



Sierra Nevada  
JOURNEYS

# OVERNIGHT OUTDOOR LEARNING

## FAMILY PACKET

Our Mission is to deliver innovative outdoor, science-based education programs for youth to develop critical thinking skills and to inspire natural resource stewardship.

### Dear Family,

Greetings from all of us at Sierra Nevada Journeys at Grizzly Creek Ranch. We're thrilled that your child is going to be part of a transformative experience with us. This Family Packet has been developed to help students and families get ready for the Sierra Nevada Journeys experience. In this packet you will find answers to frequently asked questions about Outdoor School and a wealth of other important information. Whether you are new to the Sierra Nevada Journeys' family, or returning for another program, we ask that you spend some time reading through the packet and fill it out carefully. If you have questions please feel free to e-mail us at [registrar@sierranevadajourneys.org](mailto:registrar@sierranevadajourneys.org) or call our campus at (530) 832-1085.

Your child's physical, mental, and emotional safeties are our number one priority during the time they spend with us. Your child will be supervised at all times by excellent, experienced staff who have undergone background checks and extensive training to prepare them to give your child an enriching and safe experience. All are trained in CPR and First Aid. Sierra Nevada Journeys is committed to outstanding people providing outstanding education at outstanding value, and we take great pride in the enthusiastic, terrific people who will work with your child. There are a number of documents in this packet. The Parent Letter and an Overview of the Week, an explanation of Sierra Nevada Journeys' Positive Learning Environment and a Packing List are included to help prepare you for your child's trip. There is also some paperwork enclosed in this packet that must be completed and turned in to the student's teacher prior to the trip.

Don't hesitate to get in touch with any questions you have. We can't wait to work with your student.

Thank You,

#### The Staff of Sierra Nevada Journeys

Please fill out and sign the following forms, found on pages 4 - 8, and return them to your child's teacher:

- Parent/Student Contract and Waiver
- Emergency Information
- Insurance Information
- Medications
- Parent Authorization for Emergency Treatment
- Restrictions
- Sierra Nevada Journeys Food Allergy Policy
- Notification of Food Allergy/Intolerance/Diseases
- Acknowledgement
- Clothing Orders

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## An Overview of the Week

“I never knew learning could be this much fun!” This statement, from a former participating student, is frequently echoed at Sierra Nevada Journeys Outdoor School. Our educational journey framework helps to put each student in the “educational driver’s seat.” We are committed to making sure learning is hands-on and experiential, inquiry-based (ideas are actively drawn-out instead of passively received), and addresses students’ various intelligences. Students will be staying in cabins (single-sex) over the course of the program, with access to indoor bathrooms complete with showers and flushing toilets, which are supervised by chaperones with a 1:8 adult to student ratio. The cabin leaders are parents of the students. During the day students travel and learn in their trail groups. Sierra Nevada Journeys staff members are passionate outdoor educators who teach the students during their journey of self-discovery and learning over the course of the week. The week’s activities are incredibly educational and fun. Groups will be spending most of the time outdoors learning about the local ecology as well as exploring a wide variety of curriculum. Evenings are dedicated to astronomy, night hikes, campfire, and other activities. A Typical Day at Outdoor School is as follows:

7:00 am	Wake-up
8:00 am	Breakfast
9:30 am	Lessons in the field
11:45 pm	Lunch
1:00 pm	Lessons in the field
4:45 pm	Community time
6:00 pm	Dinner
7:30 pm	Evening Activity
9:00 pm	Back to cabins
9:45 pm	Lights out

Sierra Nevada Journeys is a positive learning environment. Sierra Nevada Journeys was founded on the premise that students learn best when put in situations that challenge them, but in which they feel comfortable and safe. We establish this tone the moment students’ step off the bus at our 1500-acre ranch in Portola, CA. Although Sierra Nevada Journeys’ programs “feel” a lot like camp, we operate as a school. This is a life-changing experience and we expect students to help one another to set that tone by respecting three things: the environment, one another, and themselves. Firm – and positive – corrective action is taken when students engage in behavior that runs contrary to the Positive Learning Environment. We make our expectations and consequences for negative behavior very clear from the beginning. SNJ staff will handle any negative behaviors using Firm – and positive – corrective action. We will keep school personnel informed of any behavioral situations that arise. SNJ and/or school personnel may determine that a student cannot stay on campus due to his/her behavior. If this occurs, the student’s parent/guardian is expected to pick up the student in a timely manner, day or night.

