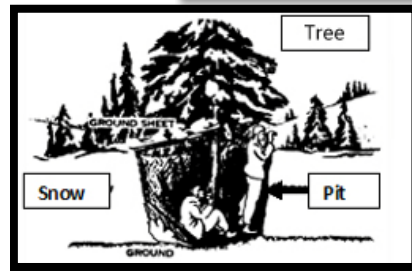
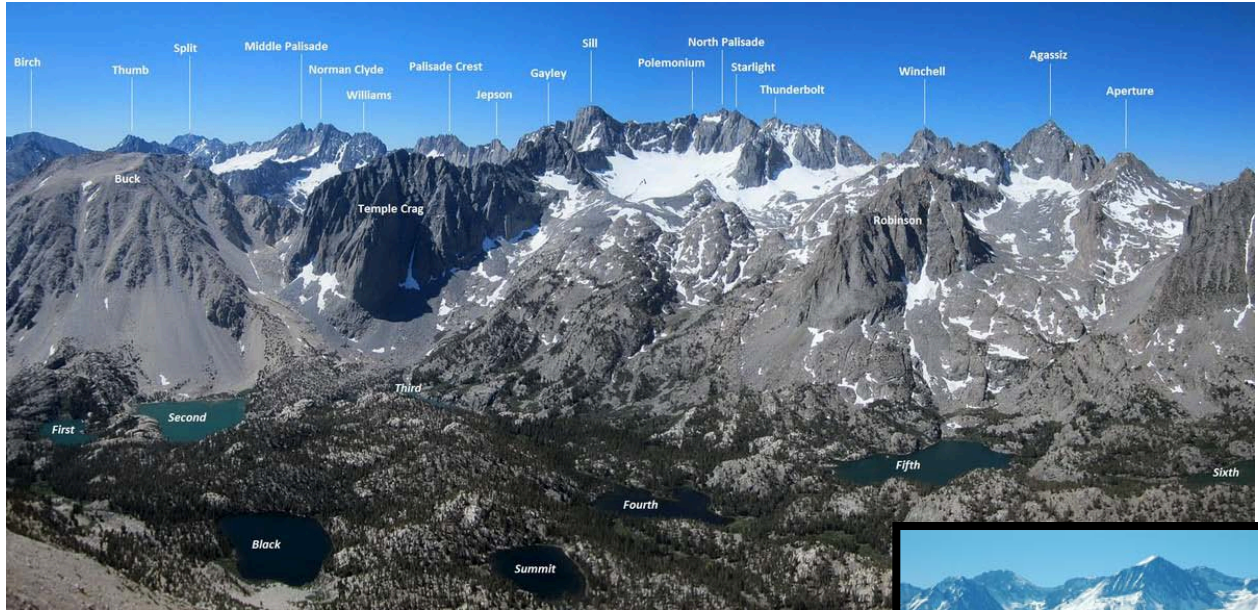


Expedition Glacier Trail 2016-2017



Objectives & Philosophy	p.1
Important Dates & Broad Parameters	p.3
Detailed Schedule	p.4
Discussion of Packing List	p.7
Packing List	p.11
Waiver	p.14



Objectives and Philosophy: A letter from Steveo

February 26, 2017

Expedition Glacial Trail

Dear Parents,

I am penning this note to Odyssey parents to convey my extreme excitement for the educational opportunities that will unfold during our upcoming journey to the Sierra Mountains just east of the town of Lone Pine. I am equally enthusiastic to use our annual theme, as a teaching tool, to help motivate our students navigate in the direction of expanded personal success. You might be aware that I have led well over 125 major middle school expeditions to many venues across our beautiful country and, with that depth of experience in mind, I fully expect our current expedition to be nothing short of spectacular. Jon and I recently completed an extensive scouting and risk assessment mission and, I must confess, this new venue is one of the safest and most beautiful alpine environments that I have ever seen.

A rich inventory of expeditionary learning goals, if achieved, can often have positive, life-long impacts on students and, therefore, can be critical “difference makers” in the educational trajectories of adolescent participants. The philosophical objectives for **Expedition Glacial Trail** fall into 6 broad content domains:

Commitment

Leadership, “Followship” & Fellowship

Risk Assessment

Teamwork

Ethics

Skills & Confidence

Additionally, it should be noted that mini-seminars will be offered, both before and during the expedition, to expose our students to specific content areas that can be plugged into the aforementioned overarching philosophical phyla. We hope to extrapolate the topics of:

Introduction to Sierra Mountain Geography

Glaciers

Topographic Map Interpolation

Basic Navigation and Route-Finding

The Effect of Altitude on Human Physiology

Performance Clothing Science

Sleeping Systems

Survival Shelter Systems

Basic Mountain Meteorology

Wilderness Safety

Snow School

Hydration and Nutrition

Notwithstanding all of the above, I plan on using the book entitled **Summit Strategies: Secrets to Mastering the Everest in Your Life** in order to give our eager students guidance in the art and

science of personal success. Also – I hope to extrapolate the concept of **The Heroes and Heroines Journey**, developed by **American scholar Joseph Campbell** in order to provide our students with a common language to chart and describe the stages of challenge that will lead to all kids achieving their personal best.

