate as a group by undertaking different roles within the group.

ENVIRONMENT

Students will explore the natural world with particular regard to human impact, water use/conservation and low impact camping in a desert environment.

OUTDOOR COMPETENCE

Students will learn and refresh skills in pack-packing and carrying; stove use, and outdoor cooking; campsite selection, setup, and minimum impact techniques; as well as hygiene, self-care and temperature regulation. They will focus on map reading and navigation skills. Itineraries will also allow time for unstructured conversation, and discussions on natural/cultural history, and wilderness ethics.

Student Groups: To achieve the goals of the outdoor education program and integrate the outdoor education program into students' life at Chadwick, advisor groups will be used as a foundation for the course. Groups will be assigned to their respective course areas or itineraries. Typically there are more advisor groups than groups on a particular grade course, so advisor groups are merged to make backpacking groups. The groups formed are reviewed by the Director of the Middle and/or Upper School, the Assistant Director of the Middle and/or Upper School, the Dean of Students, and the School Counselor. Groups may also be reviewed by the Head Advisor of the class, the School Nurse, and the School Trainer. Any feedback from the above people will be taken into account when finalizing assignments of groups to specific course areas. If students or parents have questions about the groupings they need to contact the Director of the Division or the Dean of Students.

Equipment List for Ninth Grade Backpacking Course

Hiking Boots, Sleeping Bag and Pad

- Lightweight-hiking boots: make sure they are comfortable, sturdy, and broken-in. Ankle support and stiffness are critical in the boot.
- Sleeping bag: polar guard or fiberfill insulation. No cotton bags. Must be rated to 20° or colder.
- Ground pad: Ensolite, Thermarest, or closed-cell foam. No open-cell foam. Must be as long as you are tall.
- Ground tarp that should have grommets in the corners so it can be used as a shelter. A blue 5' x 8' woven plastic tarp works well.
- Backpack 4,000 - 5,000 cubic inch capacity. Internal frame required. No duffel bag is needed.

Clothing

- Raincoat (with hood) and rain pants. These must be waterproof. If you can suck air through the fabric, it is not waterproof. Coated nylon is okay. No plastic.
- Extra sleeping bag-size nylon stuff sack, for storing food.
- Three plastic trash compactor bags. Compactor bags are stronger than garbage bags.
- Tennis shoes for camp use. Sandals, Tevas, or Aqua Socks are not acceptable.
- Polypropylene liner socks (two pair; thin and smooth). (optional based on preference)
- Wool or synthetic socks, three pair; thick.
- Nylon shorts. One pair, two max.
- Underwear, one T-shirt, one lightweight long sleeved shirt.

- Long underwear tops and bottoms, lightweight polypropylene. No cotton. When you hold up a lightweight layer, it lets some light through.
- Lightweight pants, hospital scrubs or nylon wind pants.
- Medium weight top and bottoms; medium weight is double the thickness of the lightweight layer top, can be polypropylene or wool. No cotton
- (2) Fleece jackets, and/or thick wool sweaters that can be worn together. No cotton.
- Fleece pants. No cotton pants or sweats.
- Warm hat and lightweight gloves (wool, polyester, or polypropylene).
- Sun hat (baseball cap or broad-brimmed hat).
- Sunglasses, sunscreen, and lip balm. Sunglasses must provide complete ultraviolet protection. Sunscreen and lip balm must be at least SPF 30.

Personal items

- Two 1-qt. water bottles (Nalgene preferred) or two-liter 'Camelback' or 'Platypus' type system. Must be leak proof and sturdy. Supplemented with empty 2-liter plastic soda or Gatorade bottles; must be sturdy and leak proof, and add up to one gallon.
- Personal items, toothbrush, moisturizing lotion, bandana (two for females).
- Extra supply of prescription medications i.e. asthma inhalers
- Moleskin to prevent blisters.
- Cup, bowl and spoon.
- Small headlamp with extra batteries, typically size AAA or AA.
- Eyeglasses, in case of contact lens problems.
- Insect repellent. 100% DEET preparations not recommended. Headnet or Bug net.
- Females- additional supply of feminine hygiene pads and/or tampons.
- \$20 for meals and snacks during the drive.
- Plastic whistle

10TH GRADE CLASS BACKPACKING COURSE, AUG. 27 – AUG 31, 2018

Participation in this course is required as part of the curriculum at Chadwick School. If a student is not going to attend the course please communicate this information to Alan Hill as soon as you know. The number of students participating is crucial to planning the different elements of the course, such as groupings, staffing, student to staff ratios, permit requirements for course areas, numbers of vehicles for transportation, amounts of equipment, and amounts of food to purchase.

Submission Dates for Forms: The OE Confidential Medical Information Form and Acknowledgment of Risks Form are due online by July 11, 2018.