## Packing List

Please note:

- Every item your child brings should be marked with their name. All items are required unless marked “optional.” If you don’t have some of these items, try to borrow them from a friend.
- Laundry facilities will not be available for general student use (in the event of a bedwetting emergency they are available).
- Please send your child to school that morning with the below items packed in a small, easily carried duffel bag or suitcase.
- **Important:** Students should be dressed in pants, an additional layer and closed-toed shoes or boots with their sack lunch and water bottle in their day pack ready to hike right off of the bus. Thank you.
- This packing list is for a 5-day/4-night program. If your student is coming for a shorter period of time, adjust quantities accordingly.

<p><b>Clothing</b></p> <ul style="list-style-type: none"> <li>• 1 fleece pull-over or cotton sweatshirt (it gets cold at night!)</li> <li>• PJ’S (for bedtime)</li> <li>• 1 water-proof rain jacket or poncho</li> <li>• 2 pairs of comfortable pants</li> <li>• 1 pair of sweat pants or long underwear</li> <li>• 1 pair of shorts</li> <li>• 4 t-shirts</li> <li>• 1 long-sleeved t-shirt</li> <li>• 4 pairs of underwear</li> <li>• 4 pairs of socks</li> <li>• 1 warm hat (wool or fleece)</li> <li>• 1 hat or baseball cap</li> <li>• 1 pair comfortable, close-toed tennis shoes or light boots</li> <li>• 1 pair shower flip-flops (optional)</li> <li>• Mittens or gloves (optional)</li> </ul> <p><b>Bedding/linen</b></p> <ul style="list-style-type: none"> <li>• 1 sleeping bag</li> <li>• 1 pillow and pillow-case</li> <li>• 1 bath towel</li> <li>• Bottom sheet for bed (optional)</li> <li>• Laundry bag or garbage bag (for wet/dirty clothes)</li> </ul>	<p><b>Toiletries Kit</b></p> <ul style="list-style-type: none"> <li>• 1 Soap and travel soap container</li> <li>• 1 bottle shampoo</li> <li>• Comb or brush</li> <li>• Deodorant</li> <li>• Toothbrush &amp; toothpaste</li> <li>• Contacts or glasses (if applicable)</li> <li>• Sunscreen</li> <li>• Lip Balm/Chapstick</li> </ul> <p><b>Miscellaneous</b></p> <ul style="list-style-type: none"> <li>• Lunch for the 1st day</li> <li>• 1 comfortable backpack (big enough to hold a sweatshirt, lunch, and water bottle)</li> <li>• 2 durable water bottles (1 liter each)</li> <li>• 1 flashlight with batteries</li> <li>• Books for reading pleasure</li> <li>• Bug Spray (optional; no aerosol cans)</li> <li>• Watch</li> <li>• Binoculars (optional)</li> <li>• Small games and/or cards (optional)</li> <li>• Camera/film (optional)</li> </ul>
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*\*NOTE: If it is cold out, please pack more layers for your student as we are located in the mountains and weather can change quickly. We spend most of our class time outside rain, snow or shine (unless it’s lightening).*

### Important! Prohibited Items Include:

Swiss-Army Knives/Leatherman, weapons, electronics (including I-Pods, radios, cell phones (digital cameras are ok)), illegal substances, alcohol, tobacco, aerosol spray cans, hair dryers, money, personal sports equipment, matches/lighters, candy, gum, or other food and beverages (except for the 1st day’s lunch in brown bag).