Lastly, I will be sharing the positive results presented in 3 recent research articles that appeared in the research volume **The Journal of Experiential Education**. The titles are:

Using Outdoor Adventure Education to Develop Students' Group Work Skills

Exploring the Impact of an Outdoor Orientation Program on Adaptation to College

Impact of One-Semester Outdoor Education Programs on Adolescent Perceptions and Self-Authorship

Jon Hale has created an exemplary Expedition Glacier Trail packet that is both comprehensive and visually attractive. Please review all of the carefully crafted information.

If you have any questions or concerns – call or email the Odyssey gang at anytime.

With amplified passion and zeal,

Steveo

Postscript: Expedition Glacial Trail will be the first major expedition for our first-year students. The feeling that I get these days is that they are going to be a spectacular group and they just might set some new Odyssey records for perseverance, teamwork, and leadership!





Important Dates

- Sunday, Feb 19nd: Packing List sent out
- Sunday, March 26th: Expedition Packet sent out
- Monday, April 3rd: Families arrive at Odyssey 8:15am for 8:30am departure
- Friday, April 7th: Expedition returns to Odyssey at about 7:15pm

Broad Parameters

1. **5 Days, 4 Nights:** Depart Odyssey Monday, March 28th; return to Odyssey Friday, April 1st.
2. **Participants:** 57 people. All 6th, 7th, & 8th grade students; eight Odyssey teachers: Steveo, Jon, Alina, Lisa, Madeleine, Matt, and Sana.
3. **Travel:** All students will travel in a chartered bus, chaperoned by Odyssey teachers. Two additional Odyssey vans will join on the trip.
4. **Rough Schedule:** See subsequent pages for more detailed schedule.
 - **Day 1:** Drive to base camp at Big Pine, CA (c. 7.5 hours)
 - **Day 2:** Acclimatization Hike.
 - **Day 3:** Snow School
 - **Day 4:** Summit Trail Climb
 - **Day 5:** Drive to Odyssey (c. 7 hours)
5. **Accommodations:**
 - Dormitories (one for girls, one for boys)
 - Toilets & showers
6. **Weather:** Sierras weather is unpredictable. The focus on layering allows us flexibility for warm and cold weather. What you should expect is... a wide range of high elevation winter weather conditions:
 - Temperature variation between 20F and 75F
 - Precipitation variation from snowfall, to dry with snow cover, to dry and snowless, to rain and slush.
 - Sun exposure ranging from intense, cloudless, high elevation sunshine to overcast and stormy.
 - With this year's weather pattern we have excellent snow conditions. While our lodging is below the snowline, we expect to find good snow coverage of the trail as we climb.

Detailed Schedule

Day 1: Monday		
Activity	Description	Duration
Leave school at 8:30am		
Drive	San Mateo to Big Pine	c. 7hr 30 min
Lunch	Sandwiches	during drive
Arrive Base Camp (Big Pine) circa 4:00pm		
Unpack	Unpack bus/vans	30 min
Hike	Short hike up adjacent peak	1 hr
Dinner at 6pm		
Dinner		1hr
"Fireside Chat"	Expeditionary Theory/Hero-Heroine's Journey	1hr
Bedtime Prep at 8:30pm		
Brush teeth, etc.	Prep for bed	30 min
In Sleeping Bags	Quiet time, reading etc. in sleeping bags	
Lights out at 9:30pm		
Day 2: Tuesday		
Wake up in Base Camp at 7am		
Breakfast		30 min
Prepare Lunch	Make sandwiches at lunch prep table	
Safety Seminar	Steveo -- Plan for the Day	30 min
Hike		
Expeditionary Event	Acclimation hike	15 min
Lunch	Sandwiches	while hiking
Dinner at 6pm		
Dinner		1hr
"Fireside Chat"	Expeditionary Theory/Hero-Heroine's Journey	1hr
Bedtime Prep at 8:30pm		
Brush Teeth, etc.	Prep for bed	30 min
In Sleeping Bags	Quiet time, reading etc. in sleeping bags	
Lights out at 9:30pm		
Day 3: Wednesday		
Wake up in Base Camp at 7am		
Breakfast		30 min
Prepare Lunch	Make sandwiches at lunch prep table	
Safety Seminar	Steveo -- Plan for the Day	30 min
Hike		
Expeditionary Event	Snow School	c. 6 hrs
Lunch	Sandwiches	while hiking
Dinner at 6pm		
Dinner		1hr
"Fireside Chat"	Expeditionary Theory/Hero-Heroine's Journey	1hr
Bedtime Prep at 8:30pm		
Brush Teeth, etc.	Prep for bed	30 min
In Sleeping Bags	Quiet time, reading etc. in sleeping bags	
Lights out at 9:30pm		