Equipment Check: Read and follow the equipment list below. For information on equipment rental and purchase, and more information about equipment items specific to this course see the end of this outdoor education section of the directory, titled general equipment information. **An equipment check will take place by the course instructors on Saturday, August 24, 2:00 p.m. on the main lawn.** This check

will take 45 minutes to an hour. Return time extensions will be assigned at the equipment check. Students who are unable to attend this equipment check, please contact Alan Hill at 310-377-1543 extension 4131.

Departure: The course departs Monday, August 27, 6:00 a.m., from the main parking lot.

Return: All courses return Friday, August 31, approximately 5:00 p.m.

Cost: Covered by tuition.

Student Groups: To achieve the goals of the outdoor education program and integrate the outdoor education program into students' life at Chadwick, advisor groups will be used as a foundation for the course. Groups will be assigned to their respective course areas or itineraries. Typically there are more advisor groups than groups on a particular grade course, so advisor groups are merged to make backpacking groups. The groups formed are reviewed by the Director of the Middle and/or Upper School, the Assistant Director of the Middle and/or Upper School, the Dean of Students, and the School Counselor. Groups may also be reviewed by the Head Advisor of the class, the School Nurse, and the School Trainer. Any feedback from the above people will be taken into account when finalizing assignments of groups to specific course areas. If students or parents have questions about the groupings they need to contact the Director of the Division or the Dean of Students.

Course Description: The Tenth grade has the opportunity to participate in a backpacking course in various mountainous regions of the Southern Sierra, California. The Tenth grade course continues the small group wilderness expedition format using backpacking as a learning activity.

SELF

On this course students will gain a better understanding of expedition behavior through collaboration. Students will use critical and creative thinking to make decisions as a group. They will have the opportunity to teach outdoor skills to other students using 'mini-lessons.' Student will undertake an extended period of monitored solitude into the evening hours.

OTHERS

Students will be introduced to leadership styles and situational leadership. They will gain knowledge and experience in risk management, hazard evaluation, and good communication by giving feedback. They will have the opportunity to practice this knowledge on a peak ascent during the course. Itineraries also allow time for reflection, unstructured conversation, and natural and cultural history study.

ENVIRONMENT

Students will learn about and practice low impact camping in an alpine environment. They will learn about plant and animal life in the alpine environment.

OUTDOOR COMPETENCE

Students will refresh their skills in pack-packing and carrying; stove use, care and

outdoor cooking; campsite selection, setup, and minimum impact techniques; as well as hygiene, self-care, and temperature regulation. They will increase their knowledge of map reading and compass navigation skills, water purification, route planning, camp site selection, weather and altitude.

Sierra Nevada Course areas include:

The Golden Trout Wilderness within the Inyo National Forest

The Golden Trout Wilderness area is on the eastside of the southern Sierra, south of Mt. Whitney. The nearest small town is Lone Pine on the 395 highway. This area contains a variety of beautiful landscapes—granite peaks, subalpine forests, and high mountain meadows, with amazing views of the surrounding mountains. Groups will drive to the Horseshoe Meadows trailhead at over 9000' in elevation, south west of the town of Lone Pine. There they will organize food and equipment, and begin hiking. The next days will be spent backpacking through the Golden Trout Wilderness area on established trails up to elevations of 11,000'. Temperatures can range from lows at night of 35 to highs of 70 during the day, weather can range from clear and sunny to thunderstorms bringing strong winds, rain and hail.

John Muir Wilderness, Inyo National Forest

The Cottonwood Lakes region is in the southern end of the John Muir Wilderness on the east side of the Sierra Nevada. The area is characterized by rolling terrain and lovely subalpine meadows, with spectacular views of rugged granite peaks, which include Cirque Peak and Mount Langley. The groups will travel to the trailhead, which is located at 10,000 feet. Acclimating to the higher elevations will be incorporated into the itinerary. Groups will camp at the trailhead the first night, or travel a short distance. They will then spend the next four days backpacking trails through meadow clearings and moderate-to-dense stands of foxtail and lodgepole pines. Depending on weather conditions, a day hike option may include going off trail to climb Cirque Peak or a sub peak of Mount Langley.

Dinkey Lakes and John Muir Wilderness within the Sierra National Forest

Courtright Reservoir is a man-made reservoir situated at 8,000 feet. It is on the edge of the Dinkey Lakes Wilderness, which is to the north, and the John Muir Wilderness to the east. The terrain of these western slopes of the Sierra is remarkable, and the reservoir is centrally located, with granite domes dotted all around. The area provides the rolling landscape of Woodchuck Country, heavily forested with pines and fir, as well as large meadows scattered throughout. Routes will travel in a loop in either of the wilderness areas, starting at the reservoir. A day hike option may include climbing a 10,000-foot peak.

