

# Odyssey School's Expedition Mt. Diablo Capstone Expedition 2015 -2016

5/27/16 (JH)



## **Objectives and Philosophy: A Letter From Steveo**

**May 23, 2016**

**Capstone Expedition: Mt. Diablo**

Dear Parents,

I am writing this short note to introduce the final expedition of the year for Odyssey's 1<sup>st</sup> and 2<sup>nd</sup> year students. Please note that I am penning this communiqué from Japan, immediately after Odyssey's 3<sup>rd</sup> year students successfully completed the Japan Expedition – including the Mt. Misen climb and the Mt. Fuji ascent to 10,275 ft.!

The genesis for our school's final annual expedition began two summers ago when Odyssey teachers participated in a redesign of the last week of school. All staff members felt that we could deliver a more impactful educational experience to the students, off campus in an experiential setting, during the final few days of instruction. Consequently, we will be embarking on the end-of-year journey from Monday, June 6<sup>th</sup> through Thursday, June 9<sup>th</sup>. Jon has crafted an informative information packet for you to review. Please study it with an eye towards the expedition's particulars.

The primary philosophical objectives for **Expedition Mt. Diablo** are to:

1. Provide closure for the current academic and expeditionary year including a most memorable and achievable "summit experience"\*
2. Construct the foundation for enhanced student success during the 2016 – 2017 academic adventure year – one that is shaping up to be the finest year in the history of the institution\*

Consequently, to achieve these noble goals, we will continue to push the envelope in the following broad philosophical and "21<sup>st</sup> Century Skills" content areas:

**Commitment**  
**Community**  
**Leadership**  
**Teamwork**  
**Challenge**  
**Confidence**

Additionally, it should be noted that seminars will be included to expose our students to specific academic content areas that can easily be plugged into the aforementioned overarching philosophical phyla. We hope to extrapolate the following relevant and interesting topics in the field:

**Summit Strategies for the Mountains in Life**  
**Mountain Ecology**  
**Expeditionary Behavior**  
**Personal Best**  
**The Ten Essentials**  
**Basic Navigation and Route-Finding**  
**Primitive Wilderness Survival**  
**Leave No Trace Principles**  
**Outdoor Safety and Risk Management Assessment**

**Needs vs. Wants**

**Disconnect to Reconnect**

**The Sights and Sounds of Nature**

**The Inner vs. the Outer Journey**

**The Hero and Heroine with a Thousand Faces**

I look forward to our next educational and experiential adventure on Mt. Diablo! It is my hope that the 4-day investment in time will result in an increased surface area of educational ownership for all students and an enhanced commitment to personal success for every young Odyssian.

Warmest regards,

Steveo

**The World Is Our Odyssey!**

**“Climbing is a metaphor for life itself. There is the aspiration and the uncertainty, the journey and the risk, the success and the concomitant satisfaction. Life on the wall becomes a simplified model of life in the harried world, a model with equal anguish, but one whose challenges are carved into perfect definition. We win here and we know we can win elsewhere.”**

**Don Mellor**

**“Technique and ability alone do not get you to the top – it is the willpower that is the most important. This willpower you cannot buy with money or be given by others – it rises from your heart.”**