Day 4: Thursday		
Activity	Description	Duration
Wake up at Base Camp 7am		
Breakfast		30 min
Prepare Lunch	Make sandwiches at lunch prep table	
Safety Seminar	Steveo -- Plan for the Day	30 min
Hike		
Expeditionary Event	Summit Trail Climb	c. 6 hrs
Lunch	Sandwiches	while hiking
Dinner at 6pm		
Dinner	Student camp stoves	1hr
"Fireside Chat"	Expeditionary Theory/Hero-Heroine's Journey	1hr
Bedtime Prep at 8:30pm		
Brush Teeth, etc.	Prep for bed	30 min
In Sleeping Bags	Quiet time, reading etc. in sleeping bags	30
Lights out at 9:30pm		
Day 5: Friday		
Activity	Description	Duration
Wake up in Base Camp at 7am		
Breakfast		30 min
Break Camp	Pack Vans	1hr
Safety Seminar	Steveo -- Plan for the Day	30 min
Puja Ceremony	Ceremony celebrating expedition with Steveo	30 min
Leave Big Pine at 9am		
Drive	Big Pine to San Mateo	c. 7hr 30 min
Lunch	Sandwiches	during drive
Arrive Odyssey circa 7:15pm	Parents will be updated via email on ETA	

Discussion of Packing List

This document complements the packing list, with advice on packing and what kind of equipment to buy.

When gathering supplies/material, please be mindful of the following:

1. **Space:** There are only two bags allowed on this trip. *The only exception to this is that you may bring your sleeping bag and sleeping pad as separate items, clearly labeled.* Ideally these two items would fit in your duffle, so start by packing these two items first and note the remaining space. *Avoid large towels or pillows* – two common mistakes.
2. **Weight:** The daypack will be on the student's back for hours at a go. Be very careful about its weight. Two full water bottles (which are required) will already add a lot of weight. Beware a heavy camera, heavy jacket, or other such material. Pack the daypack well in advance of departure (with full water bottles) and check the weight. Give yourself lots of time so that you can improve the weight if necessary.

When packing the bags, please be mindful of the following:

- Use the packing list to pack both bags *with your student*.
- Pack the daypack at home with all the items noted as such in the packing list. Do not expect students to transfer materials from the duffle bag to the daypack at a later date.
- Ensure daypack includes items for long Monday drive: full water bottles, disposable lunch, & book/music/games.
- It's strongly recommended you use Ziploc bags to compartmentalize different items (e.g. underwear in one, socks in another, shirts in another): it keeps things organized and it protects items from water or other damage.

Ziploc bags come in just about any size you need – the 2-3 gallon ones with “sliders” are useful as a generic size.

Label everything: For your sleeping bag and pad use masking tape with your name, for clothes an indelible marker.

Bags:

- **Duffle Bag:** If you don't already have one, you can buy very reasonably priced standard duffle bags (c. \$30) as well as some superb waterproof bags. Be mindful of the size, ensuring it is large enough for your sleeping bag, sleeping pad, hiking boots, and all clothes. **Sports Basement** has some great prices on duffle bags as well as a good selection. You can also check **REI**, **North Face**, **Big 5** and other online sites.



Hint: You might find it's useful to see them in person first to compare relative sizes.

- **DayPack:** See comments above under “weight” and “comfort.”

You do not need to buy a new or expensive daypack for this trip. If you do not already have a suitable bag (e.g. a book bag for school), see if you can borrow one from friends or family. The daypack should be comfortable. Criteria include:

- Adjustable straps
- Big enough to hold all the items but not so big that it is unwieldy.
- Outside pockets to allow quick access to water and snacks.



DayPack

Hint: See here for the principles involved, but take the information on this site with a large grain of salt because you don't need a high-end daypack (which REI is naturally selling). It's only for 3 days worth of day hikes.

<http://www.rei.com/learn/expert-advice/daypack.html>

Sun Protection: The sun can be extremely strong in clear, high-altitude air, and intensified by snow reflection.