The Jennie Lakes Wilderness within the Sequoia National Forest

The Jennie Lakes Wilderness area is just north of the Sequoia National Park, north east of Visalia. This area contains gorgeous alpine lakes and amazing views of the surrounding peaks. Students will hike from trailheads over 7000' and will travel on

established trails up to elevations of 11,000 feet. Temperatures can range from lows at night of 35 to highs of 70 during the day, weather can range from clear and sunny to thunderstorms bringing wind, rain and hail.

San Bernardino NF Course areas include

The San Gorgonio Wilderness and the San Jacinto Wilderness, both within San Bernadino National Forest.

These mountainous areas, approximately 90 miles east of Los Angeles, contain a variety of beautiful landscapes—granite peaks, subalpine forests, and high mountain meadows, with unparalleled views of the surrounding mountains and desert. Use of these areas is dependent on water availability. The drive is approximately three hours to the trailheads. There students will organize food and equipment, and then begin hiking. The next four days will be spent backpacking either through the San Jacinto State Park and Wilderness areas, up on the high mountain plateaus, with the opportunity to climb to the top of San Jacinto Peak, elevation 10,804 feet above sea level; or in the San Gorgonio Wilderness area, with the possibility of climbing San Gorgonio Mountain, 11,502 feet.

Equipment List for Tenth Grade Backpacking Course

Hiking Boots, Sleeping Bag and Pad

- Lightweight-hiking boots: make sure they are comfortable, sturdy, and broken-in. Ankle support and stiffness are critical in the boot.
- Sleeping bag: polar guard or fiberfill insulation. No cotton. Must be rated min. 20°.
- Ground pad: Ensolite, Thermarest, or closed-cell foam. No open-cell foam. Must be as long as you are tall.
- Ground tarp that should have grommets in the corners so it can be used as a shelter. A blue 5' x 8' woven plastic tarp works well.
- Backpack 4,000 - 5,000 cubic inch capacity (70 - 80 liter). Internal frame required. No duffel bag is needed.

Clothing

- Raincoat (with hood) and rain pants. These must be waterproof. If you can suck air through the fabric it is not waterproof. Coated nylon is okay. No plastic.
- Extra sleeping bag-size nylon stuff sack, for storing food.
- Three plastic trash compactor bags. Compactor bags are stronger than garbage bags.
- Tennis shoes for camp use. Sandals, Tevas, and Aqua Socks not acceptable.
- Polypropylene liner socks (two pair; thin and smooth). (optional based on preference)
- Wool or synthetic socks, three pair; thick.
- Nylon shorts. One pair, two max.
- Underwear. One T-shirt, one lightweight long sleeve top.

- Long underwear tops and bottoms, lightweight polypropylene. No cotton. When you hold up a lightweight layer, it lets some light through.
- Lightweight pants, hospital scrubs or nylon wind pants.
- Medium weight top and bottoms; medium weight is double the thickness of the lightweight layer top, can be polypropylene or wool. No cotton
- Fleece jacket, and/or thick wool sweaters that can be worn together. No cotton.
- Fleece pants. No cotton pants or sweats.
- Warm hat and lightweight gloves (wool, polyester, or polypropylene).
- Sun hat (baseball cap or broad-brimmed hat).
- Sunglasses, sunscreen, and lip balm. Sunglasses must provide complete ultraviolet protection. Sunscreen and lip balm must be at least SPF 30.

Personal items

- Journal will be provided by the outdoor education program.
- Two 1-qt. water bottles (Nalgene preferred) or two-liter 'Camelback' or 'Platypus' type system. Must be leak proof and sturdy.
- Personal items, toothbrush, moisturizing lotion, bandana (two for females).
- Extra supply of prescription medications, i.e. Asthma inhalers, etc.
- Moleskin, to prevent blisters.
- Cup, bowl and spoon.
- Small headlamp with extra batteries typically size AA or AAA.
- Eyeglasses, in case of contact lens problems.
- Insect repellent. 100% DEET preparations not recommended.
- Headnet or Bug net
- Sawyer mini water filter with 64 oz bag.
- Females- additional supply of feminine hygiene pads and/or tampons.
- \$20 for meals and snacks during the drive.
- Plastic whistle

ELEVENTH GRADE CLASS, WELLNESS RETREAT, Aug 28- Aug 31, 2018

Submission Date for Forms: **The Confidential Medical Information Form, the Positive Adventures Acknowledgment of Risks Form, and the Chadwick School Acknowledgment of Risks Form are due online by July 11, 2018**

Equipment: Please read and follow the Positive Adventures equipment list.

