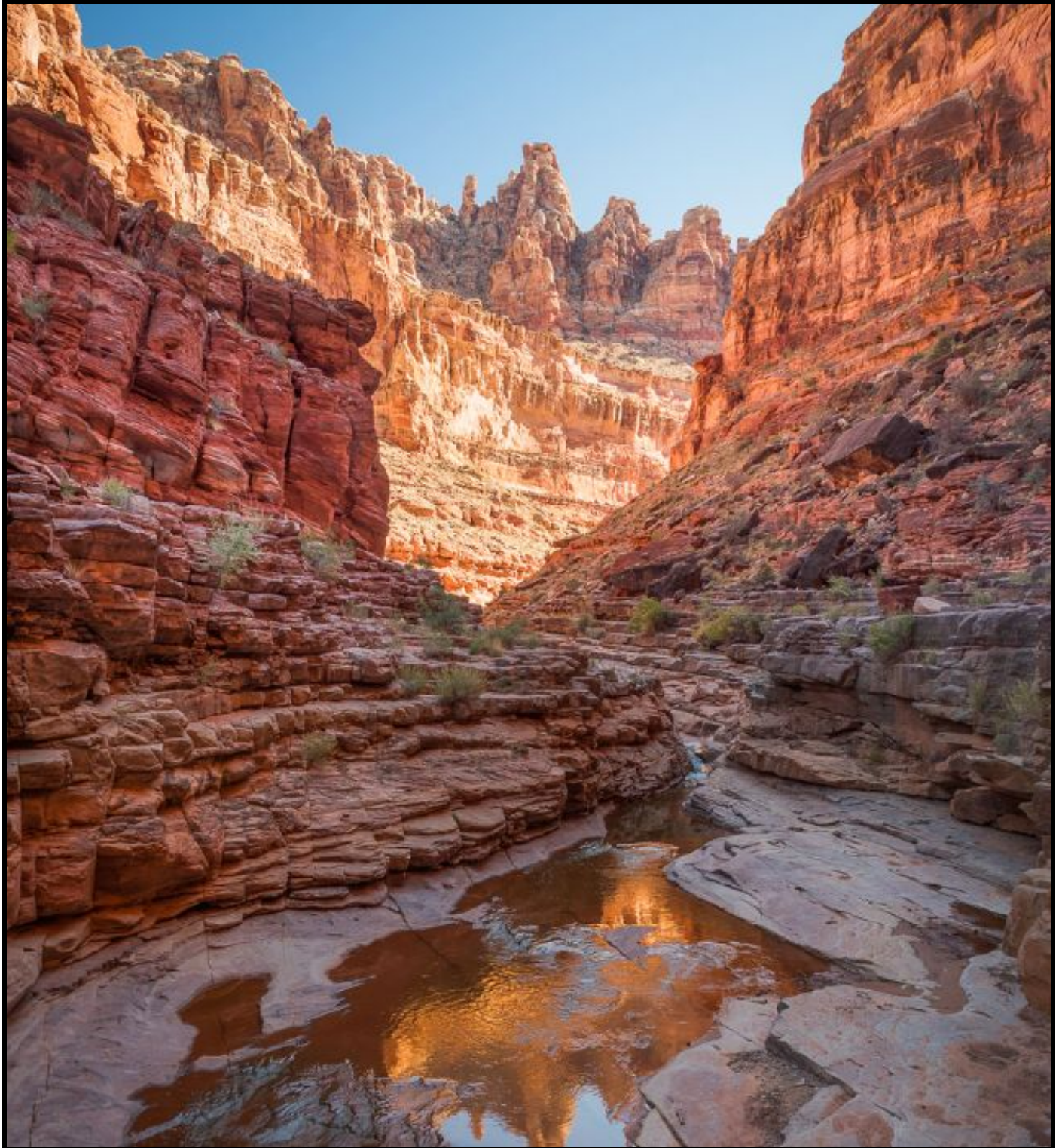


# **Surviving & Thriving Fieldwork**

## Backpacking in Dark Canyon Wilderness

May 1st to May 7th, 2019



## Student Selection:

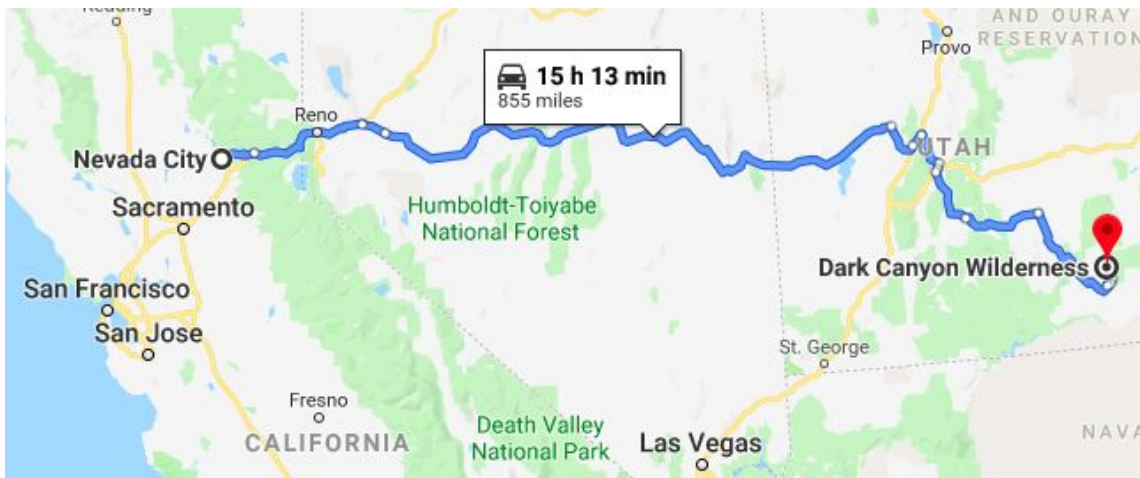
Students self-selected for this physically rigorous Utah Adventure option.

## Prescott College:

This opportunity is a partnership with Prescott College in Prescott, Arizona. Students themselves will be challenged to adapt to the environment as they navigate, cook, hike, learn about desert ecology, and natural history of the South West. Students will be meeting field experts from Prescott College, and will be led by Prescott College students as they hike through Dark Canyon.

## Transportation:

Students will be carpooling back and forth to Utah with SAEL parents and teachers who are registered and approved SAEL drivers. All SAEL drivers were specifically selected and asked to participate because they have demonstrated safe and responsible behavior at SAEL and have met the California PullNotice program, fingerprint clearance, and SAEL's guidelines for approval.



**Backpacking  
Location:  
Dark Canyon  
Wilderness  
Area in  
southeast Utah**