- **Sunscreen:** Use at least 30+SPF. Please reference this helpful online site from <http://www.dermatology.ucsf.edu/skincancer/general/prevention/sunscreen.aspx>
- **Sun Shielding Hat:** Shade protection with a wide brim needs to be balanced with practicality – good ventilation and something that won't blow away in the wind. See here for some reviews: <http://www.outdoorgearlab.com/Sun-Hat-Reviews>

Hint: Keep in mind that an uncomfortable or "dorky looking" hat won't provide any protection at all if a student refuses to wear it or mysteriously leaves it behind on every outing. Sometimes a baseball cap is your best bet.

- **SPF Clothing:** We'll be well covered for the cold, so SPF-rated clothing, while helpful, is not critical.

Illumination: Headlamp

A headlamp is required (i.e. a flashlight does not suffice). You cannot move about effectively in camp with one hand tied up holding a flashlight. More importantly, in an emergency, one needs to have both hands free along with illumination.



Nutrition: Nutrition bars

You may choose any brand you like (Cliff Bars, Lara Bars, etc.) but stick to the nutrition bars. We don't want junk food and we do want food that provides significant energy in an emergency. You can buy these cheaper in bulk (a box). **Trader Joe's** and **Sports Basement** offer good prices or search online.



Hint: Some of these are very tasty – experiment with a few types first in school lunches before buying for the trip.

Hydration: Water Bottles

Use Plastic/Nalgene or Stainless Steel water bottles, clearly labeled with name.



Mess Kit: Mug, Bowl, Plate, Fork, Knife, Spoon clearly labeled with name (use a sharpie)

This need not be expensive. The "GSI Outdoors Cascadian 1 Person Tableset," which retails for about \$12 at places like Amazon and REI, will suffice.

You should have this kit in a bag, and a mesh bag is strongly recommended for purposes of drying. You can buy the mess bag as part of the kit in the below Amazon link. It typically comes with the package when you buy it at places like REI.

<https://www.amazon.com/GSI-Outdoors-Cascadian-Person-Tableset/dp/B001LRPSUS>



Many/most students will have identical plates, etc, so make sure that they are carefully labeled, with clear large letters – so that they can be easily sorted from a large pile of drying dishes.

*Note: an **Insulated Drinking Mug**, i.e. a large drinking mug that seals and is insulated can really help on cold mornings! It's not required (and is listed later under "optional"). If you bring one, be sure it is well labeled.*

Camping Gear: Sleeping Bag & Pad

- **Sleeping Bag:** Two things to keep in mind when evaluating a sleeping bag:
 1. A synthetic sleeping bag is strongly preferred. Down bags are dangerously ineffective when wet.
 2. It should be rated to 20°F degrees or lower. Bear in mind, the rating is for survival: i.e. a 20° rating means you will survive the night in 20°F weather, *not* that you will be comfortable. Any poor soul sleeping in 20°F weather in a 20°F bag will have a tremendously cold and uncomfortable night but they will survive. That said, understand that it is about 10°F warmer inside a tent than the outdoor temperature you see in the forecast.

An inexpensive sleeping bag from Amazon such as this one for \$40 would be fine:

https://www.amazon.com/gp/product/B00CN0FNUC/ref=s9_acsd_top_hd_bw_b2PBqdx_c_x_w/163-7264272-6702231?pf_rd_m=ATVPDKIKX0DER&pf_rd_s=merchandise-search-3&pf_rd_r=Q82TMPY9XG26ATWC0J9E&pf_rd_t=101&pf_rd_p=7ae783ba-cd48-5478-82d3-328b6df26972&pf_rd_i=2204498011



See here for a good discussion on how to choose a sleeping bag:

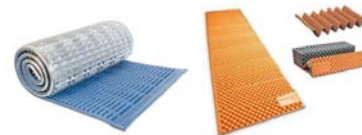
<http://www.rei.com/learn/expert-advice/sleeping-bag-backpacking.html>

Hint: If borrowing a sleeping bag or using a valuable one, consider purchasing a sleeping bag liner. They keep the sleeping bag clean and are easy to wash.



- **Sleeping Pads:** Foam pads (as opposed to inflatables) are recommended for safety reasons. Inflatable pads become a serious hazard if they lose air while camping in the cold.

Hint: try packing these in your duffle bag immediately to clarify space in duffle.



Good places to shop for sleeping bags and pads include: **Sports Basement, REI, North Face, Big 5**, etc.

Hint: If you choose to buy a new sleeping bag it's strongly recommended you evaluate them in person (not simply online).