Student Information: Students should arrive at the lower parking lot at 9:30 a.m. on Tuesday, August 28. This will allow sufficient time to load the buses and check in all the students. Students will need to arrange transportation to school since their cars cannot be parked on campus during the trip.

Departure: August 28, 10:00 a.m.

Return: August 31, noon. On the return day, dial (310) 541-6763 extension 2162 for updated return time information.

Cost: Covered by tuition.

Course Area: The retreat will take place at Camp Whittle in the San Bernardino Mountains at 7,000 feet elevation. This is a 270-acre retreat center with a private 5-acre alpine lake, a high adventure and team challenge ropes course, assembly and meeting rooms and bunkhouse style sleeping accommodations.

Course Description: The course will concentrate on important themes for students in their junior year. The themes are: goal setting, managing stress, dealing with sexuality and relationships with members of the opposite sex, helping friends in trouble, and leading one's own life with integrity. During the day a high and low ropes course will be used to focus on these themes. The ropes course will be interspersed with discussion sessions throughout the day. Experiences on the ropes course will be used to stimulate discussion during the different evening sessions, which will be led by experts in each field. This course is contracted out to Peak Performance, their staff will facilitate the ropes course portion of the course. Chadwick faculty who are junior advisors will be at this retreat.

ELEVENTH GRADE CLASS, SOUTHERN SIERRA BACKPACKING COURSE, JUNE 9 -14, 2018

Submission Dates for Forms: **The Confidential Medical Information Form and the Acknowledgment of Risks Form are due online by July 11, 2018.**

Equipment Check: Read and follow the equipment list below. If you have any questions about equipment, call Alan Hill at 310-377-1543 extension 4131. For information on equipment rental and purchase, and more information about equipment items specific to this course see the end of this outdoor education section of the directory, titled general equipment information.

Departure: Sunday, June 9, 9:00 a.m. from Chadwick. Students need to be dropped off. No student vehicles may be left on campus for the duration of the course.

Return: June 14, approximately 1:00 pm.

Cost: Covered by tuition.

Course Area:

The course area is within the Sequoia National Forest in the Southern part of the Sierra. The routes are within the spectacular Domelands Wilderness, the South Sierra Wilderness and the Chimney Peak Wilderness all of which are located northeast of Lake Isabella about 70 miles northeast of Bakersfield. Students will be in small groups

of students with two or three instructors. Routes will follow established trails and may involve cross country travel to link established trails at between 5000' and 8200' elevations. Groups will negotiate terrain traveling approximately 4-10 miles per day. Temperatures in the area can be as low as 30 degrees at night reaching highs of 90 degrees during the day.

Course Description: The Eleventh grade has the opportunity to participate in a 6-day backpacking course in the Sequoia National Forest in the Southern part of the Sierra. The routes will be within the spectacular Domelands Wilderness, and the South Sierra Wilderness. Students will be in small groups each with two or three instructors. On this course juniors have the ability to practice advanced small group expedition skills. They can also gain a better understanding of expedition behavior.

On this course Juniors have the ability to find their own leadership style, and develop an increased responsibility for themselves and the group. They will have the opportunity to undertake an overnight monitored solitude/reflection experience in preparation for the 'senior trip.'

Students will be re-introduced to situational leadership and different leadership styles and have the opportunity to practice these skills and knowledge on course.

OUTDOOR COMPETENCE

Students will refresh and advance their skills in pack-packing and carrying; stove use, care and outdoor cooking; campsite selection, setup, and minimum impact techniques; as well as hygiene, self-care, temperature regulation, and equipment maintenance.

Students will advance their skills in map reading, navigation, and compass skills, and gain additional knowledge and experience in risk management, hazard evaluation, decision-making, communication, expedition behavior, leadership, and wilderness ethics.

Itineraries allow time for reflection, unstructured conversation, and natural and cultural history study. This is the final preparation for the Senior Expedition.

Equipment List for Eleventh Grade Backpacking Course

Hiking Boots, Sleeping Bag and Pad

- Lightweight-hiking boots: make sure they are comfortable, sturdy, and broken-in. Ankle support and stiffness are critical in the boot.
- Sleeping bag: polar guard or fiberfill insulation. No cotton bags. Must be rated to 20° or colder.
- Ground pad: Ensolite, Thermarest, or closed-cell foam. No open-cell foam. Must be as long as you are tall.
- Ground tarp that should have grommets in the corners so it can be used as a shelter. A blue 5' x 8' woven plastic tarp works well.
- Backpack 4,000 - 5,000 cubic inch capacity. Internal frame required. No duffel bag is needed.

