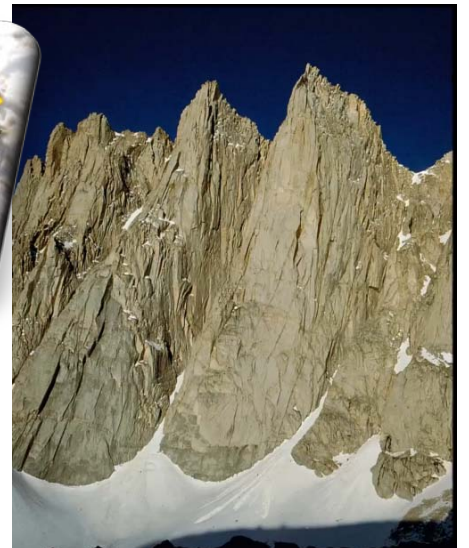
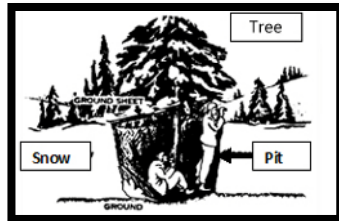
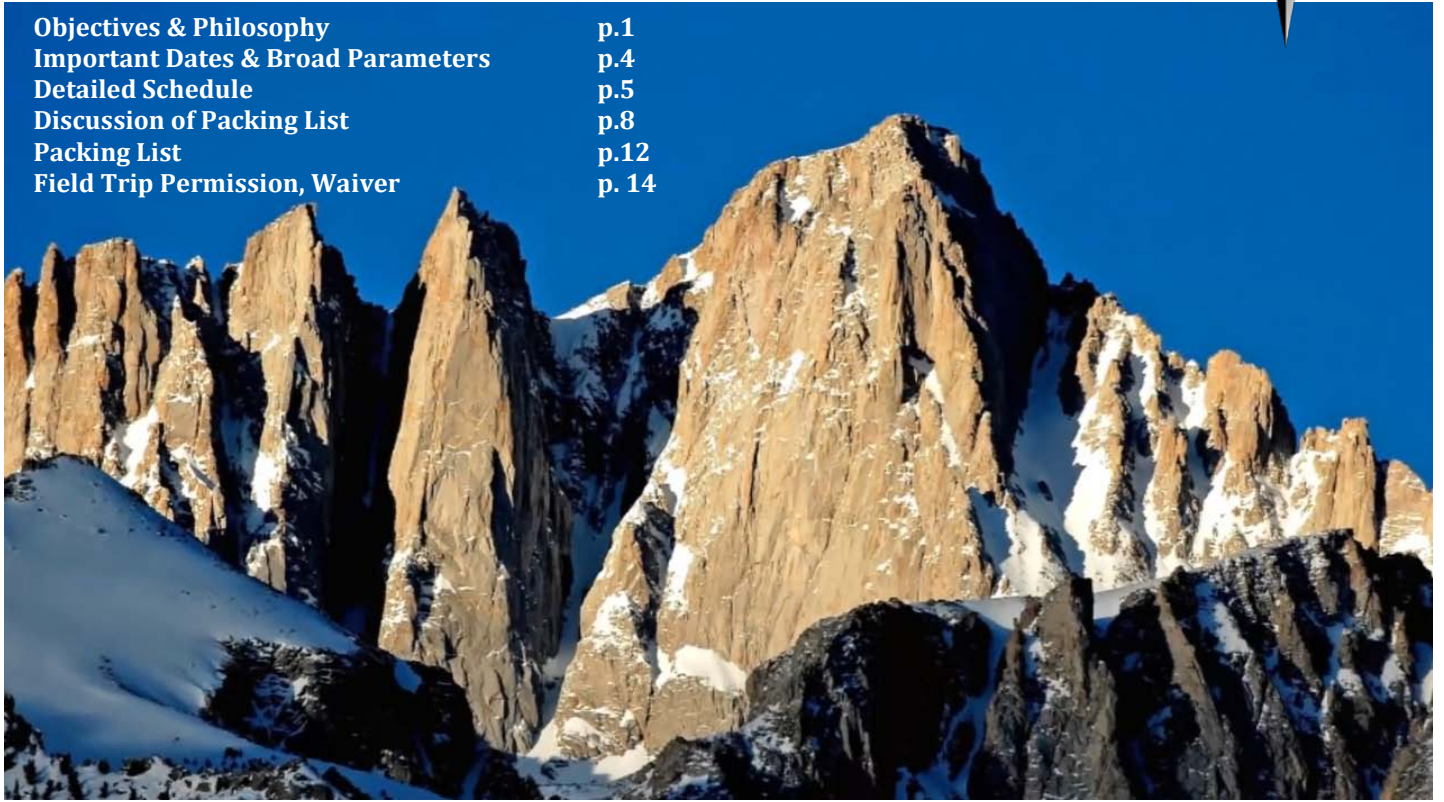


