Odyssey School's Expedition Channel Islands, 2014 -2015

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Objectives and Philosophy: A Letter From Steveo

February 27, 2015 Expedition Channel Islands

Dear Parents,

I am writing this note to convey my extreme excitement for the educational opportunities that will unfold during our upcoming journey to the Channel Islands, located off the coast of Santa Barbara. I am equally enthusiastic to use our expedition, 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 100 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.

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 Channel Islands* fall into 6 broad content domains:

Environmental Awareness Commitment Leadership Teamwork Ethics Confidence

Additionally, it should be noted that 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:

Marine Navigation and Cartography Marine Mammals Marine Invertebrates North American Kelp Forests Pacific Fishes Introduction to Oceanography Basic Meteorology Ocean Pollution Island Ecology History of the Channel Islands

Jon Hale created an exemplary Expedition Channel Islands Packet that is both comprehensive and visually attractive. Please review all of the carefully crafted information and, by all means, drop by the Odyssey Campus at 7 PM on March 18th to attend the special parent information meeting that is planned for your benefit.

With amplified passion and zeal, Steveo......**The World Is Our Odyssey!**

Important Dates

- Friday, Feb 27th: Expedition Channel Islands Packet sent out
- Wednesday, March 18th: Parent Meeting (optional) at Odyssey on Expedition Channel Islands, 7pm
- Wednesday, March 18th: Inform Aviva in writing of any medications by this date
- Monday, March 30th: Students arrive at Odyssey at 9am for Expedition departure
- Friday, April 3rd; Expedition returns to Odyssey at 7:30pm

Broad Parameters

- 1. 5 Days, 4 Nights: Depart Odyssey Monday, March 30th; return to Odyssey Friday, April 3rd
- 2. **Participants**: 55 people. Odyssey-wide: all Odyssey students, all Odyssey teachers.
- 3. Travel:
 - Monday (March 30th):
- Charter bus to Santa Barbara Harbor
- Monday (March 30th) to Friday (April 3rd): Charter "liveaboard" marine education vessel "Vision"
- Friday (April 3rd): Charter bus from Santa Barbara Harbor to Odyssey
- 4. **Rough Schedule**: See subsequent pages for more detailed schedule.
 - Day 1: Drive to Santa Barbara Harbor, Sea Landing Dock (c. 5 hours), board "Vision"
 - Day 2: San Miguel Island
 - Day 3: Santa Rosa Island
 - **Day 4**: Santa Cruz Island
 - Day 5: Return to Santa Barbara Harbor (c. 12 noon); Drive to Odyssey (c. 5 hours), arrive c. 7:30pm

5. Accommodations:

- All four nights on "livaboard" marine education vessel "Vision"
- Bunk beds with sleeping bags (sleeping bag brought by each participant)
- 6. Weather: Santa Barbara and Channel Islands
 - Sun exposure from typically clear skies and reflection from water.
 - Late March-Early April <u>air temperature</u> ranges from mid 60s to 70°F
 - Late March-Early April <u>ocean temperature</u> ranges from mid 65 to 70°F
 - Rain is possible but unlikely (83% chance of no rain, 94% chance nothing more than light rain)
 - Daylight hours: sunrise c. 6:40am, sunset c. 7:15pm