**Junko Tabei, after becoming the first woman to summit Mt. Everest**

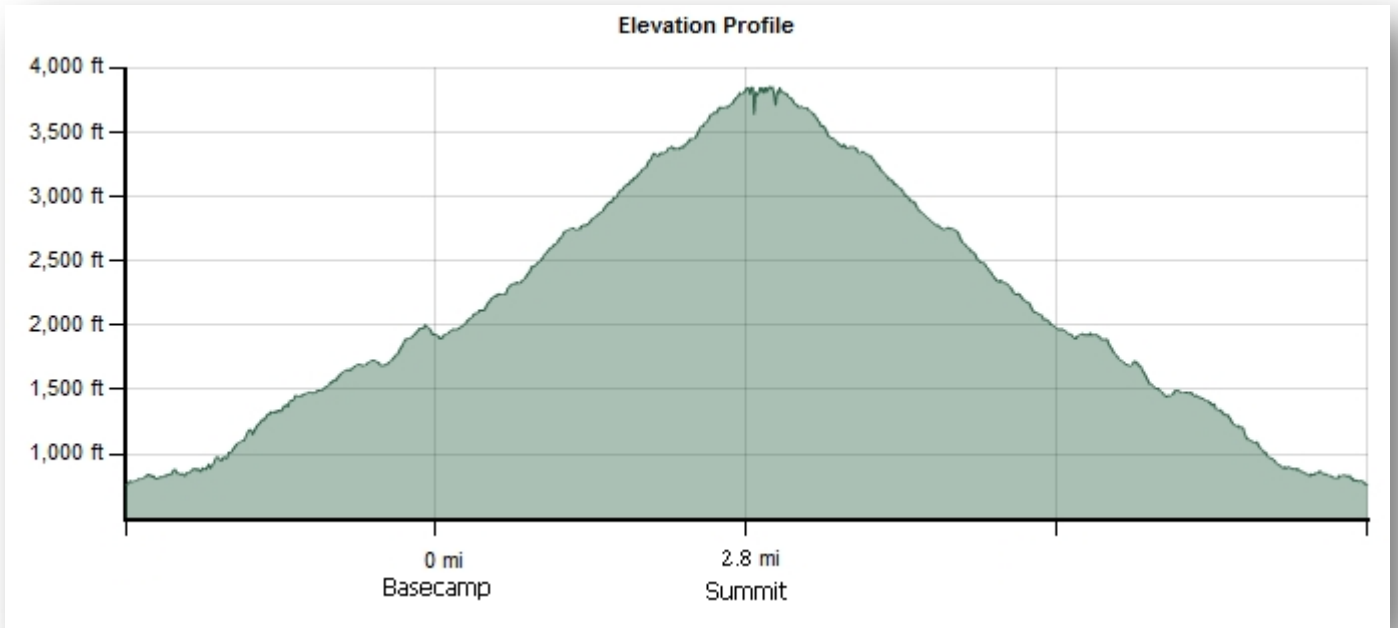
## Important Dates

- Thursday, May 19<sup>th</sup>: Packing List sent out
- Wednesday, May 25<sup>th</sup>: Expedition Packet sent out
- Tuesday, May 31<sup>st</sup>: Liability waiver due (in hard copy, wet ink signature)
- Tuesday, May 31<sup>st</sup>: Inform Jon in writing of any medications by this date
- Monday, June 6<sup>st</sup>: Students arrive at Odyssey at 8am for Expedition departure
- Thursday, June 9<sup>th</sup>: Expedition returns to Odyssey c. 2pm.
- Friday, June 10<sup>th</sup>: Normal school *time* schedule at Odyssey Base Camp (All Students Graduation Rehearsal)
  - Drop off at 201 Polhemus Rd. at 8am
  - Pickup at 201 Polheums Rd. at 3:30pm

## Broad Parameters

- **4 Days, 3 Nights:** Depart Odyssey Monday, June 6<sup>st</sup>; return to Odyssey Thursday, June 9<sup>th</sup>
- **Participants:** 33 students. All Odyssey 2<sup>nd</sup> and 1<sup>st</sup> Year students, all Odyssey teachers (except Japan Expedition teachers Madeleine and Aviva)
- **Travel:**
  - Monday (June 6<sup>th</sup>): Odyssey Vans + Chaperone Vehicle from Odyssey to Mt. Diablo State Park
  - Thursday (June 9<sup>th</sup>): Odyssey Vans + Chaperone Vehicle from Mt. Diablo State Park to Odyssey
- **Rough Schedule:** See subsequent pages for more detailed schedule.
  - **Day 1:** Meet at Odyssey Base Camp (8am, 201 Polhemus Rd)  
Drive to Mt. Diablo State Park for morning;  
Set up Camp
  - **Day 2:** Camping at Mt. Diablo State Park  
Goal Setting/Reflections  
Summit Hike
  - **Day 3:** Camping at Mt. Diablo State Park  
Goal Setting/Reflections  
Hike
  - **Day 4:** Camping at Mt. Diablo State Park  
Goal Setting/Reflections  
Break Camp  
Drive back to Odyssey (pickup at normal school time: 3:30pm)
- **Accommodations:**
  - All three nights in tents (provided by Odyssey)
- **Weather:** Mt. Diablo State Park
  - June temperatures in Mt. Diablo range from low 53 to 78°F
  - Can be sunny and dry or foggy and windy. Rain is possible but highly unlikely.
  - Daylight hours: sunrise c. 5:58am, sunset c. 8:11pm