Clothing

- Raincoat (with hood) and rain pants. These must be waterproof. If you can suck air through the fabric it is not waterproof. Coated nylon is the cheapest acceptable material. No plastic.
- Extra sleeping bag-size nylon stuff sack, for storing food.
- Three plastic trash compactor bags. Compactor bags are stronger than regular garbage bags.
- Tennis shoes, for camp and/or river use; these shoes will get wet. Sandals, Tevas, or Aqua Socks are not acceptable substitutes.
- Polypropylene liner socks (two pair; thin and smooth). (optional based on preference)
- Wool or synthetic socks, three pair; thick.
- Nylon shorts, one pair, two max.
- Underwear, one T-shirt, one lightweight long sleeved shirt.
- Long underwear tops and bottoms, lightweight polypropylene. No cotton. When you hold up a lightweight layer, it lets some light through.
- Lightweight pants, hospital scrubs or nylon wind pants.
- Medium weight top and bottoms; medium weight is double the thickness of the lightweight layer top, can be polypropylene or wool. No cotton
- Fleece jacket, or thick wool sweater. No cotton.
- **Additional sweater and fleece pants if you get cold easily. No cotton.**
- Warm hat and lightweight gloves (wool, polyester, or polypropylene).
- Sun hat (baseball cap or broad-brimmed hat).
- Sunglasses, sunscreen, and lip balm. Sunglasses must provide complete ultraviolet protection. Sunscreen and lip balm must be at least SPF 30.

Personal items

- Journal will be provided by the outdoor education program
- Two 1-qt. water bottles (Nalgene preferred) or two-liter 'Camelback' or 'Platypus' type system. Must be leak proof and sturdy.
- Personal items, toothbrush, moisturizing lotion, bandana. (two for females).
- Extra supply of prescription medications, i.e. Asthma inhalers, etc.
- Moleskin, to prevent blisters.
- Cup, bowl and spoon.
- Small headlamp with extra batteries, typically size AAA or AA.
- Eyeglasses, in case of contact lens problems.
- Insect repellent. 100% DEET preparations not recommended.
- Headnet or Bug net.
- Sawyer mini water filter with 64 oz bag.
- Females- additional supply of feminine hygiene pads and/or tampons.
- \$20 for meals and snacks during the drive.
- Plastic whistle

TWELFTH GRADE CLASS, BACKPACKING EXPEDITION, MAY 11 - JUNE 3

Submission Date for Forms: **The Confidential Medical Information Form and**

Acknowledgment of Risks Form are due online by July 11, 2018. A presentation about the details of the senior trip is scheduled for TBA for parents and students.

Pre-Course Preparation and Orientation at Chadwick: **Students will meet on the main lawn Saturday, May 11, at 9:00 a.m. until 3:00 p.m. Bring all personal equipment. On May 12 students will meet from 9:00 a.m. until 3:00 p.m.** Students will be assigned to their groups and meet their group instructors. During these two days a rigorous personal equipment selection and check will take place. Group equipment will be checked and divided amongst the groups. Food and meals for the whole course including resupplies will be distributed and packed by students. Instructors and students will do an overview of the routes and itineraries. The goals of the course and small group goals will be reviewed and each group will begin a small group dynamic. It is imperative that students attend these preparation meetings.

Equipment: Having the correct equipment for this course is critical to students well-being. Read and follow the equipment list below. For information on equipment rental and purchase, and more information about equipment items specific to this course see the end of this outdoor education section of the directory, titled general equipment information.

Departure: May 15, 6:00 a.m. from main Parking Lot at Chadwick.

Return: June 3, between 11:15 - 11:30 a.m. to Lower Playing Field at Chadwick.

Twelfth Grade Course Description: Seniors at Chadwick have the opportunity to undertake a rite-of-passage experience by participating in a small group wilderness backpacking expedition. This course occurs at the end of the senior year, just before seniors graduate Chadwick School. Seniors have the opportunity to spend their last weeks in a powerful environment with their peers. This is an unique experience that cannot be replicated. Never again at this time of transition in their lives will senior students have the opportunity to bond with peers they may have been with for up to 13 years. This course offers the opportunity for seniors to reflect on what has passed during their time in School, begin to grasp the moment and look to what the future might hold for them.

This is a long, physically arduous course, with students carrying a heavy backpack (can be up to 40% of students bodyweight) over uneven terrain such as rocks, boulders, fallen logs, or slippery surfaces as well as ascending and descending steep slopes. While participating in the course students will sleep outdoors, will have long days of hiking that can be both mentally and physically stressful, will prepare meals and set-up camp. In addition, students will be working and living with the same small group of people for the entire course. Students often find this group living experience challenging. The physical and mental stresses are significant. However, the rewards and discoveries are even more significant, if not life changing. The hard won rewards bring a fulfillment that leaves a huge impression. During the course students will gain

an appreciation and understanding of their own self-reliance, growing independence and personal responsibility.