Day 1: Monday,	March 30 th	HAR BOR
Activity	Description	Duration
<i>Travel by Charter Bus</i> Lunch	Odyssey (10am) to Santa Barbara Harbor (3pm) Disposable lunch brought by student	4hr 45min (Google) During drive
Daytime Activities Museum Visit Marine Cartography Beach Walk	Santa Barbara Maritime Museum	
Orientation Meeting	Steveo	1 hr
Evening Activities		
Dinner at 7pm	Harbor Restaurant (Pizza)	30 min
Safety Seminar	Steveo – Plan for the Evening/Embarkation	20 min
Board Vision at 9pm Vessel Orientation Bedtime Prep at 10pm Lights out at 10:30pm	Stow away bags, make beds Safety lesson and orientation on boat Prep for bed, showering	30 min 30 min 30 min
Day 2: Tuesday,	, San Miguel Island	Durantian
· ·	, San Miguel Island <i>Description</i> Santa Barbara Harbor (c. 3am) to San Miguel	Duration 4hr
Day 2: Tuesday, Activity Sailing	Description	
Day 2: Tuesday, Activity Sailing Wake up at 7am	Description Santa Barbara Harbor (c. 3am) to San Miguel	4hr
Day 2: Tuesday, Activity Sailing Wake up at 7am Breakfast	Description Santa Barbara Harbor (c. 3am) to San Miguel Vision Kitchen (students aid)	4hr 30 min
Day 2: Tuesday, Activity Sailing Wake up at 7am	Description Santa Barbara Harbor (c. 3am) to San Miguel	4hr
Day 2: Tuesday, Activity Sailing Wake up at 7am Breakfast Safety Seminar Marine Science Seminar	Description Santa Barbara Harbor (c. 3am) to San Miguel Vision Kitchen (students aid) Steveo – Plan for the Day	4hr 30 min 30 min 30 min
Day 2: Tuesday, Activity Sailing Wake up at 7am Breakfast Safety Seminar Marine Science Seminar	Description Santa Barbara Harbor (c. 3am) to San Miguel Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations	4hr 30 min 30 min 30 min
Day 2: Tuesday, Activity Sailing Wake up at 7am Breakfast Safety Seminar Marine Science Seminar Daytime Activities	Description Santa Barbara Harbor (c. 3am) to San Miguel Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations Note: location, activities, activity length, and order	4hr 30 min 30 min 30 min 30 min
Day 2: Tuesday, Activity Sailing Wake up at 7am Breakfast Safety Seminar Marine Science Seminar Daytime Activities Hike Seminar & Tour Lunch	Description Santa Barbara Harbor (c. 3am) to San Miguel Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations Note: location, activities, activity length, and order Cuyler Harbor to Ranger Station (tentative)	4hr 30 min 30 min 30 min 30 min
Day 2: Tuesday, <u>Activity</u> Sailing Wake up at 7am Breakfast Safety Seminar Marine Science Seminar Daytime Activities Hike Seminar & Tour Lunch Beach Erosion	Description Santa Barbara Harbor (c. 3am) to San Miguel Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations Note: location, activities, activity length, and order Cuyler Harbor to Ranger Station (tentative) National Park Rangers on Island Fox Protection During hike Cuyler Harbor	4hr 30 min 30 min 30 min 30 min
Day 2: Tuesday, <u>Activity</u> Sailing Wake up at 7am Breakfast Safety Seminar Marine Science Seminar Daytime Activities Hike Seminar & Tour Lunch Beach Erosion Tide Pools Observation	Description Santa Barbara Harbor (c. 3am) to San Miguel Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations Note: location, activities, activity length, and order Cuyler Harbor to Ranger Station (tentative) National Park Rangers on Island Fox Protection During hike	4hr 30 min 30 min 30 min 30 min
Day 2: Tuesday, <u>Activity</u> Sailing Wake up at 7am Breakfast Safety Seminar Marine Science Seminar Daytime Activities Hike Seminar & Tour Lunch Beach Erosion Tide Pools Observation Marine Cartography	Description Santa Barbara Harbor (c. 3am) to San Miguel Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations Note: location, activities, activity length, and order Cuyler Harbor to Ranger Station (tentative) National Park Rangers on Island Fox Protection During hike Cuyler Harbor Cuyler Harbor Cuyler Harbor	4hr 30 min 30 min 30 min 30 min
Day 2: Tuesday, <u>Activity</u> Sailing Wake up at 7am Breakfast Safety Seminar Marine Science Seminar Daytime Activities Hike Seminar & Tour Lunch Beach Erosion Tide Pools Observation Marine Cartography Seal Rookery Visit	Description Santa Barbara Harbor (c. 3am) to San Miguel Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations Note: location, activities, activity length, and order Cuyler Harbor to Ranger Station (tentative) National Park Rangers on Island Fox Protection During hike Cuyler Harbor Cuyler Harbor Tyler Bight	4hr 30 min 30 min 30 min 30 min
Day 2: Tuesday, <u>Activity</u> Sailing Wake up at 7am Breakfast Safety Seminar Marine Science Seminar Daytime Activities Hike Seminar & Tour Lunch Beach Erosion Tide Pools Observation Marine Cartography	Description Santa Barbara Harbor (c. 3am) to San Miguel Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations Note: location, activities, activity length, and order Cuyler Harbor to Ranger Station (tentative) National Park Rangers on Island Fox Protection During hike Cuyler Harbor Cuyler Harbor Cuyler Harbor	4hr 30 min 30 min 30 min 30 min
Day 2: Tuesday, <u>Activity</u> Sailing Wake up at 7am Breakfast Safety Seminar Marine Science Seminar Daytime Activities Hike Seminar & Tour Lunch Beach Erosion Tide Pools Observation Marine Cartography Seal Rookery Visit Fishing	Description Santa Barbara Harbor (c. 3am) to San Miguel Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations Note: location, activities, activity length, and order Cuyler Harbor to Ranger Station (tentative) National Park Rangers on Island Fox Protection During hike Cuyler Harbor Cuyler Harbor Tyler Bight	4hr 30 min 30 min 30 min 30 min
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Day 2: Tuesday, <u>Activity</u> Sailing Wake up at 7am Breakfast Safety Seminar Marine Science Seminar Daytime Activities Hike Seminar & Tour Lunch Beach Erosion Tide Pools Observation Marine Cartography Seal Rookery Visit Fishing Evening Activities	Description Santa Barbara Harbor (c. 3am) to San Miguel Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations Note: location, activities, activity length, and order Cuyler Harbor to Ranger Station (tentative) National Park Rangers on Island Fox Protection During hike Cuyler Harbor Cuyler Harbor Tyler Bight Tyler Bight	4hr 30 min 30 min 30 min • are weather dependent 30 min each way

