

Elings Outdoor Science Camp Parent Handbook

Dear Parents and/or Guardians,

Your child is about to embark on the adventure of a lifetime at Outdoor Science Camp. They will spend four days and three nights expanding their scientific knowledge in nature's classroom while hiking, developing leadership and social skills, participating in elective activities, campfires, and much more. We hope that you will share in their excitement about Outdoor Science Camp and help them prepare for their time away from home. Your support and encouragement are essential for your child's success. Feel free to give us a call at (805) 962-6776 or email your questions to educationdirector.osc@gmail.com

Sincerely,

Ben "Mountain Goat" Spring

Outdoor Science Camp Education Director

**In the event of an emergency in which you feel the need to contact or pick up your child, please contact your school/district office first. Then, during business hours, contact our office at (805) 705-8991 or the Education Director at (301) 928-3452. Please contact your child's teacher if outside of business hours.*

**Outdoor Science Camp is located across from Lake Cachuma on Highway 154 (about 20 miles northwest of Santa Barbara).*

**Camp Whittier
2400 HWY 154
Santa Barbara, CA, 93105
(805) 962-6776**

PACKING

** Please label all clothing and luggage with your child's name (IN HUGE LETTERS!!!).*

DRESS CODE: SCHOOL APPROPRIATE ATTIRE WITH LONG PANTS & CLOSED TOED SHOES ON ALL HIKES!

IT CAN BE VERY COLD AT NIGHT, EARLY IN THE MORNING, AND SOMETIMES ALL DAY! PLEASE COME PREPARED!!

Bedding: -Sleeping bag AND sheets with blankets (twin) -Pillow.

Toiletries/Bathroom: -Shampoo/soap -Toothpaste/toothbrush -Sunscreen
-Towel -Swimsuit for showers (showers are private but some students prefer a swimsuit).

Hiking: -Closed toed shoes -Water Bottles (2 or 3 for a total of at least 50 oz.)
-Backpack -Flashlight Camera (disposable)

Clothing: 2 short sleeve t-shirts - 2 long sleeve t-shirts - Sweatshirt/sweater - Jacket - Rain gear (we hike in the rain so be prepared) - 4 pairs of long pants (which are mandatory for hikes and most activities) - 1 pair of shorts - Pajamas - 2 pairs of shoes/boots - Underwear - 4 pairs of socks - Hat (for sun and warmth) - Gloves (for warmth) - Dirty clothes bag

Miscellaneous -Stationery/paper/ postage - Reading book - Money (for trading post)

If your child's school is coming during the winter months, please send **EXTRA warm clothes/rain gear**.

DO NOT PACK: Makeup - Phones - Hairspray - Food - Gum - Candy - Hair Appliances - Electronic Games

IF YOU HAVE ANY QUESTIONS ABOUT PACKING, YOU CAN ASK YOUR CLASSROOM TEACHER OR CALL US.

Curriculum Hikes

Students will participate in five curriculum hikes. The hikes are designed to encourage nature connection through exploration and scientific thinking.

- Fire Ecology Hike: Students will gain an understanding of how fires spread and investigate the post-fire recovery of our native ecosystems.
- Cachuma Lake Adventure Day: Students will pack a lunch and spend the day exploring the ecosystems and wildlife on and around majestic Cachuma Lake.
- Night Hike: The night hike is always a highlight of the week. Activities focus on astronomy, nocturnal animals, as well as confidence building through the famous "Courage Walk".
- Dynamic Earth Hike: Students will explore why and how the Earth is constantly changing by studying eroded creek beds, searching for fossils, modeling the Solar System, and much more!
- Closing Hike: The Outdoor Science Camp experience will be wrapped up by exploring native Chumash culture, how these people survived in the valley, and the interactions that people, both past and present had/have with the planet.

Special Activities

Students at Outdoor Science Camp will sign up for 2 "special activities" on the third day of the program. Some of the options include...

- Archery
- Extended Campfire
- Old Man Murphy
- Gladiator Dodgeball
- Cachuma Lake Nature Cruise
- The 12 Mile Hike

DISCIPLINE POLICY

Our approach to discipline is to use positive reinforcement (bonus points). However, sometimes it is necessary for students to experience consequences for poor choices and behaviors (CHECKS). When a student exhibits negative behaviors, s/he will receive:

- 1st check - a warning and discussion of what the student did that was inappropriate.
- 2nd check - the student is the last person to sign up for a special activity.
- 3rd check - a behavior contract is created.
- 4th check - the student will miss a special activity and call home to have a discussion with his/her parents.
- 5th check - the parents and/or guardian of the child are notified and the child is sent home.
- PICK-UP POLICY Any student(s) who exhibit extreme or unsafe behavior such as fighting or intentionally harming others physically or emotionally, intentionally endangering themselves or others, participating in cabin raids or other violations of personal space, stealing, bringing or using knives or controlled substances will be immediately removed from the program and must be retrieved by the legal guardian (school administration will be responsible in the event of the guardian's unavailability). We reserve the right to adjust our policies after consulting with teachers and, though it is not our intention to remove youth from the program, we do reserve the right to have any person or persons removed from the property if their behavior is deemed dangerous or inappropriate. We do not provide refunds. Feel free to contact us if you have questions.

The Trading Post

Every student will have an opportunity to visit the Outdoor Science Camp store. Parents may send money with their children or speak to their classroom teacher about holding money.

<i>Item</i>	<i>Price*</i>
OSC Hooded Sweatshirt.....	\$30
Chapstick.....	\$3
OSC Postcard.....	\$2
Bandana.....	\$5
OSC T-shirt.....	\$15

**Tax included*

HEALTH INFORMATION

- It is essential that you fill the Camp Whittier Student Health and Emergency form out **COMPLETELY** (no child will be able to attend Outdoor Science Camp without this form).
- Medication Health forms will be provided by your school district. The rules regarding dispensing medication are determined by your school district. If you have any medication questions, please contact the appropriate school district official. ***Please make sure that all medications are cleared (via doctor's signature on the health form)—including inhalers and epipens.*** Students needing epi-pens or inhalers are required to carry them during all hikes & activities.

Special Needs: We welcome all students at Outdoor Science Camp. If your child has a special need (sleepwalking, bedwetting, snoring, shyness, homesickness, health condition, dietary requirements, etc.), please do not hesitate to send her/him to the program. Discuss any special needs your child may have with his/her classroom teacher prior to departure. If you still have concerns, please feel free to call the Education Director at (301) 928-3452.

- If the special need involves dietary restrictions, please list substitution items on the health form. Our kitchen staff needs to know what your child can have, not simply what they cannot.
- Should your child require medical attention, he/she will be immediately transported to the emergency room at Santa Ynez Valley Cottage Hospital. If such a case were to occur, you would be notified as soon as possible. Parents are responsible for costs/charges incurred as a result of emergency care.

Sending Mail To Your Child

- Please mail letters at least a week in advance.
- Please include the name of your child's school and the dates of attendance.
- DO NOT mail packages or express mail; it will not arrive in time.
- If your child will be sending letters home, please provide them with an appropriate amount of self-addressed stamped envelopes.
- Outdoor Science Camp postcards are available at the Trading Post. Due to administrative restraints we cannot receive emails for students.

Send Mail To:

Outdoor Science Camp

Student Name

2400 Hwy 154, Santa Barbara, CA 93105

School Attending

* Children are not allowed to call home except in emergencies. Parents should call **ONLY** in case of an emergency. Social calls are not permitted.