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**Student's Name:** \_\_\_\_\_ **Birth date:** \_\_\_\_\_

Dates Attending Program: \_\_\_\_\_ Teacher's Name: \_\_\_\_\_ School name: \_\_\_\_\_

## Parent/Student Contract and Waiver

I have read and completed the Family Packet in its entirety. My child and I understand what's expected of us before, and during Outdoor School and we agree to abide by the rules and procedures detailed within. I therefore grant permission for my child to participate in all activities and camp programs, included but not limited to challenge course, out-of-camp trips by van, bus or other designated vehicles, understanding that appropriate supervision is provided under the State of California requirements for residential camp programs.

I also understand that during my child's participation at Sierra Nevada Journeys' Overnight Outdoor Learning, s/he may be exposed to a variety of risks and hazards, foreseen or unforeseen, which cannot be eliminated without fundamentally altering the unique character of the program. Those hazards include, but are not limited to, hiking/walking/running outside; snakes, insects, and large-animals; sunburn and heatstroke, dehydration, hypothermia and other mild or serious conditions or injuries; falling and rolling rock; drowning; lightning and unpredictable forces of nature (including weather that may change to extreme conditions without notice), etc. Sierra Nevada Journeys is not responsible for lost, stolen or damaged articles. I the undersigned have read and understand my responsibility to complete and submit all necessary forms and fees on time (and that my child will not be allowed to attend program without completed medical and immunization records).

I authorize Sierra Nevada Journeys, to have and use photographs, slides, video, writing, artwork and/or testimonials created by my child and submitted to Sierra Nevada Journeys without seeking remuneration. These shall become the property of Sierra Nevada Journeys, and may be used by Sierra Nevada Journeys for marketing and/or advertising purposes. As a condition of my child's participation in the Program, I acknowledge that participation is entirely voluntary, and I agree to assume full responsibility for the risks that participation may entail. I voluntarily agree to release and hold harmless Sierra Nevada Journeys to the fullest extent permitted by law. I authorize Sierra Nevada Journeys to add my email to their mailing list.

**I HAVE READ THIS AGREEMENT. I FULLY UNDERSTAND IT AND AGREE TO BE LEGALLY BOUND BY IT.**

Student name: \_\_\_\_\_ Student Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Parent/Guardian name: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**If participant is under the Age of 18 years, a parent or guardian signature is required.**

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Student name: \_\_\_\_\_ School name: \_\_\_\_\_

## Emergency Information

\*Please Note: Sierra Nevada Journeys will not distribute the personal information contained in these forms to a third party.

**Guardian (Primary Contact) Name:** \_\_\_\_\_

Street Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Email: \_\_\_\_\_

**Secondary Contact:** \_\_\_\_\_

Street Address: \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell Phone: \_\_\_\_\_ Work Phone: \_\_\_\_\_

Email: \_\_\_\_\_

NOTE: We are authorized to release the child only to the contacts listed above unless a note from the Guardian/Primary Contact states otherwise.

Is there a custody agreement we need to be aware of?

Yes (please attach additional information)

No

## Insurance Information

Doctor's Name: \_\_\_\_\_ Doctor's Phone Number: \_\_\_\_\_

Insurance: The following insurance information is required if a doctor visit or entry into a hospital is necessary.

Do you have Health Insurance Coverage?

Yes

No

Name of Insurance Company: \_\_\_\_\_

Address: \_\_\_\_\_

Name Listed on the Insurance: \_\_\_\_\_ Policy Number: \_\_\_\_\_

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Student name: \_\_\_\_\_ School name: \_\_\_\_\_

## Medications

Will your child be taking prescription and/or over-the-counter medication for a specific diagnosis while at Sierra Nevada Journeys?

- Yes
- No

Will your child be bringing an inhaler to Sierra Nevada Journeys?

- Yes
- No

Will your child be bringing an EpiPen / Epinephrine injector to Sierra Nevada Journeys?

- Yes. Please specify allergy: \_\_\_\_\_
- No

Are there any other concerns (medical, behavioral, emotional) that Sierra Nevada Journeys should be aware of?