Day 3. Wednes	Jav Janta Kuca iciand	
Activity	day, Santa Rosa Island	Duration
Wake up at 7am	· · · · · · · · · · · · · · · · · · ·	
, Breakfast	Vision Kitchen (students aid)	30 min
Safety Seminar	Steveo – Plan for the Day	30 min
Marine Science Seminar	Steveo & Student Presentations	30 min
Daytime Activities	Note: location, activities, activity length, ar	nd order are weather dependent
Beach Cleaning	Bechers Bay	
Plastics Pollution	Bechers Bay	
Hiking	Bechers Bay	
Kayaking	Bechers Bay	
Snorkeling	Northwest Anchorage	
Kelp Studies	Southeast Anchorage	
Evening Activities		
Dinner at 7pm	Vision Kitchen (students aid)	1hr
Marine Science Seminar	Steveo & Student Presentations	1hr
Bedtime Prep at 9:15 pm	Prep for bed, showering	· · ·
lights out at 10.00mm		45 min
Lights out at 10:00pm		45 min
Day 4: Thursday	y, Santa Cruz Island	45 min
Day 4: Thursday		Part (art response) Proposition Propositi
Day 4: Thursday	y, Santa Cruz Island Description	Duration
Day 4: Thursday Activity Wake up at 7am Breakfast	y, Santa Cruz Island <i>Description</i> Vision Kitchen (students aid)	Duration 30 min
Day 4: Thursday Activity Wake up at 7am	y, Santa Cruz Island Description	Duration
Day 4: Thursday Activity Wake up at 7am Breakfast Safety Seminar Marine Science Seminar	y, Santa Cruz Island Description Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations	30 min 30 min 30 min
Day 4: Thursday Activity Wake up at 7am Breakfast Safety Seminar Marine Science Seminar Daytime Activities	y, Santa Cruz Island Description Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations Note: location, activities, activity length, ar	30 min 30 min 30 min
Day 4: Thursday Activity Wake up at 7am Breakfast Safety Seminar Marine Science Seminar Daytime Activities Cave Kayaking	y, Santa Cruz Island Description Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations Note: location, activities, activity length, an Scorpion Anchorage	30 min 30 min 30 min
Day 4: Thursday Activity Wake up at 7am Breakfast Safety Seminar Marine Science Seminar Daytime Activities Cave Kayaking Beach Cleaning	y, Santa Cruz Island Description Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations Note: location, activities, activity length, and Scorpion Anchorage Scorpion Anchorage	30 min 30 min 30 min
Day 4: Thursday Activity Wake up at 7am Breakfast Safety Seminar Marine Science Seminar Daytime Activities Cave Kayaking Beach Cleaning Hiking	y, Santa Cruz Island Description Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations Note: location, activities, activity length, and Scorpion Anchorage Scorpion Anchorage Scorpion Anchorage	30 min 30 min 30 min
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Day 4: Thursday Activity Wake up at 7am Breakfast Safety Seminar Marine Science Seminar Daytime Activities Cave Kayaking Beach Cleaning Hiking Ranger Station Marine Invertebrates Painted Cave	y, Santa Cruz Island Description Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations Note: location, activities, activity length, and Scorpion Anchorage Scorpion Anchorage Scorpion Anchorage Scorpion Anchorage Scorpion Anchorage Plat's Anchorage	30 min 30 min 30 min
Day 4: Thursday Activity Wake up at 7am Breakfast Safety Seminar Marine Science Seminar Daytime Activities Cave Kayaking Beach Cleaning Hiking Ranger Station Marine Invertebrates Painted Cave Evening Activities	y, Santa Cruz Island Description Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations Note: location, activities, activity length, and Scorpion Anchorage Scorpion Anchorage Scorpion Anchorage Scorpion Anchorage Plat's Anchorage Hazard's Anchorage	Duration 30 min 30 min 30 min 30 min and order are weather dependent
Day 4: Thursday Activity Wake up at 7am Breakfast Safety Seminar Marine Science Seminar Daytime Activities Cave Kayaking Beach Cleaning Hiking Ranger Station Marine Invertebrates Painted Cave Evening Activities Dinner at 7pm	y, Santa Cruz Island Description Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations Note: location, activities, activity length, and Scorpion Anchorage Scorpion Anchorage Scorpion Anchorage Scorpion Anchorage Plat's Anchorage Hazard's Anchorage Vision Kitchen (students aid)	Duration 30 min 30 min 30 min and order are weather dependent
Day 4: Thursday Activity Wake up at 7am Breakfast Safety Seminar Marine Science Seminar Daytime Activities Cave Kayaking Beach Cleaning Hiking Ranger Station Marine Invertebrates Painted Cave Evening Activities	y, Santa Cruz Island Description Vision Kitchen (students aid) Steveo – Plan for the Day Steveo & Student Presentations Note: location, activities, activity length, and Scorpion Anchorage Scorpion Anchorage Scorpion Anchorage Scorpion Anchorage Plat's Anchorage Hazard's Anchorage	Duration 30 min 30 min 30 min 30 min and order are weather dependent