Expedition Whitney 2015-2016 Odyssey School



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Objectives and Philosophy: A letter from Steveo

Dear Parents,

I remember my 2001 Mt. Whitney Expedition with 8th graders like it was yesterday. On a rainy Friday afternoon, my 16 students and 2 instructors finished packing the gear trailer with hundreds of pounds of hard gear. Snow shovels, trekking poles, ice axes, crampons, radios, tent shelters, ropes, snow flukes, and more paraphernalia items were organized in the school's triple axle trailer. I recall heading home on a late Friday afternoon and feeling that preparations were on schedule and that all students were excited and extremely "ready to go" the following Monday. At the intellectual level, the kids had completed hours of wilderness training and students had also increased the number of conditioning sessions each week. Most were concentrating on "hill climbing repeats" and distance hiking on the weekends while the rest were working indoors on various cardio machines. The main goal was simply to increase aerobic capacity and leg muscle strength in preparation for Whitney.

Saturday morning featured a brilliant sun-soaked sky with some light wispy cirrus clouds that added some visual texture to the otherwise flawless overhead canvas. I sipped some strong coffee in my home office before departing for a long training ride of about 80 miles, a 4-hour solo endeavor. After all, I was scheduled to depart for Mount Whitney on Monday and I thought that 1 more weekend bike ride would improve my fitness. When I returned in the afternoon my cell phone chirped so I answered it without hesitation and was greeted by the sad voice of a mountaineering student.

One of my 8th grade girls, TG, who was scheduled to be on Mt. Whitney with me, had an accident on Friday evening and managed to break both of her arms on a 5-foot climbing wall at a local gym. She was calling to inform me that she would not be joining the school's mountaineering team on the upcoming grand adventure. I spoke to TG and her mother at length and we all agreed that there was no way that a climber with a cast on each arm could perform even the most basic tasks on the mountain. I remember feeling both sad and disappointed for this great student. However, the situation solved another problem. TG was assigned a tent mate (CD) who wasn't exactly her best friend. In fact, the 2 girls often got along like cats and dogs. This is why the 2 were paired in the first place. There is a fair amount of expeditionary data that demonstrates the fact that people will quickly resolve their personal conflicts when they are trying to survive a challenging situation. Naturally, the parents were perfectly willing to call me at night and on the weekend to protest the instructors' tent assignment decision that was made earlier in the semester. The tent decision occurred 11 years after the authors Foster Cline and Jim Fay coined the "helicopter parent" nomenclature. I politely explained to the parents that I was the one who fashioned the tent mate idea, not my 2 colleagues. Anyway, now that 1 of the girls was out of commission, the other was going to sleep peacefully and harmoniously so the conflict disappeared.