- Yes. Please specify: \_\_\_\_\_
- No

## Authorization for Emergency Treatment

I hereby give permission to Sierra Nevada Journeys to seek emergency medical treatment. I agree to the release of any records necessary for treatment, referral, billing, or insurance purposes. I give permission to Sierra Nevada Journeys to arrange necessary related transportation for me/my child. In the event I cannot be reached in an emergency, I hereby give permission to the physician selected by Sierra Nevada Journeys to secure and administer treatment, including hospitalization, for the person named above. Information in this paperwork may be given to the physician. I agree to incur all costs related to any medical emergency for the person named above.

Parent/Guardian name: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Restrictions

- Participant is cleared for unrestricted activity with Sierra Nevada Journeys. He/she is cleared for full participation.
- Participant is cleared for participation at Sierra Nevada Journeys, but the following restrictions apply:  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- Participant is not cleared for participation at Sierra Nevada Journeys.

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Student name: \_\_\_\_\_ School name: \_\_\_\_\_

## Sierra Nevada Journeys Food Allergy Policy

It's the responsibility of the parents/guardians of a student with food allergies to inform SNJ and the school of the allergies. SNJ food service staff is very skilled when handling allergies/food restrictions while preventing cross contamination. However not all allergies/food restrictions can be addressed due to the volume and complexity of certain allergies. In order to ensure the safety of your child, SNJ may request parents/guardians send a box of "safe" foods with their child. SNJ can accommodate common allergies such as Peanut, Tree nuts, Gluten, Lactose and Soy with proper notification.

All students with life-threatening allergies must bring medications including an epinephrine auto-injector. The epinephrine auto-injector must accompany the student at all times while attending SNJ.

### RESPONSIBILITIES OF THE PARENTS/GUARDIANS OF A STUDENT WITH FOOD ALLERGIES:

- Provide a clear list of foods and ingredients to avoid.
- Provide the school nurse with medication orders from the licensed provider.
- Provide the school with up-to-date epinephrine auto-injectors.
- Be willing to send a bag of "safe food" with your child to SNJ.
- Be willing to go on your child's field trips if possible.

### RESPONSIBILITIES OF SIERRA NEVADA JOURNEYS:

- Make food ingredient lists used in food production and service available.
- Maintain food labels from each food served when manufactured products are used.
- Maintain contact information with vendors and purveyors to access food content information.
- Communicate with parents about allergies and the need to provide supplemental food.
- Be educated on life-threatening allergy conditions.

### I HAVE READ THIS AGREEMENT AND I FULLY UNDERSTAND IT.

Parent/Guardian name: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Notification of Food Allergy/Intolerance/Diseases

Does your child have any food allergies or intolerances?

Yes. Please specify allergy or intolerance: \_\_\_\_\_

No

Does your child have any food related diseases (such as Chron's, celiac, diabetes)?

Yes. Please specify: \_\_\_\_\_

No

## Acknowledgement

I hereby certify that the above information provided in the Family Packet regarding \_\_\_\_\_ (student's name) is true and correct to the best of my knowledge.

Parent/Guardian name: \_\_\_\_\_ Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

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## Clothing Orders

We have a variety of clothing available for purchase. As a registered Nevada non-profit, proceeds from our clothing help us to continue to run these important programs and help to keep our rates affordable. It does get cold in the evenings, so a Sierra Nevada Journeys sweatshirt not only gives your child a memento to take home, but it is incredibly functional as well. Please indicate which clothing you would be interested in ordering (all sizes listed are "Adult").

1. Hooded Sweatshirts (\$30) Adult Size: **Small** [ ] **Medium** [ ] **Large** [ ] **X-Large** [ ]
2. T-Shirts (\$15) Adult Size: **Small** [ ] **Medium** [ ] **Large** [ ] **X-Large** [ ]
3. Hats (\$12) Color: **Blue** [ ]
4. Package Deal Including: Hooded Sweatshirts, T-Shirts, Hats (\$49):  
**Small** [ ] **Medium** [ ] **Large** [ ] **X-Large** [ ]

## Clothing Orders Payment

**All payments for clothing should be made payable and given to the school.**

- I'm paying by cash and have enclosed my payment with this form.
- I'm paying by check and have made it payable to the school and have enclosed the check with this form.
- No thank you, I'm not interested in purchasing clothing.