**Elevation Profile:**



**Detailed Schedule**

Day 1: Mon, June 6th		Mt. Diablo State Park	
<b>Mt. Diablo</b>	8am		Students arrive at Odyssey with luggage
	8:15am	Drive:	Odyssey to Mt. Diablo State Park (c. 2 hrs via Highway 92 and I-680)
	c. 10:15 am	Wind Caves:	Seminar Lunch
	c.2:00pm	Camp:	BBQ Campground (Group Site: Potable Water, Vault Toilets, Fire-ring, Parking) Safety Seminar Pitch tents, setup camp
	c. 6pm		Dinner
	c. 8pm		Camp Fire Expedition Seminar (Steveo)
	c. 10pm		Lights Out
	Day 2: Tue, June 7th		Mt. Diablo State Park
<b>Mt. Diablo</b>	7:30am	Camp:	Breakfast Pack Lunch Safety Seminar (Steveo)
	c. 9am		Goal Setting/Reflections (Steveo)
	c. 11am	Hike:	Summit Hike Lunch at summit
	c. 4pm	Camp:	Reflections (Steveo)
	c. 6pm		Dinner
	c. 8pm		Camp Fire Expedition Seminar (Steveo)
	c. 10pm		Lights Out
	Day 3: Wed, June 8th		Mt. Diablo State Park
<b>Mt. Diablo</b>	7:30am	Camp:	Breakfast Pack Lunch Safety Seminar (Steveo)
	c. 9am		Goal Setting/Reflections (Steveo)
	c. 11am	Hike:	Valley Hike Lunch while hiking
	c. 4pm	Camp:	Reflections (Steveo)
	c. 6pm		Dinner
	c. 8pm		Camp Fire Expedition Seminar (Steveo)
	c. 10pm		Lights Out

Day 4: Thur, June 9th		Mt. Diablo State Park	
<b>Mt. Diablo</b>	7:30am	Camp:	Breakfast Safety Seminar/Puja (Steveo)
	c. 9am		Goal Setting/Reflections (Steveo)
	c.10:30am		Pack Tents/Bags/Vans
	c. 11:30am	Drive:	Mt. Diablo to Odyssey (c. 2hrs)
		Drive:	Pickup at Odyssey at 3:30pm

**Reminder:** Friday, June 10<sup>th</sup>: Normal school schedule at Odyssey Base Camp (All Students Graduation Rehearsal)

- Drop off at 201 Polhemus Rd. at 8am
- Pickup at 201 Polheums Rd. at 3:30pm

# Expedition Mt. Diablo, Capstone Expedition 2016

## 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	✓
<b>Sun Protection</b>				
	1	Sunscreen	Day Pack	
	1	Lip Balm	Day Pack	
	1	Sunglasses	Day Pack	
	1	Sun shielding hat	Day Pack	
<b>Illumination</b>				
	1	Headlamp	Day Pack	
	2 sets	Spare Batteries	Duffel Bag	
<b>Hydration</b>				
	2	Water Bottles (labeled with name)	Day Pack	
<b>Nutrition</b>				
	5-10	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	
<b>Sleeping Gear</b>				
	1	Sleeping bag ( <i>preferably synthetic</i> )	Duffel Bag	
	1	Sleeping pad ( <i>inexpensive backpacking closed cell foam preferred</i> )	Duffel Bag	
	1	Sleeping bag liner ( <i>optional but recommended</i> )	Duffel Bag	
<b>Essential All Weather Clothing</b>				
	1	Light hiking boots or sneakers/tennis/running shoes	Duffel Bag	
	3-5 pairs	Socks ( <i>synthetic preferred</i> ) and spares <i>(may wish to have spares to change into after hiking)</i>	Duffel Bag	
	1	Fleece or wool hat ( <i>soft enough to sleep in</i> )	Day Pack	
	1 pair	Fleece or wool gloves/mittens	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: Synthetic or Fleece Pants <i>(may be sweat pants; wicking, synthetic better than cotton)</i>	Day Pack	
	1-2	Base Layer: Long winter underwear tops <i>(wicking, synthetic better than cotton)</i>	Duffel Bag	
	1-2	Base Layer: Long winter underwear bottoms <i>(wicking, synthetic better than cotton)</i>	Duffel Bag	
	3-4	Long sleeve or T-shirts <i>(wicking, synthetic better than cotton)</i>	Duffel Bag	