Essential Cold Weather Clothing: Note the layering method, *fundamental* to cold weather expeditions. See here for some background: <http://www.rei.com/learn/expert-advice/layering-basics.html>

- **Waterproof Hiking Boots:** Comfortable waterproof boots are critical. However, because middle schoolers grow quickly, it's not a good idea buy expensive boots. These \$30 boots at **Big 5**, for instance, will do just fine:



- http://www.big5sportinggoods.com/store/details/ITASCA-men-s-ice-breaker-winter-boots/5390130890006/_/A-3066073?_D%3Asearch=+_D%3AsiteScope=+_DARGS=%2Fstore%2Fcartridges%2FsearchBox%2FsearchBox.jsp&_dyncharset=UTF-8&siteScope=ok#.VsogH0-E3IU
- http://www.big5sportinggoods.com/store/details/ITASCA+Cedar-Womens-Cold-Weather-Boots/5590130890012/_/A-4850616#.Vsof10-E3IU

- **Socks:** Synthetic or wool. Six to eight pairs so that you can double up in the boots or have as spares.
- **Fleece or Wool Gloves:** Ski gloves are great if you intend to throw snowballs. Bear in mind though that ski gloves are often too warm while hiking so you'll want fleece or wool gloves in addition. These can be liners for your ski gloves.

- **Outer Layer/Shell:** Referred to as "shells" or "rainjackets/pants" these are light, durable, waterproof, and windproof covering. Take care to ensure it is large enough to encompass the remaining layers.



Outer Layer/Shell

- **Middle Layer:** A fleece jacket (or sweater) and fleece pants. These provide your primary warmth in extreme weather. Substitutes for fleece are wool (traditional, but heavy and itchy) or other specially designed synthetics. You want material that (1) doesn't lose its thermal qualities when wet, (2) wicks away moisture so that sweat doesn't dampen clothes, and (3) dries quickly if it becomes wet. Cotton fails in all three categories.



Middle Layer/Fleece Jacket

- **Long Sleeve T-Shirts:** This is to go under your middle layer. Again, these should be made of a wicking, synthetic material.

- **Base Layer:** This is what we traditionally think of as "long johns" or "long winter underwear." It should be wicking, synthetic material.



Base Layer/Long Johns

- **Underwear/Sports Bra:** These should be wicking, synthetic material. Most people wear "regular looking" underwear under their long johns. This is primarily for comfort; it might also make some folks more comfortable with the idea of wearing (re-wearing) the same long johns for two days in a row.

Good places to shop include: **Sports Basement, REI, North Face, Big 5**, etc.

Additional Clothing: clothes used when not hiking, i.e. on drives, in camp, at the museum, etc.

- **Camp Shoes:** don't buy these. Just bring your regular tennis shoes/sneakers/running shoes. It's important to be able to slip back into comfortable, dry shoes after a long day of hiking. It's also important to have normal shoes for the drives or for visiting museums.
- **Warm Pajamas:** Something comfortable in the sleeping bag at night. If someone has to run out of the tent for the bathroom in the middle of the night they don't want to be wearing anything skimpy and light: it will be freezing. Bear in mind that if the pajamas are sufficiently warm they make good backups should long-johns need replacing (gone missing/gotten wet).
- **Long Sleeve T-shirts:** These shirts are for camp use, drives, and visiting museums. They should be comfortable and reasonably warm but can be cotton.

- **Underwear/Sports Bras:** See comment in above section on Base Layers. Ideally the underwear would be synthetic for the hiking days. If it becomes difficult to separate non-hiking wear from hiking wear then consider packing all synthetic underwear.

Personal Items: Try to keep these to a minimum because the bags will already be very full.

- **Toiletries:** Keep this to a minimum: toothbrush & toothpaste. Toiletries need to be kept in the group bear box, so be sure the toiletries bag (e.g. a Ziploc) is well labeled.
- **Small Towel:** For face washing. Keep the towel small, not just because the bag will be full but because it needs to dry. Please ensure that there is a sealable plastic bag in which to keep the towel.
- **Sealable Laundry Bag:** Without this, dirty or wet clothes mar the clean ones. It can be dangerous to begin a hike if some of your new clothes are wet. Stores like **Target** and **Ace Hardware** sell large Ziploc bags (big enough to store bedding, sports equipment, etc.).
 - <http://www.target.com/p/ziploc-big-bags/-/A-15357844>
- **Prescription Medication:** If you have any prescription medication please coordinate this with Jon well in advance. Jon will carry all prescription medication (i.e. it should not be in a student's bags). Prescription medication will be administered by teachers on the trip.
- **Prescription Eyewear:** If a student wears contacts, be sure to pack backup glasses.