Day 5: Friday		
Activity	Description	Duration
Wake up on Vision at 7am		
Breakfast	Vision Kitchen (students aid)	30 min
Safety Seminar	Steveo – Plan for the Day	30 min
<i>Puja</i> Puja	Puja ceremony/ Reflection	1hr
Sailing Pack Charter Bus	Santa Cruz Island (c. 10am) to S. Barbara Harbor Transfer bags from Vision to Charter Bus	2hr 30 min
<i>Travel by Charter Bus</i> Lunch <i>Arrive Odyssey c. 7:30pm</i>	S. Barbara Harbor (c. 2pm) to Odyssey (c. 7:30pm) Sandwiches	4hr 45min (Google) During drive

Packing List Detailed packing list, with advice on packing and what kind of equipment to buy.

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

Only two bags are allowed on this trip. There is limited space on the boat.

- 1. **Soft Duffel Bag**: The sleeping bag should fit in your duffel, so start by packing this first and note the remaining space. *Avoid <u>large</u> towels –* a common mistake. *(Exception: if you absolutely can't fit your sleeping bag in the duffel, you may bring your sleeping bag as a separate item clearly labeled. Just beware, separate sleeping bags are more easily damaged or lost.)* Duffle bags are soft/pliable: <u>no roll-on or hard edged bags</u> will be allowed on the boat.
- 2. **Day Pack**: The daypack will be used for short day hikes and the chartered bus ride to and from Santa Barbara. Note: two full water bottles (required) will already add a lot of weight.

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

- Use the packing list to pack both bags *with your student*.
- Ensure the daypack includes items for the long Monday drive: full water bottles, disposable lunch bag, and if desired a 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). This has two important functions:
 - 1. It keeps things organized (and you *can't* overstate that importance with young students)
 - 2. It protects items from water or other damage.

Ziploc bags come in just about any size you need, from 1 to 10 gallons. Yes, *10* gallons! Use one size for socks, another size for shirts, etc. The 2-3 gallon ones with "sliders" are especially useful as a generic size.