At about 2 PM the next day, while I was organizing my personal expedition gear in my garage, the phone rang. TG, the 14-year old with 2 broken arms, was calling to update me on her medical condition. She astounded me when she said that she felt good enough to go on Monday's expedition. When I asked about her broken arms, she explained that both casts were short in length and allowed for partial hand movement and the full range of motion for each elbow. She said that her doctor agreed that, provided she did not fall on her arms again, she probably would be OK. Fortunately, her physician was a sportsman who had climbed Mt. Whitney on 3 different occasions. TG also reported that several of the girls aggressively volunteered to help her set up her tent, cook, tie her boots, and do anything else possible to assist. TG was asking me to allow her to go with the pre-existing medical condition of 2 broken arms! While on the phone, I heard in one ear, the voice of the school's attorney counseling me to say "absolutely no" while, in my other inner ear, I heard the voice of TG's mother saying that the expedition could possibly be a "difference maker" in her daughter's life. I was impressed and swayed by the team spirit exhibited by the students and, consequently, gave TG the green light to go.

The expedition was entirely successful for all student participants at manifold different levels. TG and her not so favorite friend, CD, were unusually cooperative and supported each other every waking moment of each day and night. Just 3 weeks prior they were bickering and battling like gladiators at the Coliseum. During our final closure meeting, at the base of Mt. Whitney, we conducted our last Puja Ceremony and the 2 girls expressed gratitude towards each other while tears flowed from their eyes.

After graduation from middle school, both girls attended 2 different local public high schools at the opposite ends of town and didn't socialize together during those years. After high school, one attended Brown University and the other went to the University of Pennsylvania. After college, CD, with her degree in design in hand moved to New York City to work in a successful, high profile fashion house while TG attended graduate school. After earning an MBA from Wharton, TG took a position on Wall Street where she reconnected with CD on social media. They met for coffee one day in New York City and talked for hours. I mention all of this because, just recently, both have decided to quit their current jobs so that they can start their own business. The MBA holder has created a comprehensive business plan and arranged for financial backing while the designer has developed an attractive product line. The new business involves the design and manufacture of very high-end, ornate pocketbooks. The new enterprise will launch next year and the young designer and her business partner are marvelously excited about their innovative venture and newly revived friendship. When I asked if they would survive in business together, they laughed and quickly asserted that they would prevail because they had already survived Mt. Whitney together some 15 years prior. I was delighted to learn that both of my former students thought that they learned more about risk, grit, preparation, perseverance, and mindset at their middle school in comparison to Brown or Wharton.

I have many stories to tell about adolescent kids and their heroic endeavors in the mountains. That said, I am always looking for a few more accounts about young heroes and heroines. I predict that more epic tales will unfold during our time on Mt. Whitney.

You might recall that I wrote my first letter to you from our "camp" location in Northern California way back in early September. In that dispatch, I introduced a few ideas about Odyssey School's bright future while also communicating the annual theme for the year.

Twelve Thousand Nights Out: A New Journey Unfolds!

The theme's reference to "twelve thousand nights" attempts to recognize all Odyssey students, past and present, who have braved expeditions in California, Canada, Japan, and China and slept away from their homes and out of their comfort zones while engaging in Odyssey's experiential learning in real time.

I am constructing this note to Odyssey parents to convey my extreme excitement for the educational opportunities that will unfold during our upcoming journey to the Mt. Whitney region. 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 over 100 major middle school expeditions to many venues and, with that depth of experience in mind, I fully expect our next expedition to be nothing short of remarkable.

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 Whitney* fall into 6 broad content domains:

- Commitment**
- Leadership**
- Risk Assessment**
- Teamwork**
- Ethics**
- Confidence**

Additionally, it should be noted that mini-seminars will be offered, both before and during the expedition, to expose 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
Topographic Map Interpolation
Basic Navigation and Route-Finding
The Effect of Altitude on Human Physiology
Performance Clothing Science
Sleeping Systems
Survival Shelter Systems
Basic Meteorology
Wilderness Safety
Snow School
Hydration and Nutrition
Mountain Ecology

Jon Hale has created an exemplary Expedition Whitney Packet that is both comprehensive and visually attractive. Please review all of the carefully crafted information. Also - an interesting article about the educational benefits of expeditionary work can be found at:

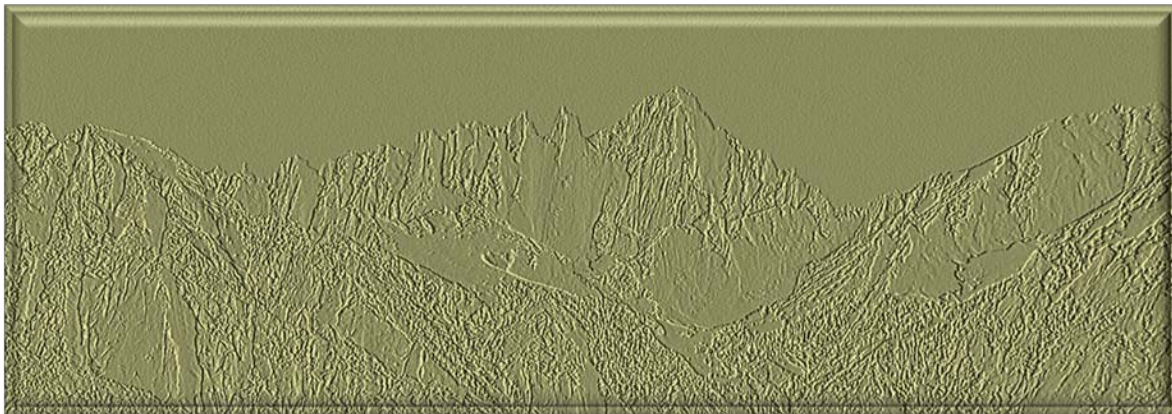
<http://www.odyssey-school.org/wp-content/uploads/2014/11/Harvard-Business-Review-Article-Experiential-Learning.pdf>

If you have any questions, call or email the Odyssey gang anytime.

“Success is not counted by how high you have climbed but by how many people you brought with you.”
Will Rose