*Continued On Next Page*



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<b>Additional Clothing</b>	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	
	3 pairs	Underwear/sports bras <i>(wicking, synthetic better than cotton)</i>	Duffel Bag	
	1 pair	Trousers (e.g. jeans); for bus ride/travel days	Duffel Bag	
<b>Personal Items</b>				
	-	Toiletries (toothbrush, toothpaste; comb; soap) 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	
<b>Suggested and/or Optional Items</b>				
	1	Small pillow or empty pillowcase (to be stuffed with clothes)	Duffel Bag	
	1	Eyeshades	Duffel Bag	
	2 – 4 pairs	Earplugs	Duffel Bag	
	1	Book	Duffel Bag	
	1	Mobile phone	Day Pack	
	1	Camera	Day Pack	

Departure Day				
Category	Quantity	Item	Note	✓
<b>Clothing Worn On Travel Day</b>				
	-	Sneakers/Tennis/Running shoes (from Packing List above)	Wearing	
	-	Comfortable Trousers (e.g. Jeans)	Wearing	
	-	Long sleeve t-shirt	Wearing	
<b>Day Pack Contains</b>				
	-	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.

## 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 duffel, 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 duffel 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:**

- **Duffel Bag:** If you don’t already have one, you can buy very reasonably priced standard duffel 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 duffel bags as well as a good selection. You can also check **REI**, **North Face**, **Big 5** and other online sites.



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 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 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>

*Hint:  
You might find it's*

or

salt

**Sun Protection:** The sun can be extremely strong and some of our hiking trails will have little to no shade.

- **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.



in

**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.



**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°F 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 outdoors.

An inexpensive sleeping bag from Sports Authority such as this one for \$45 would be fine:

<http://www.sportsauthority.com/Wenzel-Windy-Pass-0-Degree-Mummy-Sleeping-Bag/product.jsp?productId=19929226&cp=2280721&parentPage=family>

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

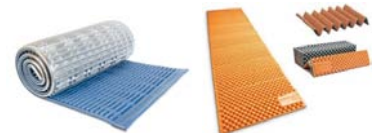
<http://www.rei.com/learn/expert-advice/sleeping-bag-backpacking.html>

*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 for snow/rain conditions. 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-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](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 "rain jackets/pants" these are light, durable, waterproof, and windproof covering. Take care to ensure it is large enough to encompass the remaining layers.
- **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 becomes wet. Cotton fails in all three categories.
- **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.
- **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 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.



Outer Layer/Shell



Base Layer/Long Johns

**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.
- **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.

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 Mt. Diablo

**Grade(s):** All Students in Grades 6 and 7

**Date(s):** June 6, 2016 through June 9, 2016

**Destination(s):** Mt. Diablo State Park, California

**Planned Activities:** 4-day/3-night expedition with activities including, but not limited to, camping, hiking, visitations to various points of interest, and several educational and team building lessons and activities.

**Supervision:** Stephen Lane and Jon Hale

**Transportation:** Odyssey School Vans, Round-trip, from San Mateo to Mt. Diablo State Park, California

**Other Detailed Information: Please See Expedition Diablo 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 Mt. Diablo (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 June 6, 2016 through June 9, 2016. 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 not anticipate using third party providers of services, equipment, training or activities while on Expedition Diablo other than park rangers at the Mt. Diablo State Park.

**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 Diablo, 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)