Label everything: For clothes use an indelible marker (for sleeping bag and stuff sack use masking tape with name).

Bags: With both bags, keep other Odyssey expeditions in mind. The below is written in this spirit.

• **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 duffel bags. Be mindful of the size, ensuring it is large enough for your sleeping bag and all clothes.

If you are buying one with future Odyssey expeditions in mind, know that backpacking expeditions also include bulky sleeping pads and hiking boots packed in the duffels.

Sports Basement, REI, North Face, Big 5 are good places to look, as well as online. *Hint: You might find it's useful to see them <u>in person first to compare relative sizes.</u>*

- **Day Pack**: You do not need to buy a new or expensive daypack for this trip. If you don't 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 (e.g. lunch, water bottles, jacket, & hat) but not so big that it is unwieldy.
 - Outside pockets to allow quick access to water and snacks.

If you choose to buy a day pack with future backpacking in mind try this online site for some useful advice: <u>http://www.rei.com/learn/expert-advice/daypack.html</u>







DayPack

Sun Protection: The sun can be strong, and it is intensified by water reflection.

- **Sunscreen**: Use at least 30+SPF. Please reference this helpful online site from <u>http://www.dermatology.ucsf.edu/skincancer/general/prevention/sunscreen.aspx</u>
- **Sun Shielding Hat**: Shade protection with a wide brim needs to be balanced with practicality good ventilation and <u>a strap so that it won't blow away in the wind</u>. This happens easily on a boat. 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: If your student is sensitive to the sun, consider SPF clothing. <u>http://dermatology.medschool.ucsf.edu/skincancer/general/prevention/Sun Protection.aspx</u>

Illumination: Headlamp

A headlamp is required (i.e. a flashlight does not suffice). It is important for hands-free movement in the dark.



Headlamp

Nutrition: Nutrition bars

Because of the nature of this trip (we travel with a kitchen...) snacks are less of an issue than backpacking expeditions. However, if a student is frequently hungry then you may wish to consider packing some nutrition bars. You may choose any brand you like (Clif Bars, Lara Bars, etc.) but stick to the nutrition bars. We don't want junk food and we <u>do</u> want food that provides significant energy in an emergency.

Hydration: Water Bottles

Use Plastic/Nalgene or Stainless Steel water bottles. Be sure these are labeled clearly with a name and can be easily accessed from a daypack pocket while hiking.

Sleeping Gear: Sleeping Bag (students are in bunk beds: mattresses and pillows with clean pillow cases are provided)

Two things to keep in mind:

1. For the Channel Islands expedition, **any sleeping bag will do** as the bunk beds are indoors and the climate is mild. You do not need to buy a new or expensive sleeping bag for this trip. If you do not already have one, see if you can borrow a sleeping bag from friends or family.

If you choose to buy a sleeping bag, consider one that can be used for a future Odyssey mountain/snow backpacking expedition. Such a bag would be synthetic (down bags are dangerously ineffective when wet), rated to 20°F or lower, and light/small. See here for advice on sleeping bags:

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

2. <u>Consider including a sleeping bag liner</u>. These keep the sleeping bags clean and are easy to wash. You want to avoid washing high quality sleeping bags, so this is important: it's far preferable to wash a sleeping bag liner.

g bags clean ping bags, so Sleeping Bag Liners

Liners are particularly useful on our Channel Islands trip because if a student finds their sleeping bag too warm they can unzip the sleeping bag but continue sleeping within the liner, like bed sheets.

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







- Hiking & Ocean Weather Clothing: On this trip it can be foggy and wet, and active wear includes kayaking. If purchasing cold weather layers, you may wish to keep other Odyssey expeditions in mind.
 - **Sneakers or Light Hiking Boots for Island Hiking**: Comfortable light hiking boots or sneakers/tennis/running shoes suffice. Our hikes will include sand, gravel, and hillsides and approximately 1-3 hours of walking (round trip).



- Heel strap/support Sandals
- **Heel strap/support sandals (e.g. Teva) or booties**: Needed for kayaking, the beach and water alike. Flip flops/sandals without straps are **NOT** ok. An extra pair of old shoes that can get wet are ok.