With amplified enthusiasm,
Steveo



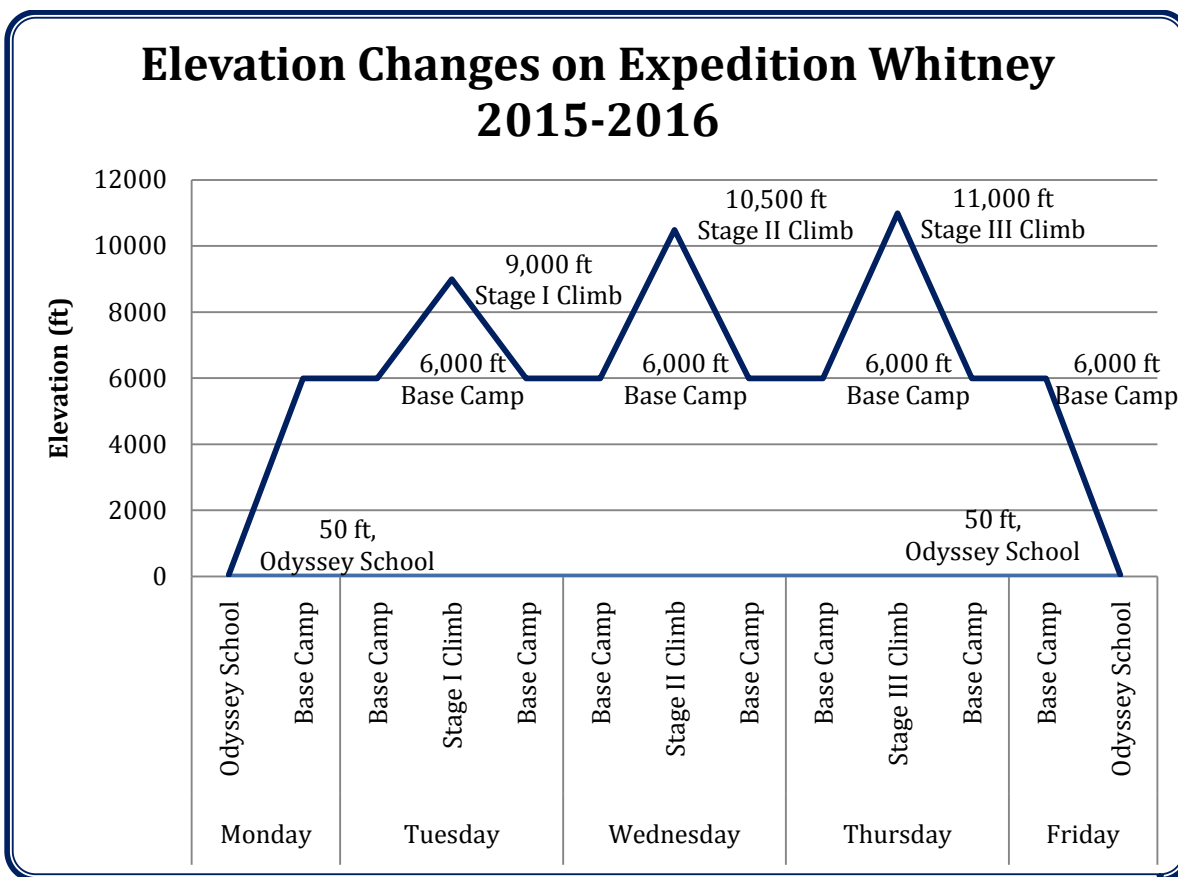


Important Dates

- Wednesday, February 24th: Packing List sent out
- Monday, March 7th: Expedition Whitney Packet sent out
- Friday, March 11th: Waivers due (electronically)
- Wed March 2nd to Wed March 21st: Wilderness course every Wednesday/Thursday
- Thursday, March 24th: 8th Grade Student Bags packed and brought to school
- Friday, March 25th: School closed for Staff Expedition Preparation
- Monday, March 28th: Families arrive at Odyssey 7:30am for 8:00am departure
- Friday, April 1st: Expedition returns to Odyssey at about 4:30pm

Broad Parameters

1. **5 Days, 4 Nights:** Depart Odyssey Monday, March 28th; return to Odyssey Friday, April 1st.
2. **Participants:** 61 people.
 - All 6th, 7th, & 8th grade students
 - Seven Odyssey teachers: Steveo, Jon, Lisa, Aviva, Madeleine, Aenea, and Matt.
 - Hiroshi Imase and three Japanese Students
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 Lone Pine Campground, CA (c. 8 hours)
 - **Day 2:** Acclimatization climb.
 - **Day 3:** Acclimatization climb.
 - **Day 4:** Summit Climb.
 - **Day 5:** Drive to Odyssey (c. 8 hours)
5. **Accommodations:**
 - Tents
 - Vault toilets in campground.
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 El Nino weather pattern we have excellent snow conditions. While the campground is typically below the snowline, we expect to find good snow coverage of the trail as we climb.