The course will leave for the field at 6:00 a.m. on May 14. In the field the instructors will make sure the seniors have all the skills necessary for the expedition. These skills include: first-aid and emergency preparedness, camp craft, map and compass navigation, minimum impact techniques, gear maintenance, and group travel. Students in each group will work together as a team. Students will have the opportunity to practice leadership styles, leading their group in changing situations and with changing group dynamics. The expedition will call at times on patience, compassion, and the persistence needed to keep putting one foot in front of the other and motivating others.. Prior physical conditioning and an enthusiastic mental attitude are a necessity. Students find this course to be both physically and mentally demanding.

Twenty-two days will be spent negotiating mountainous terrain traveling approximately 80 miles. Students will be resupplied with food and other essentials once during the course. There will be an opportunity for students to climb one of the numerous peaks in the course area.

Seniors will spend two to three days at a stationary camp, during what is known as Solo. This is a monitored solitude time for reflection and contemplation. Students will bring at least the equivalent of 800 calories of food per day on Solo and will have access to plenty of water. They will also have access to the instructors and the group in case of emergency, and will be checked on by their instructors four to five times in a 24 hour period.

The course will end with a 6 mile run and a celebration, with all groups' present.

Southern Sierra Course Area: The course area is within the Sequoia and Inyo National Forests in the Southern part of the Sierra. It is bound to the west by the Kern River, to the east by the the South Sierra Wilderness, to the south by the Domelands Wilderness, and to the north by Sequoia National Park and the John Muir Wilderness. Kennedy Meadows is central to the course area. Students will be in separate groups of 8-14 students with two or three instructors. Routes will follow established trails and will involve cross country travel to link established trails. Students will travel through alpine meadows, cross streams and hike over passes reaching up to 10,200 feet. Groups will negotiate this terrain traveling approximately 4-10 miles per day. Temperatures in the area can be below 30 degrees at night reaching highs of 50-90 degrees during the day. Students will be resupplied with food and other essentials once during the course.

Senior Course Equipment List

For information on equipment rental and purchase, and more information about

equipment items specific to this course see the end of this outdoor education section of the directory titled general equipment information.

Hiking Boots, Sleeping Bag and Pad

- Lightweight-hiking boots: make sure they are comfortable, sturdy, and broken-in. Ankle support and stiffness are critical in the boot.
- Sleeping bag: polar guard or fiberfill insulation. No cotton bags. Must be rated to 20° or colder.
- Ground pad: Ensolite, Thermarest, or closed-cell foam. No open-cell foam. Must be as long as you are tall.
- Ground tarp that should have grommets in the corners so it can be used as a shelter. A blue 5' x 8' woven plastic tarp works well.
- Backpack 4,000 - 5,000 cubic inch capacity. Internal frame required. No duffel bag is needed.

Clothing

- Raincoat (with hood) and rain pants. These must be waterproof. If you can suck air through the fabric it is not waterproof. Coated nylon is the cheapest acceptable material. No plastic.
- Extra sleeping bag-size nylon stuff sack, for storing food.
- Six plastic trash compactor bags. Compactor bags are stronger than regular garbage bags.
- Tennis shoes, for camp and/or river use; these shoes will get wet. Sandals, Tevas, or Aqua Socks are not acceptable substitutes.
- Running shoes.
- Polypropylene liner socks (four pair; thin and smooth). (optional based on preference)
- Wool or synthetic socks, six pair; thick.
- Nylon shorts, two pairs
- Underwear, T-shirt, long sleeved shirts Two of each, one for re-supply.
- Long underwear tops and bottoms, lightweight polypropylene. No cotton. When you hold up a lightweight layer, it lets some light through.
- Lightweight pants, hospital scrubs or nylon wind pants.
- Medium weight top and bottoms; medium weight is double the thickness of the lightweight layer top, can be polypropylene or wool. No cotton
- Fleece jacket, or thick wool sweater. No cotton.
- **Additional sweater and fleece pants if you get cold easily. No cotton.**
- Warm hat and lightweight gloves (wool, polyester, or polypropylene).
- Sun hat (baseball cap or broad-brimmed hat).
- Sunglasses, sunscreen, and lip balm. Sunglasses must provide complete ultraviolet protection. Sunscreen and lip balm must be at least SPF 30.

Personal items

- Envelopes and stamps.