(Note: you can bring flip-flops or Ugs <u>in addition</u> for evenings on the boat, i.e. non active wear.)

- **Outer Layer/Shell**: Referred to as "shells" or "rainjackets/rainpants" these are light, durable, waterproof, and windproof covering. These are useful for skiff rides and the channel crossing.
- **Middle Layer/Fleece Jacket**: A fleece jacket or synthetic (Capilene-like) middle layer, e.g. sweater. 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.
- **Base Layer/Warm Clothes**: Pack two sets of warm clothes (tops and bottoms). Fleece or synthetic (Capilene-like) material is recommended for the same three reasons given above for the Middle Layer.

However, sweats will also work if that is all you have.

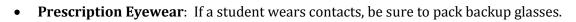
• Long Sleeve or short sleeve T-Shirts: Long sleeves are useful for sun protection. It is recommended that you have at least one synthetic shirt (these dry quickly) for the Catalina Islands expedition active wear such as kayaking.

Additional Clothing:

- **Comfortable Pajamas**: Something comfortable in the sleeping bag at night and for walking through the cabin to use the bathroom in the middle of the night.
- Light Sun-Protection Over-Shirt: Consider one of these to throw over a t-shirt for sun protection.

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

- **Toiletries**: We will have showers on board so do include soap and shampoo. Otherwise, keep this to a minimum: toothbrush & toothpaste, comb, etc.
- **Small Towel**: Keep the towel small, not just because the bag will be full but because it needs to dry.
- Sealable Laundry Bag: Without this, dirty or wet clothes mar the clean ones. The boat will also become unbearably "ripe" if the dirty clothes from 50+ people aren't sealed away...
 Stores like Target and Ace Hardware sell large Ziploc bags (big enough to store bedding, sports gear, etc.).
 http://www.target.com/p/ziploc-big-bags-xl-4-ct/-/A-12971772
- **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 bag). Prescription medication will be administered by teachers on the trip.





Outer Layer/Shell



Middle Layer/Fleece Jacket



Base Layer/Long Johns



Other Suggested And/Or Optional Items:

- **Earplugs**: helpful for those sensitive to noise at night or on drives.
- **Eyeshades**: helpful to those sensitive to light when sleeping at night or on drives.
- **Book**: great for the long drives, but also for relaxing after activities.
- **Bike Gloves**: If you have an old pair of bike gloves or light gardening gloves (anything you don't mind salt water soaking), then consider packing them for our kayaking.
- **Snorkel/Mask/Fins**: If you have your own, bring them. Bring a net bag to hang them on the deck when wet.
- Wet Suit: If you have your own, bring it.
- **Rash Guard**: If you have your own, bring it.
- **Mobile Phone**: This is not necessary. However, a mobile phone can be invaluable for communication in 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. Think carefully about the danger of water and whether you want to entrust your student with an expensive electronic device.
- **Camera**: This is not necessary. However, the photos can be wonderful memories. If you should choose to pack one, please keep it small. Don't forget that the daypack will get heavy very quickly. Pack it in a Ziplock bag. Think carefully about the danger of water and whether you want to entrust your student with an expensive camera.
- **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.
- **Sea Sickness Remedy**: If a student is prone to sea or motion sickness and you have your own remedy or medication we need to dispense, please inform Aviva in writing. All medication should be given to Aviva.

Note: bunk pillows with fresh pillow covers are provided on the boat.

Expedition Channel Islands 2014-2015, 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 if absolutely necessary)