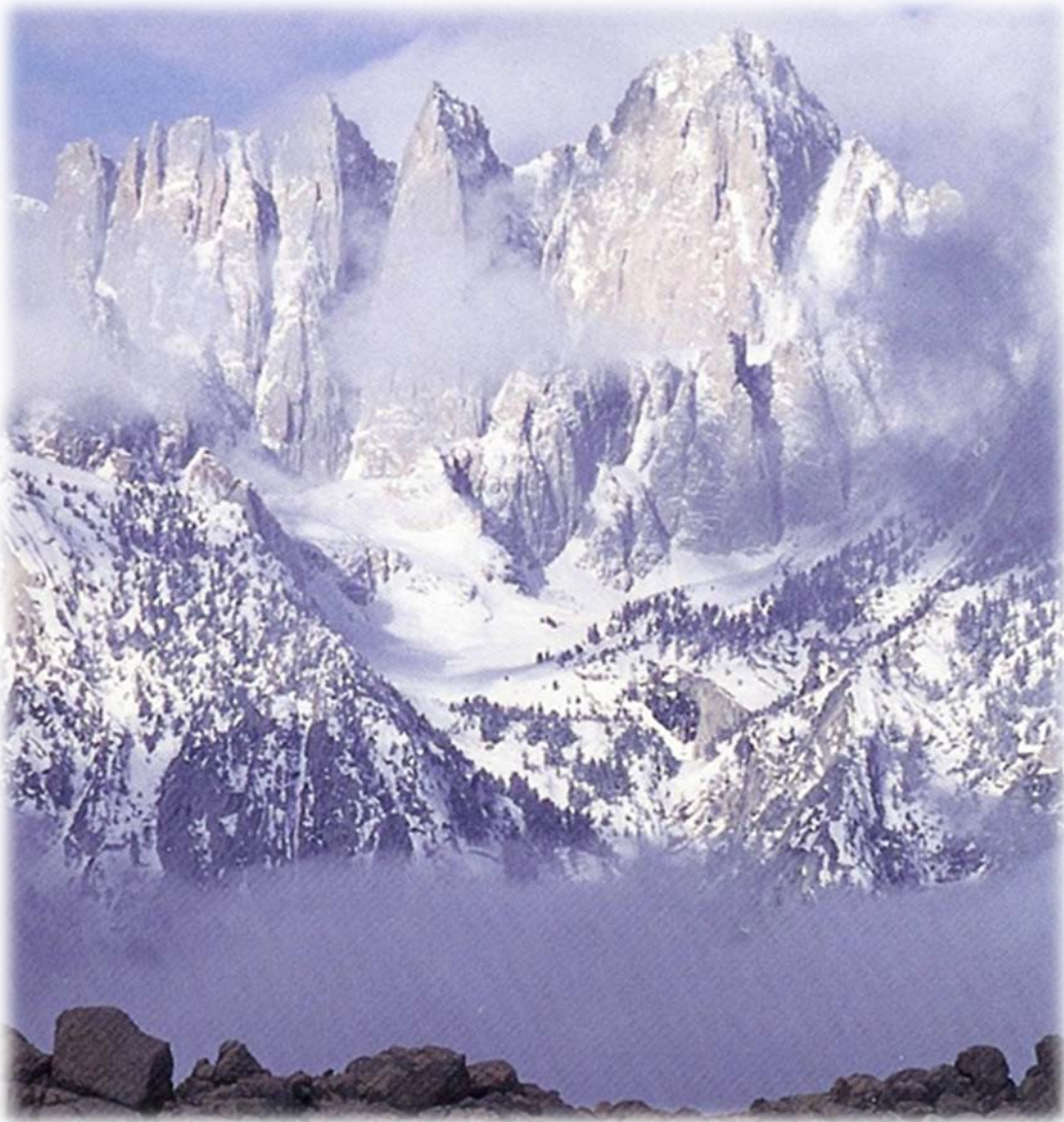
Daylight During Our Dates (US Naval Observatory)	
Begin Civil Twilight	6:17am
Sunrise	6:43am
Sun Transit	12:57pm
Sunset	7:13pm
End Civil Twilight	7:38pm

Detailed Schedule

Day 1: Monday, March 28 th		
Activity	Description	Duration
Leave school at 8am		
Drive	San Mateo to Lone Pine (Southern Route)	c. 8hrs
Lunch	Sandwiches (disposable lunch packed at home)	during drive
Arrive Base Camp (Lone Pine Campground) circa 4:00pm		
Unpack	Unpack bus/vans, set up tents	
Dinner at 6pm		
Dinner		1hr
"Fireside Chat"	Expeditionary Theory/Hero-Heroine's Journey	1hr
Bedtime Prep at 8pm		
Brush teeth, etc.	Prep for bed	30 min
In Sleeping Bags	Quiet time, reading etc. in sleeping bags at 8:30pm	
Lights out at 9:30pm		

