

# 10th Grade Winter Camping

Monday, March 25th - Wednesday, March 27, 2019



## Fieldwork Overview:

Students will be engaging in a two-night, three-day winter camping experience as part of their Surviving and Thriving Learning Expedition. The location for this fieldwork is the Castle Peak area of the Tahoe National Forest on Donner Summit. The experience starts with a 3.5-mile hike to the area around the Peter Grubb Hut, the second day will involve activities and curriculum as part of their learning expedition and the last day will be spent hiking back out. Even though everyone, staff, and students will be tired after this adventure, attendance at school the next day is still important and expected.

## Transportation:

Students will travel on a bus to and from the Fieldwork site.

## Drop-off:

Students need to be at SAEL at **8 am** on Monday, March 25th.

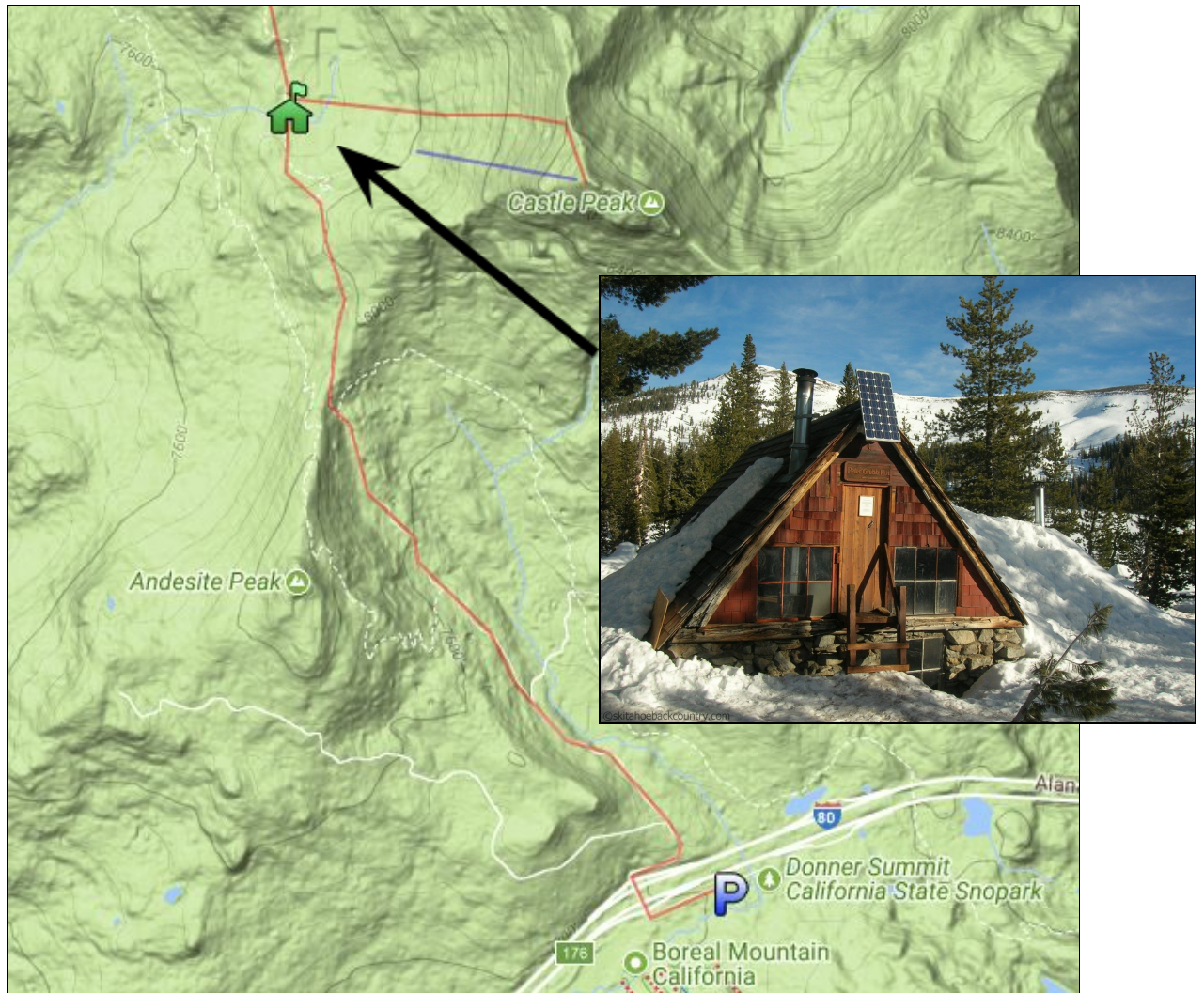
## Pick-up:

Students will be dismissed at SAEL at 4:30 pm on Wednesday, March 27th. We will be back at SAEL before 4:30 pm on Wednesday. We know both parents and students will be excited as we return from this adventure. Upon return to SAEL, we will be debriefing the experiences as well as cleaning and returning equipment.

***Please do not pick up your students until 4:30 pm on Wednesday, March 27th.***

## Field Location and the Hike in:

We will park and unload the bus at Donner Summit Snowpark. From there we will walk along a road to the start of an oversnow route that roughly follows the Pacific Crest Trail to access the Peter Grubb Hut. SAEL will provide snowshoes for all students to use on this experience. The hike is 3.5 miles and gains roughly 900 feet of elevation in route.



## The Hut:

The Peter Gubb Hut is a small rustic shelter built by the Sierra Club in 1939. The hut serves a number of purposes during this experience, none of which is a place for students to merely hang out in. We bring a number of cooking stoves and keep them in the hut along with a staff member who keeps a constant supply of hot water available to students. The hut has a wood burning stove and can provide warm dry shelter in case any medical or safety concerns were to arise. The experiences we are trying to create is a winter camping experience, not a “hut trip.”

## Activities in Support:

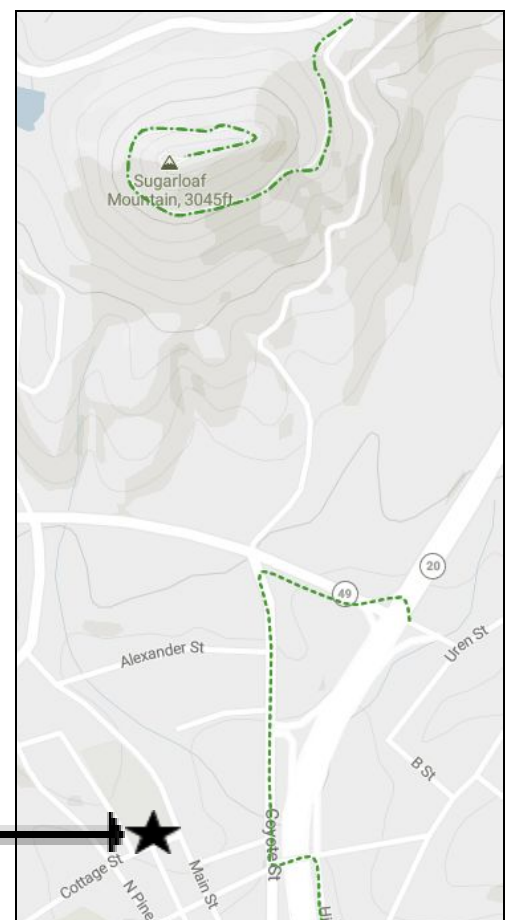
Considerable time will be spent in Adventure/PE class to help prepare for this experience. Physical activities will focus on building and developing cardiovascular and lower body fitness to support the hiking portion of the Fieldwork. Curriculum related to the metabolomic effects of cold temperatures and heat loss as well as meal and gear preparations will be presented. Furthermore, we will take practice hikes during class time to help simulate and prepare for this experience.

On Friday, March 22nd the 10th grade will spend all their class periods making final preparations for this Fieldwork. This will include working with their core classes to finalize and review the academic responsibilities they will have while in the field. Most importantly, students need to show up to school on Friday with all the gear and food they intend to bring on Fieldwork, as a major part of the day will be a full gear check. This extra step will be supported by Adv/PE staff and is taken to help ensure students have what they need and are not overloaded with unnecessary items.

Ideally as much as possible will be packed and ready by the end of the day and then left at SAEL over the weekend to ensure a timely departure on the following Monday morning. Equipment and food preparations are discussed below and will be thoroughly reviewed in class as well. Parents that wish to be involved in the preparations or review any elements of this Fieldwork are welcome to come to SAEL on Friday, March 22nd during the day.