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

1 Duffel Bag (for everything else)

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	
Sleeping Gear				
	1	Sleeping bag (preferably synthetic)	Duffel Bag	
	1	Sleeping bag liner (optional but recommended)	Duffel Bag	
Ocean & Island Clothing				
	1	Light hiking boots or sneakers/tennis/running shoes	Duffel Bag	
	1	Fleece or wool hat (soft enough to sleep in as well)	Duffel Bag	
	1	Outer Layer: Shell/Rainwear Jacket	Duffel Bag	
	1	Outer Layer: Shell/Rainwear Pants	Duffel Bag	
	1	Middle Layer: Fleece Jacket (may be sweat shirt if necessary)	Day Pack	
	2 sets	Base Layer/Warm Clothes: tops & bottoms (synthetic recommended)	Duffel Bag	
	4	Long sleeve or Short Sleeve T-shirts (1 synthetic recommended)	Duffel Bag	
	1 - 3 pairs	Shorts	Duffel Bag	
	1	Swimming suit Quick dry nylon shorts for boys; Swimsuits with quick dry nylon shorts for girls	Duffel Bag	
	1	Closed strap/support sandals (e.g. Teva) or booties Flip flops/sandals without straps are NOT ok; Old shoes that can get wet are ok	Duffel Bag	
Additional Clothing				
	1 set	Warm pajamas (wicking, synthetic better than cotton)	Duffel Bag	
	4 pairs	Underwear/sports bras (wicking, synthetic better than cotton)	Duffel Bag	
	4 pairs	Socks	Duffel Bag	
	1 pair	Trousers (e.g. jeans); for bus ride/travel days	Duffel Bag	

	Continued From Previous Page		
Personal Items			
	-	Toiletries (toothbrush, toothpaste; comb; soap; shampoo)	Duffel Bag
	1	Small towel, with own plastic bag	Duffel Bag
	-	Prescription Eyewear (backup glasses if wearing contacts)	Duffel Bag
	-	Prescription Medication, Sea Sickness Medication	To Aviva
	1	Sealable Laundry Bag (e.g. 10 gallon Ziplock)	Duffel Bag
Suggested and/or Optional Items			
	2 - 4 pairs	Earplugs	Duffel Bag
	1	Eyeshades	Duffel Bag
	1	Book	Duffel Bag
	1 pair	Bike gloves for kayak caving (cheap ones you can get salt on)	Duffel Bag
	1	Long sleeve over-shirt (for sun protection)	Duffel Bag
	1 set	Snorkel/Mask/Fins (with net bag)	Duffel Bag
	1	Wet Suit	Duffel Bag
	1	Rash Guard	Duffel Bag
	-	Sea Sickness Remedies (medication, as noted above, to go to Aviva)	Day Pack
	5 - 10	Clif Bars/Nutrition Bars, in a Ziplock bag labeled with name	Day Pack
	1	Mobile phone (in a Ziplock bag); consider water risk	Day Pack
	1	Camera (in a Ziplock bag); consider water risk	Day Pack

rture 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 or short 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 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 Channel Islands

Grade(s): Sixth, Seventh, and eighth Date(s): March 30, 2015 through April 3, 2015

Destination(s): San Mateo to Santa Barbara to San Miguel Island to Santa Rosa Island to Santa Cruz Island to Santa Barbara, to San Mateo, California

Planned Activities: 5-day trip with activities including, but not limited to, hiking, kayaking, swimming, snorkeling, and various marine science educational and team building lessons and activities.

Supervision: Odyssey faculty and staff

Trip Leaders: Steveo – Stephen Lane, Head of Odyssey School, Jon Hale, Directorof Odyssey Expeditionary Program

Transportation:Approved charter bus (**United Coach Tours**)to/from Santa Barbara Harbor and approved vessel, **MVVision**, berthed at Truth Aquatics Sea Landing, Santa Barbara Harbor

Other Information: Please See Expedition Channel Islands 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 California's Channel Islands (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.<u>Participation</u>: Permission is granted for the Student to participate in the Field Trip from March 30, 2015 through April 3, 2015. 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.<u>Behavioral Expectations</u>: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.<u>Early Return of Student</u>: 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.<u>Acknowledgment of Risks</u>: 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.<u>Assumption of Risks</u>: 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.<u>Hold Harmless</u>: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.<u>Voluntary Release of All Claims</u>: 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.<u>Release from Third-Party Liability</u>: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. We anticipate using two third party providers of services, equipment, training or activities while on Expedition Channel Islands.</u> Specifically, we will be contracting with **United Coach Tours** for bus transportation and we will be contracting with Truth Aquatics to charter the boat, **MV Vision**.

9.<u>Indemnification</u>: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.<u>Pre-Existing Medical Condition of Student</u>: 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.<u>Medical Care</u>: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.<u>Photo or Likeness of Students are School Property</u>: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.<u>Severability</u>: 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.<u>Entire Agreement</u>: This Permission, Waiver, Release, and Indemnity Agreement constitute 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 Channel Islands, 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.<u>Voluntary Agreement</u>: 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.

/(Date)
/(Date)