- Two 1-qt. water bottles (Nalgene preferred) or two-liter 'Camelback' or 'Platypus' type system. Must be leak proof and sturdy. 2-qt extra water capacity, juice or soda bottles that close tight work fine.
- Personal items, toothbrush, moisturizing lotion, bandana (two for females).
- Extra supply of prescription medications, i.e. Asthma inhalers, etc.
- Moleskin, to prevent blisters.
- 4 ounce vial of concentrated biodegradable soap, Dr. Bronners or Camp Suds.
- Cup, bowl and spoon.
- Small headlamp with extra batteries, typically AAA or AA.
- Eyeglasses, in case of contact lens problems.
- Insect repellent. 100% DEET preparations not recommended.
- Headnet or Bug net.
- Sawyer mini water filter with 64 oz bag.
- Females- additional supply of feminine hygiene pads and/or tampons.
- \$45 for meals and snacks during the drive.
- Plastic whistle

STUDENT INTERNSHIP

Student interns make a contribution to the Outdoor Program. An internship is an opportunity to improve leadership, teaching, and other outdoor skills. The best way for students to gain these skills is to come on optional courses, and participate in or assist at the pool during kayak sessions, and at the climbing wall. On these courses and sessions we will make a point of teaching interns and giving them opportunities to learn by doing. There is potential for students to become more involved in the logistical aspects of the program by providing assistance in the warehouse. Interns will maintain the outdoor education board in Roessler and make announcements at school assemblies, post flyers for optional trips, and assist with other projects appropriate to their abilities.

Students interested in working as interns should contact the Outdoor Education Director or Associate Director.

GENERAL EQUIPMENT INFORMATION

NOTE: SPECIFIC EQUIPMENT LISTS FOLLOW EACH OF THE COURSE DESCRIPTIONS

The information below is NOT specific to any one outdoor course but is intended to give more information about each item and to help you understand and select the appropriate items for each of the courses. **Consider the weight of all items**, especially on the backpacking courses, since on these courses the students will be carrying all their equipment AND group equipment and food for the duration of the course.

Equipment Rental and Purchase:

Sleeping bags, raingear, long underwear, and backpacks may be rented from Chadwick on a first-come, first-served basis.. Reserved rentals will be given out at the start of the course or at the equipment check.

Sleeping bag rental is \$9 per day. Backpack rental is \$14 per day. Raingear sets are \$7 per day. The business office will bill you for all rental fees after the course has been completed.

Equipment suppliers for rent or purchase: Big 5, Torrance, (310) 326-9528. REI, Manhattan Beach, (310) 727-0728.

Specific Information about Personal Equipment:

- SLEEPING BAG.** The sleeping bag should be rated to at least 20° F. The body has to work harder to heat up excess space; therefore, rectangular bags are the least effective. Mummy bags with hoods and drawstrings around the neck are best. Although they are heavier and bulkier than down, synthetic materials such as Polarguard are preferable because they retain heat even when wet. Cotton bags are not allowed. To help ensure a dry sleeping bag in wet weather, the stuff sack should be lined with a waterproof plastic bag. Compression stuff sacks are best.

- BACKPACK.** (Not needed for fall 7th and 8th grade courses or the spring 7th grade experience; a day pack can be used). The backpack must be large enough (4,000 to 5,000 cubic inch capacity) to carry all of the student's personal gear, group gear, and food on backpacking courses. The pack must also be sturdy and should fit the student properly. We strongly recommend internal frame packs rather than external frames. Internal frame packs are required on the senior course.

- DAY PACK.** The day packs are used to carry lunches, water bottles, raingear, sunscreen, journal and pencil, and perhaps a sweater during day hikes. They should have adjustable shoulder straps, a waist belt to prevent shifting of the day pack when scrambling and hiking, and either a drawstring or working zipper to close the compartments to prevent loss of the contents.

- GROUND PAD.** The ground pad insulates the body from the ground. Closed-cell pads and Thermarest pads are the two effective types of ground pads. Closed-cell pads (Ensolite) pads are recommended because Thermarest type pads have the ability to be punctured and lose their insulating properties. Air mattresses are ineffective because air moves freely in the channels and exchanges body heat with the cold ground. Open-cell foam pads are ineffective because they can absorb water.

- GROUND TARP.** The material should be coated nylon or polyethylene. The dimensions should not exceed five by eight feet; it is best if the four corners have reinforced grommets and strong cords to allow for easy rigging in emergency shelter situations.

- RAIN JACKET AND RAIN PANTS.** Although it rarely rains in Los Angeles, our courses take us to places where rain is not uncommon, and it is essential that we can stay dry in the outdoors. Getting wet can lead quickly to hypothermia. Take care to ensure that your raingear is actually waterproof. Water resistant or windproof material is not

adequate. Zippers are not waterproof and must be securely covered by water proof flaps. Plastic raingear is not allowed, as it tears too easily. Coated nylon is the least expensive acceptable material. Gore-tex is OK. Rain ponchos are inadequate, since they will not keep one dry in a windy rainstorm. The raincoat must have a hood. The hood should be roomy enough for additional hats inside. A drawstring on the hood allows for closure, so that only the eyes and nose are exposed. Closure at the waist and cuffs is necessary to give full protection.