Other Suggested And/Or Optional Items:

- **Mobile Phone:** This is not necessary. However, a mobile phone can be invaluable for communication on a hike under emergency circumstances. An emergency will be the only time when a student is allowed to use a phone. At all other times it should be in a Ziploc bag in their daypack. Please charge it before leaving and understand that it may not be feasible to charge again on the trip.
- **Small Pillow or a Pillowcase:** Students sleep much better with a pillow.

Hint: Be sure it is a small one or you'll quickly run out of room in the duffle bag. A sofa cushion or throw pillow is often a good source. Alternatively, you can pack a pillowcase which can be stuffed at night (e.g. with a fleece jacket).
- **Earplugs:** helpful for those sensitive to noise at night or on drives.
- **Eyeshades:** helpful to those sensitive to light, especially on drives if they try to take a nap.
- **Insulated Drinking Mug/Thermos:** a large drinking mug that seals and is insulated can really help on cold mornings!
- **Book:** great for the long drives, but also for relaxing in camp.
- **Camera:** keep it small. Don't forget that the daypack will get heavy very quickly.
- **Stuffy:** If a student is prone to homesickness or particularly attached to a "stuffy" or "teddy bear" of some kind, consider packing one. If there are multiple choices, take the smallest for reasons of space.

Expedition Glacier Trail 2016-2017, Packing Checklist

Note: the clothing worn on departure day is IN ADDITION to the Packing List, unless specifically noted.

Bags No loose items (with exception of sleeping bag and sleeping pad if necessary)

1 Day Pack (for day hikes, and for access in bus rides)

1 Duffel Bag (for everything else)

Packing List

Category	Quantity	Item	Note	✓
Sun Protection				
	1	Sunscreen	Day Pack	
	1	Lip Balm	Day Pack	
	1	Sunglasses	Day Pack	
	1	Sun shielding hat	Day Pack	
Illumination				
	1	Headlamp	Day Pack	
	2 sets	Spare Batteries	Duffel Bag	
Hydration				
	2	Water Bottles (labeled with name)	Day Pack	
Nutrition				
	10-12	Cliff Bars/Nutrition Bars, in Ziploc bag labeled with student's name <i>Note: these cannot remain in tents/duffels (hence, importance of labeled Ziploc)</i>	Duffel Bag	
Mess Kit				
	1	Table set: mug, bowl, plate, knife, fork, spoon <i>(The GSI Outdoors Cascadian set for about \$12 suffices)</i>	Duffel Bag	
Sleeping Gear				
	1	Sleeping bag (preferably synthetic), rated to 20°F or lower <i>(this need not be an expensive bag; see discussion below for info)</i>	Duffel Bag	
	1	Sleeping pad <i>(inexpensive backpacking closed cell foam preferred)</i>	Duffel Bag	
Essential Cold Weather Clothing				
	1	Waterproof hiking boots <i>(this need not be expensive; see discussion below for info)</i>	Duffel Bag	
	6-8 pairs	Synthetic Socks (or wool) and spares <i>(or: 3 synthetic pairs for hiking + 3 regular warm pairs)</i>	Duffel Bag	
	1 – 2	Fleece or wool hat (soft enough to sleep in)	Day Pack	
	1 – 2 pairs	Fleece or wool gloves/mittens <i>(ski gloves if you have any)</i>	Day Pack	
	1	Outer Layer: Shell/Rainwear Jacket	Duffel Bag	
	1	Outer Layer: Shell/Rainwear Pants	Duffel Bag	
	1	Middle Layer: Fleece Jacket or Fleece top <i>(may be sweat shirt if necessary)</i>	Day Pack	
	2	Middle Layer: Fleece Pants (may be sweat pants if necessary)	Day Pack	
	2 sets	Base Layer: Long winter underwear tops & bottoms <i>(wicking, synthetic better than cotton)</i>	Duffel Bag	
	4	Long sleeve or T-shirts <i>(wicking, synthetic better than cotton)</i>	Duffel Bag	