## Pickup:

Students will depart from the SAEL campus at 7:00am on Wednesday, May 1st, 2019. If you have an emergency and risk being late you must call Mr. Young (541-740-6550) that morning ASAP and/or risk being left behind.

## Drop-off:

Students will return to the **SAEL campus** on Tuesday, May 7th. Families will be called during the drive back with an updated ETA.



**Projected DaytoDay Breakdown (SUBJECT TO CHANGE BY FIELDWORK DIRECTOR):**

<b>Day</b>	<b>Date</b>	<b>Activity</b>
<b>1</b>	<b>Wednesday May 1st</b>	Depart SAEL @ 7:00am and drive towards Utah (highway 50). Camp.
<b>2</b>	<b>Thursday May 2nd</b>	Wake up early and drive final distance to Dark Canyon Wilderness Trail Head. Link up with members of Prescott College and start hiking.
<b>3</b>	<b>Friday May 3rd</b>	Continue hiking in Dark Canyon
<b>4</b>	<b>Saturday May 4th</b>	Continue hiking in Dark Canyon
<b>5</b>	<b>Sunday May 5th</b>	Continue hiking in Dark Canyon
<b>6</b>	<b>Monday May 6th</b>	Final hike, exit out of canyon, start traveling back to California. Camp
<b>7</b>	<b>Tuesday May 7th</b>	Drive back to Nevada City

**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. Students should check in their meds with Mr. Berry 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.