•LIGHTWEIGHT HIKING BOOTS. Boots must be broken in prior to the course. Ankle support is essential. Proper fit is also essential: there should be enough room to wiggle the toes yet not so much room that the foot can slip around inside and develop blisters. Boots that are too tight will constrict blood circulation and may damage the toenails. To check the fit, put on the appropriate socks (see below), unlace the boot completely, and slide the foot forward until the toes touch the front of the boot. You should be able to insert one finger between the heel and the back of the boot.

•SOCKS. Socks act as an insulator, absorb perspiration, cushion the foot, and reduce friction between the foot and boot. Wear one pair of thin, smooth liner socks (polypropylene is best, these are optional) and one pair of thick wool socks.

•CLOTHING—GENERAL. It is essential that students do not bring clothing made of cotton, in order to stay warm on any course. Cotton is not a good insulator; any insulating value it has is lost when wet. It dries very slowly and actually uses body heat to dry, making the person feel even colder. Should we encounter wet weather, which is entirely possible on all courses, students dressed in cotton clothing are at risk of hypothermia, a potentially life-threatening condition. This is particularly serious on courses in which we cannot retreat to the vans. For the expeditionary courses, insulating layers (pants and tops) should be wool or polyester fleece (Polar plus, Polarlite, Synchilla), not cotton sweats. Shorts for all courses should be made of nylon so they will dry quickly.

•THERMAL UNDERGARMENTS. Wool and polypropylene are the best materials, since they provide insulation even when wet and they dry quickly. Cotton is a very inappropriate material for thermal and insulating layers on extended ventures in the outdoors.

•REGULAR UNDERGARMENTS. This is an area in which students tend to bring too much.

•PANTS. Lightweight nylon wind pants are very useful on all courses, to protect both from wind, which can remove a great deal of heat from the body, and from abrasion by rocks and brush. Insulative pants brought on backpacking courses should be made of wool or synthetic materials, as noted above. Lightweight, tightly-woven cotton pants, such as hospital scrubs, can be useful for sun and bug protection, especially on the Senior course. Jeans are not appropriate in the outdoors because they take a long time to dry and are too heavy, even when dry.

•GLOVES AND HAT. Lightweight gloves made of wool or a quick-drying synthetic material will allow students to remain comfortable and retain the use of their hands in nasty weather. The hat is essential for retaining body heat both at night when sleeping and on the trail.

•CUP, BOWL AND SPOON. High-density plastic is the best material. Metal will transfer

heat too quickly, allowing food to cool rapidly and occasionally cause burns to the skin. Tupperware bowls with lids work well.

- WATER BOTTLES AND BAGS. Wide-mouth plastic bottles (Nalgene) are best. Plastic soda bottles work relatively well. Metal canteens are too heavy and the mouth opening too small, and often they are difficult to pack. 'Camelbak' and 'Platypus' systems are recommended, make sure they are sturdy and do not leak.

- HEADLAMP OR FLASHLIGHT. Choose a small headlamp or flashlight, using size AA or AAA batteries, to minimize weight. Bring extra batteries.

- PERSONAL ITEMS. These may include a toothbrush, toothpaste, and comb or brush. Most students bring personal items that are too heavy or are unnecessary. Deodorant is not needed in the outdoors and should be left behind. Choose small tubes of toothpaste. A small bottle of skin lotion can be useful. Contact lens wearers should bring small bottles of the solutions they need for their lenses, and should bring eyeglasses as a back-up. Other items needed may be orthodontia supplies (rubber bands, retainers, headgear) and rubber bands or clips for hair. NOTE: Females- Bring an extra supply of feminine hygiene pads and/or tampons.

- SUN HAT AND BANDANA. These items protect the face and neck from sun. The hat must have a visor to reduce the glare of the sun. The bandana can be used as a drape for the neck or tied wet as a cooling band around the forehead or neck.

- SUN SCREEN AND LIP BALM. These must contain an effective sun screen with a sunburn protection factor (SPF) of at least 30. The atmosphere at higher altitudes offers less protection from the ultraviolet rays of the sun than it does at sea level, so the risk of sunburn is greatly increased.

- INSECT REPELLENT. 100% DEET is not recommended.

- WRITING UTENSILS. These will be used for journalling. Journals will be provided by the Outdoor Education Program.

- MITTENS OR GLOVES WITH SHELLS. Wool or polyester fleece with a nylon shell work the best. Leather gloves dry too slowly.

- MOLESKIN. This adhesive plaster, available in the foot care department of most drug stores, cushions the foot and reduces friction, helping to prevent blisters on backpacking courses.