Continued On Next Page

Continued From Previous Page

Continued From Previous Page				
Additional Clothing	1 set	Camp shoes (old running shoes, sneakers), wearing on departure	Day Pack	
	1 set	Warm pajamas <i>(wicking, synthetic better than cotton)</i>	Duffel Bag	
	5 pairs	Underwear/sports bras <i>(wicking, synthetic better than cotton)</i>	Duffel Bag	
	2 – 5	Long sleeve shirts	Duffel Bag	
	1 pair	Trousers (e.g. jeans); for bus ride/travel days	Duffel Bag	
Personal Items				
	-	Toiletries (toothbrush, toothpaste; comb; sanitary napkins, etc.) in labeled bag (e.g. Ziploc) Note: these kept in group bear box (hence, importance of labeled Ziploc)	Duffel Bag	
	1	Small towel, with own plastic bag <i>(quick dry towels are helpful)</i>	Duffel Bag	
	-	Prescription Eyewear (backup glasses if wearing contacts)	Duffel Bag	
	-	Prescription Medication, Motion Sickness Medication	To Jon	
	1	Sealable Laundry Bag(e.g. 10 gallon Ziploc)	Duffel Bag	
Suggested and/or Optional Items				
	1	Small pillow or empty pillowcase (to be stuffed with clothes)	Duffel Bag	
	1	Eyeshades	Duffel Bag	
	2 – 4 pairs	Earplugs	Duffel Bag	
	1	Insulated Drinking Mug	Duffel Bag	
	1	Book	Duffel Bag	
	1	Mobile phone	Day Pack	
	1	Camera	Day Pack	

Departure Day				
Category	Quantity	Item	Note	✓
Clothing Worn On Travel Day	-	Sneakers/Tennis/Running shoes (from Packing List above)	Wearing	
	-	Comfortable Pants (e.g. Jeans)	Wearing	
	-	Long sleeve t-shirt	Wearing	
Day Pack Contains	-	Disposable Lunch		
	2	Full water bottles (from Packing List above; FULL for drive)		
	-	All items listed above in "Packing List/Day Pack"	Items in Red Above	

Additional Notes:

Label items: No one claims a pair of errant socks or underwear in a public/group setting even if they recognize them... Sadly, the same dynamic is sometimes at play with other items. If you want your student to bring things back please label everything of importance. Use an indelible marker for clothes (masking tape with marker for a sleeping bag and a stuff sack).

Do not bring: Knives, more than \$20 cash, or junk food.

Prescription Medications: need to be presented to Jon and will be kept by teachers for the duration of the trip.



Student's name: _____

Please Print

Odyssey School**Field Trip Permission, Waiver, Release and Indemnity Agreement**

Recognizing that field trips and other experiences outside the classroom are an integral part of the Odyssey School curriculum, we have scheduled the following activity. Please read this document carefully before signing. It contains important information and advises of certain risks. Students and their families are asked to acknowledge and assume risks and waive claims they might have in the event of injury or other loss. This document must be signed by the student and by at least one parent or legally appointed guardian.

Expedition Glacier Trail**Grade(s):** All Students in Grades 6, 7, and 8**Date(s):** April 3, 2017 through April 7, 2017**Destination(s):** Big Pine, California

Bernasconi Education Center

941 Sugar Loaf Rd.

Big Pine, CA 93513

Planned Activities: 5-day/4-night expedition with activities including, but not limited to, camping, hiking, snow-shoeing, snow school, visitations to various points of interest, and daily educational and team building lessons and activities.**Supervision:** Stephen Lane and Jon Hale**Transportation:** United Coach Tours (UCT) Bus, Round-trip, from San Mateo to Big Pine, California**Other Detailed Information: Please See Expedition Glacier Trail Information Packet****Odyssey School****Field Trip Permission, Waiver, Release, and Indemnity Agreement**

In consideration of the Student named below (the "Student") being permitted to participate in Odyssey School's ("School") field trip to **Glacier Trail** (the "Field Trip"), the undersigned, parent(s) or legal guardian(s) of the Student, on behalf of my/our heirs, executors, administrators, and assigns, and on behalf of the Student, hereby agree(s) to the following terms and conditions set forth below:

1. Participation: Permission is granted for the Student to participate in the Field Trip from April 3, 2017 through April 7, 2017. I/We understand and acknowledge that certain risks are inherent in this type of excursion and I/we assume liability and responsibility for any such risks associated with participation in the Field Trip.

2. Behavioral Expectations: I/We understand and acknowledge that the Student is expected to abide by all School regulations during the course of the Field Trip. I/We agree that School has the right to terminate the Student's participation in the Field Trip for any behavior deemed detrimental to the School, the program or to the Student.

3. Early Return of Student: I/We understand and acknowledge that, if the Student violates any School regulation during the course of the Field Trip or participates in behavior that is deemed detrimental to the School, the program or the Student, the Student will immediately be sent home at parent's expense.

4. Acknowledgment of Risks: Field Trip activities may be dangerous and include risks that are inherent to the activities and cannot reasonably be avoided without changing the nature of the activity. Participation in the activities can cause personal injury, including emotional trauma and even death. The School cannot foresee every possible contingency or completely eliminate all risk. I/We have had opportunities to discuss the Field Trip with School, the Head of School or other School administrators.

5. Assumption of Risks: I/We acknowledge and expressly assume all risks and dangers associated with all Field Trip activities, regardless of whether described above, are known or unknown or are inherent or otherwise. I/We take full responsibility for any injury or loss, including death, which Student may suffer, arising in whole or in part from the enrollment and participation of the Student in the activities of the trip.