Day 2: Tuesday		
Activity	Description	Duration
Wake up in Base Camp at 7am		
Breakfast		1 hr
Prepare Lunch	Make sandwiches at lunch prep table	
Safety Seminar	Steveo -- Plan for the Day	1 hr
Acclimatizing Climb I		
	Lunch en route	
Dinner at 6pm		
Dinner	Student camp stoves	1hr
"Fireside Chat"	Expeditionary Theory/Hero-Heroine's Journey	1hr
Bedtime Prep at 8pm		
Brush Teeth, etc.	Prep for bed	30 min
In Sleeping Bags	Quiet time, reading etc. in sleeping bags at 8:30pm	
Lights out at 9:30pm		
Day 3: Wednesday		
Wake up in Base Camp at 7am		
Breakfast		1 hr
Prepare Lunch	Make sandwiches at lunch prep table	
Safety Seminar	Steveo -- Plan for the Day	1 hr
Acclimatizing Climb II		
	Lunch en route	
Dinner at 6pm		
Dinner	Student camp stoves	1hr
"Fireside Chat"	Expeditionary Theory/Hero-Heroine's Journey	1hr
Bedtime Prep at 8pm		
Brush Teeth, etc.	Prep for bed	30 min
In Sleeping Bags	Quiet time, reading etc. in sleeping bags at 8:30pm	
Lights out at 9:30pm		
Day 4: Thursday		
Wake up in Base Camp at 7am		
Breakfast		1 hr
Prepare Lunch	Make sandwiches at lunch prep table	
Safety Seminar	Steveo -- Plan for the Day	1 hr
Summit Climb		
	Lunch en route	
Dinner at 6pm		
Dinner	Student camp stoves	1hr
"Fireside Chat"	Expeditionary Theory/Hero-Heroine's Journey	1hr
Bedtime Prep at 8pm		
Brush Teeth, etc.	Prep for bed	30 min
In Sleeping Bags	Quiet time, reading etc. in sleeping bags at 8:30pm	
Lights out at 9:30pm		

Day 5: Friday		
Activity	Description	Duration
Wake up in Base Camp at 6:20 am		
Breakfast	Simple Breakfast	30 min
Prepare Lunch	Make sandwiches at lunch prep table	
Break Camp	Pack Vans	1 hr 30 min
Safety Seminar	Steveo -- Plan for the Day	20 min
Puja Closing Ceremony	Ceremony celebrating expedition with Steveo	20 min
Leave Lone Pine at 8am		
Drive	Lone Pine to San Mateo (Southern Route)	c. 8 hrs
Lunch	Sandwiches	during drive
Arrive Odyssey circa 4:30pm		
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.

- **Day Pack:** 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.



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 the outdoor temperature you see in the forecast.

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:

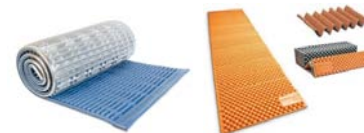
<http://www.rei.com/learn/expert-advice/sleeping-bag-backpacking.html>

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. 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 Aviva well in advance. Aviva 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.

Expedition Whitney 2015-2016, 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	✓
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	
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	

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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	
	5	Long sleep shirts	Duffel Bag	
	1 pair	Trousers (e.g. jeans); for bus ride/travel days	Duffel Bag	
	Personal Items			
	-	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	To Aviva	
	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	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 Aviva and will be kept by teachers for the duration of the trip.

Please note: We prefer that you complete the online electronic waiver for this trip. The waiver below is included for completeness and in case any individual runs into difficulty with using their e-signature. However, we strongly prefer that you use the electronic waiver.

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. Whitney

Grade(s): All Students in Grades 6, 7, and 8

Date(s): March 28, 2016 through April 1, 2016

Destination(s): Mt. Whitney and Lone Pine, California

Planned Activities: 5-day/4-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: United Coach Tours (UCT) Bus, Round-trip, from San Mateo to Lone Pine, California

Other Detailed Information: Please See Expedition Whitney 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. Whitney (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 March 28, 2016 through April 1, 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 Whitney other than United Coach Tours (UCT).

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 Whitney, 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)