**Food:**

Students will be responsible for their own food. This means students will design menus in Adventure/PE class, and then be responsible to purchase all ingredients. A full breakdown of meals/snacks, including an ingredients list will be sent home for review once students have finished meal planning.

**Gear:**

We will norm during class on the appropriate amount of gear to bring and how to pack. SPACE WILL BE LIMITED IN VEHICLES.

**Please use the lists below as your guide:**

**SAEL Gear (TO BE PROVIDED FOR STUDENTS):**

- Backpack
- Sleeping bags
- Ground sheets
- Sleeping pads
- Shelter / Mid
- Headlamp (with extra batteries)
- Cooking stove, pot, cooking fuel, cooking utensils

**Personal Gear (TO BE BROUGHT BY THE STUDENT):**

- 1 pair of waterproof or water-resistant boots
- 1 pair of long pants (preferably of an athletic material; no jeans; )
- 1 pair long underwear (top and bottoms)
- 1 waterproof layer for your top and bottom (jacket and pants)
- 1 hoodie or equivalent sweater
- 2 tshirt
- 1 long sleeve shirt
- 2 pairs of socks
- 4 pairs of underwear (+1 sports bra for girls)
- Toothbrush / toothpaste
- 1 Water bottle
- Bowl, Spoon, Fork
- Sunglasses

On Monday, April 29th students should bring in all gear they plan on taking. We will complete a full “GEAR CHECK” to ensure all students have the necessary gear and equipment. We will then make sure to send students home with a list if they forgot anything. Please do not wait until the day of the trip to bring in gear. We need to do a proper GEAR CHECK to ensure the safety of our group, and determine which students need to be supported with additional gear. If you need gear, it can be provided. If you have gear and don’t bring it in for the check, you can be removed from this fieldwork option.

## **What not to take:**

- Knives/utility tools with knives
- Matches/lighters, fire starting equipment
- 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 school.
- Electronics\*

\*Cell phones, chromebooks, ipods, or any personal or school electronic devices are not NECESSARY on this trip. Students may also CHOOSE to take cell phones to use as cameras in the field. SCHOOL CHROMEBOOKS ARE NOT ALLOWED ON THIS FIELDWORK.

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

## **Safety:**

Mr. Young is Wilderness First Responder certified. This means he is First Aid, CPR, and AED certified. He has specific training to respond to emergency medical situations in the backcountry. In addition, the field instructors from Prescott College are certified as Wilderness First Responders, or higher.

## **Sleeping:**

Students will be sleeping in Mids or 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 and Prescott College students and staff will support the experience to ensure everyone is properly monitored.

We will ensure all bathroom use can happen in separated official bathrooms at the campground 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. There is zero cell phone coverage in the Dark Canyon Wilderness Area. Please do not expect to be hear from students during these times.

### **Parent/Guardian Contact:**

We ask that families do not visit students during this fieldwork. (We know it is farther away this time, but parents have still pulled it off before!) All parent drivers will not be engaging every day all day either. 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. Please do not expect regular updates from any personnel in the field or Ms. Crane as the experience develops, 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.

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

Students may take and use cell phones. Cell phone coverage at base locations are not guaranteed. Mr. Young has a Satellite Phone that will allow us to always communicate with the group in the field.

Students and parents cannot depend on daily/regular check ins. If there are extenuating circumstances, please reach out to Mr. Young. Pictures may be posted on Facebook and the website, but daily calls/emails will not be made home. We want students to be working with their peers 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.

### **Contact Information:**

- SAEL: 530.268.2200
- Principal Erica Crane's Cell Phone (for emergencies only after school hours) @ 203.725.8875