## Practice Hike:

As mentioned above, we will be using Adv/PE class time to take short hikes from SAEL once or twice between now and the Fieldwork. We will utilize the trail network in and around the Sugarloaf Mountain Open Space. The exact dates we take these hikes will depend on weather and staffing. There is a second additional waiver that speaks to these offsite experiences.



## **Adventure Gear & Clothing Recommendations:**

Students can bring their own adventure equipment (tents, sleeping bag, pad, backpack) if they have it. Students can be provided with the following equipment if they do not have their own. Class time will be devoted to reviewing gear and requesting any needed items from SAEL.

- Sleeping bags
  - SAEL sleeping bags are rated to 20 degrees if yours is rated to 30 or above consider using one of SAEL's.
- Headlamps
- Tent
- Backpacks

## **Personal Items Required:**

ALL clothing, food, and adventure equipment **MUST** be brought to school on Friday, March 22nd for a final gear check. Students who do not bring in their equipment for a full gear check will not be permitted to attend this fieldwork.

- All the items listed above, plus:
  - Hiking / waterproof shoes or boots
  - Warm waterproof jacket
  - Down jacket or fleece sweater
  - Long preferably waterproof pants - NO JEANS!
  - Wool / warm winter hat
  - Non-cotton long sleeve layer / shirt
  - Winter gloves (a second pair if available)
  - 3 pairs of non-cotton warm socks
  - Non-cotton thermal/long underwear for sleeping
  - Sunglasses or snow goggles if available
  - Bowl, spoon, fork
  - Water bottle, preferably one that can hold hot beverages
  - Notepad, pen/pencil

\*\*\* Avoid cotton and denim\*\*\*

**Food:**

Students must bring their own food on this fieldwork. Each student will be responsible for bringing 3 lunches, 2 breakfasts, 2 dinners and snacks. Students will research and develop menus in Adv/PE class. If any family is unable to purchase the ingredients that students have planned, please contact Mr. Young and SAEL will assist.

**Medication:**

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

**Sleeping:**

Students will be sleeping in tents in small groups in order to ensure our entire group is visible at all times. Students will also be separated by gender. This means students of different genders will not share a shelter and will not be allowed into each other's shelters at any time. SAEL staff will support the experience to ensure everyone is properly monitored. All bathroom use will happen in a single use bathroom adjacent to the hut and with privacy in the backcountry while hiking. If families have questions, concerns, or would like to discuss gender identity and how this plays a role in the field, please reach out to Mr. Young directly if you have not already.

**Personnel:**

Mr. Young will be the Field Director. He will organize and coordinate this experience. Ms. Crane will be the main point of contact back at SAEL. She will keep her phone on at all times in order to receive updates from Mr. Young's regular cell phone or the SAEL Satellite Phone if needed. Families will also be able to contact her in emergency situations. SAEL personnel in the field and students in the field will not be focusing on updating parents back at home. They will be immersed in the experience and will therefore not be reaching out with updates home unless there is an emergency.

## **Safety:**

Mr. Young and Mr. Berry are Wilderness First Responder certified. This means they are First Aid, CPR, and AED certified. Both have specific training to respond to emergency medical situations in the backcountry.

## **Parent/Guardian Contact:**

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

## **What Not To Take:**

- Knives/utility tools with knives
- Matches/lighters, fire starting equipment
- Chromebooks
- Portable wireless speakers
- Sleds, snowboards, skis

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

\* Chromebooks or school electronic devices are not NECESSARY on this trip

\* SCHOOL CHROMEBOOKS ARE NOT ALLOWED ON THIS FIELDWORK.

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

### **Phone Coverage and Safety:**

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

### **Contact Information:**

- SAEL: 530-268-2200
- Principal Erica Crane's Cell Phone 203-725-8875 (for emergencies only after school hours).

### **Fieldwork:**

Fieldwork is supposed to be challenging and an opportunity for students to face adversity. We call this field "work" and not a field trip because we are bringing students into the field to actively engage and do work that is physically and/or mentally difficult. We do this because we believe students can do more than they originally thought possible. When we engage in adventure-based field activities, we do so to challenge and inspire students.