6. Hold Harmless: I/We acknowledge that, as a condition of the Student's participation in this Activity, I/we hold harmless and waive any and all claims against the School, its officers, directors, trustees, volunteers and employees, including, but not limited to, claims arising out of ordinary negligence of any officers, directors, trustees, volunteers and employees of the School, or any loss or damage to personal property occurring during or by reason of the Student participating in this Field Trip.

7. Voluntary Release of All Claims: I/We voluntarily release, discharge, waive, and relinquish all claims against the School, its officers, directors, trustees, volunteers and employees arising out of or in any way related to the above described activities, including but not limited to, claims for bodily injury, personal injury, emotional distress, property damage or wrongful death occurring to the Student arising out of ordinary negligence during the course of the Field Trip. This release, discharge, waiver and relinquishment also pertains to any instruction or supervision related to the Field Trip on the part of the School, its officers, directors, trustees, volunteers and employees.

8. Release from Third-Party Liability: I/We understand that the School is not an agent of, and has no responsibility for, any third party including without limitation any sponsor or program that may provide any services, equipment, training or activities associated with the above mentioned Field Trip. Note that Odyssey School does anticipate using third party providers of services, equipment, training or activities while on Expedition Glacier Trail. United Coach Tours (UCT) will provide round-trip transportation and the Bernasconi Education Center (941 Sugar Loaf Rd., Big Pine, CA 93513) will provide dormitory accommodations and other educational programming and services.

9. Indemnification: The Student and his/her parent(s)/guardian(s) further agree to defend and indemnify the School, its officers, directors, trustees, volunteers and, employees for any action or claim commenced by parent(s)/guardian(s) or on behalf of parent(s)/guardian(s), or for any action commenced by the Student or on behalf of the Student, arising out of or in any way related to the above described Field Trip, including but not limited to a claim for bodily injury, personal injury, emotional distress, property damage and/or wrongful death arising out of ordinary negligence during the course of the Field Trip.

10. Pre-Existing Medical Condition of Student: I/We release School and its officers, directors, trustees, volunteers, and employees from all claims and liability for any illness, injury, loss of property and/or death resulting during or after the program from a pre-existing medical (physical, emotional and/or psychological) condition of the Student. I/We have read and completed fully confidential medical forms provided by School at the beginning of the school year. I/We accept full responsibility for omissions or errors on the medical information form. To the best of my/our knowledge, the Student has no medical (physical, emotional or psychological) conditions that would interfere with his/her ability to participate in the Field Trip or would otherwise endanger his/her health while participating in this program.

11. Medical Care: Any School officer, director, trustee, volunteer, or employee is authorized to obtain immediate medical attention for Student. I/We consent to whatever examination, x-ray, anesthetic, medical,

surgical or dental diagnosis or treatment and hospital care are considered necessary in the best judgment of the attending physician, surgeon or dentist and performed by or under the supervision of the medical staff of the hospital or facility furnishing medical or dental services.

12. Photo or Likeness of Students are School Property: I/We understand that photographs, video or likenesses of Student become the property of School who may use the photographs for publicity purposes such as in School publications, promotions or the School website.

13. Severability: If any provision of this Permission, Waiver, Release, and Indemnity Agreement is held to be invalid or unenforceable, the remainder of this agreement shall nevertheless remain in full force and effect.

14. Entire Agreement: This Permission, Waiver, Release, and Indemnity Agreement constitutes a single, integrated contract expressing the entire agreement of the parties hereto. There are no other agreements, written or oral, express or implied, between the parties, concerning **Expedition Glacier Trail**, except this agreement. This Permission, Waiver, Release, and Indemnity Agreement may be modified or superseded only in a written instrument to this agreement that specifically references this Permission, Waiver, Release, and Indemnity Agreement and is executed by all parties.

15. Voluntary Agreement: Student and the parent(s)/guardian(s) acknowledge that they have read this Permission, Waiver, Release, and Indemnity Agreement and are aware of the legal consequences of signing this binding document.

I/We have taken steps to become informed about the Field Trip and certify that I/we are satisfied with the nature and quality of the Field Trip as a voluntary activity for the student. I/We have read this Permission, Waiver, Release, and Indemnity Agreement. I/We understand that signing this agreement is voluntary and that I/we have been given the opportunity to seek legal counsel and to question Stephen Lane before signing this binding document.

Name of Student

(Print Name)

Student

(Signature)

(Date)

Name of Parent/Guardian

(Print Name)

Parent/Guardian

(Signature)

(Date)