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Connecting People and Nature: History, Education and Adventure

Explorer Base Camp Program

Session I: July 9 - 13, 2018

Session II: July 16 - 20, 2018

For youth entering 5th – 8th grades in fall of 2018

Program, Policies, and What to Bring

Canyonlands Field Institute welcomes your child to Explorer Base Camp in the La Sal Mountains! Our goal this week is to have a fun, safe, hands-on learning experience in the mountains. We will spend five days and four nights hiking and camping in the La Sal Mountains. Your child should be prepared to hike up to five miles per day over rocky and hilly terrain by bringing sturdy hiking boots, sunscreen, and plenty of water. While in the mountains we will play engaging outdoor activities, create art, write, make discoveries, explore our natural surroundings, and get dirty.

We plan to explore any of the following fun topics:

- *Hiking and camping skills*
- *Outdoor safety skills*
- *“Leave No Trace” etiquette*
- *Map reading and orienteering*
- *Animal tracks and scat*
- *Water and stream life*
- *Rocks and geology of the La Sal Mountains and Colorado Plateau*
- *Alpine ecology (animals, plants, and cycles)*
- *Stars*
- *Art and writing activities (watercolors, readings, journaling, etc.)*

CAMP LOGISTICS

Location: Campers will meet at CFI in Moab and be transported in a CFI van with an attached cargo trailer for gear. We will be camping at Warner Lake Campground in the La Sal Mountains. There are numerous primitive tent areas, picnic tables, a campfire ring, and pit toilets, but no running water at the campground. CFI will bring drinking water, tarps, and tents to make for a comfortable camp. **CFI will provide all meals. Campers should bring their own sleeping bags and pads. If your child need sleeping bags or pads please just let us know and they will be provided at no additional cost.**

SCHEDULE

❖ Monday

1:15-1:30 pm arrival: Meet at CFI back warehouse at 1320 S. Hwy 191 for gear, orientation, and last minute questions before departing for the La Sal Mountains. **PLEASE do not drop off your children earlier than 1:15pm**, as our staff will be making final preparations and won't yet be ready for them. Drive around to the back warehouse and unload gear. Kids will load into trailer and depart for the mountains, which is about a one hour drive. Upon arrival we will establish our camp, do some teambuilding games, and go on a short hike looking for animal signs and learning about aspen trees. After dinner we enjoy some more games and stories.

❖ Tuesday

Wake up at 6:30am, and have a 7:30am breakfast. Today we start out hiking to Oowah Lake to search for aquatic critters. We'll have lunch on the trail. In the evening, we take a look at the night sky.

❖ Wednesday

We continue with our camp routine. Today's hike will be more challenging as we head up towards Miner's Basin and Gold Knob. We learn more about mountain geology, plants, and animals. From the peak we are treated to an incredible view of the Moab Valley below. In the evening we'll enjoy campfire skits, games, and a talent show.

❖ Thursday

Our final full day at camp, we will continue exploring our surroundings and spend time turning what we see into art through watercolors and other fun activities. We will spend part of the day fishing at Warner Lake helping your children learn to fish.

❖ Friday

On our final day at camp we'll have breakfast, do some activities, and reflect on the week. We will break down our camp and pack our equipment. We return to CFI and kids help with some of the clean-up.

4:30 pm-5:00 pm: Campers will be ready for pick up at CFI by families. We appreciate you picking up your child no later than 5:00 pm; we know he or she will be anxious to share some wonderful stories!

REGISTRATION

Complete the registration and assumption of risk forms online no later than 14 days prior to the start of the program. This is to help us plan and purchase food. CFI office staff is happy to discuss our policies and alternatives; however we are firm about age and grade guidelines. Please call us with any questions.

POLICIES/ CANCELLATION

CFI has developed the following policies based on the nature of our business. We base our operations on your reservations and pay for services accordingly. Please take your reservation seriously. We work with small participant groups, secure services in small/rural towns, schedule our staff, equipment and food purchasing far in advance, and have a limited number of seats and dates. Please make every effort to show up for this trip once you have registered.

- Notify us of cancellation in writing by mail or email, as well as, calling our office. Please note that our staff does not carry cell phones and cannot be reached during a trip.
- CFI reserves the right to alter the itinerary or location or even cancel a trip, for reasons including but not limited to weather, water fluctuations, insufficient reservations, and other factors beyond our control. If cancellation by CFI is necessary, your money will be refunded. CFI can be responsible only for the actual amount paid directly to us and cannot cover any other costs incurred.
- Cancellation
 - Reservation deposit is non-refundable.
 - Final payment is due 14 days prior to the program start date.
 - 14 days before the start date or later your payment is not refundable.
 - 14 days prior to the start date or later no part of your payment is refundable.
- CFI office staff is happy to discuss alternatives and our policies, please call us.

CFI STAFF AND SAFETY

Canyonlands Field Institute is permitted and licensed to operate by federal and state agencies. CFI staff is college educated, trained in natural and cultural history of the Colorado Plateau, and Utah licensed guides. Additionally, instructors are certified in Wilderness First Aid and CPR. Two CFI Naturalist Guides, 21 or older (most are in late 20's or early 30's in age) plus one or two teen Guide-in-Training assistant will be with the group the entire time; all have educator clearances.

A special feature of this nature camp is the small group, base camping. Group size is limited to a maximum of twenty; hiking groups are split, not to exceed 12 per group, the entire group will travel in a van with a trailer for gear.

Please understand that while CFI staff is both professional and well trained, there is a minimal element of inherent risk in all programs. Parents should be sure that their child understands the realities of these programs and comes properly outfitted for their stay in the mountains. **If your child needs any gear such as a rain jacket or sleeping bag, be sure to let our staff know and we can help out.**

To maintain an authentic backcountry experience, **we do not carry cell phones or radios in backcountry and request participants do not bring them.** Once your child has started a CFI program, you will not be able to reach them by phone or internet. **Please note: CFI staff have extensive training in risk prevention and in protocols for emergency and evacuation procedures.**

Due to child-safety and liability protocols, youth cannot leave during the program, except for an emergency. Any visitor must register with the CFI office prior to a program visit and receive an identifying pass. **Additionally,** while our camp in the La Sals is easily accessible by road and 2WD vehicles, we respectfully ask that for the safety of students that parents/guardians do not visit during the camp program unless prior arrangement has been made with our office as described above. We also request that participants do not bring pets of any kind with them.

MEALS

All food will be provided by CFI. **We supply snacks and dinner on the first day of camp through afternoon lunch on the last day of camp.** *Note: Lunch will not be provided on the first day!* CFI provides healthy, balanced meals and snacks throughout the day. It is CFI's policy that students also help prepare their meals so expect to be involved in the cooking and eating! **We ask that you not bring your own foods or snacks unless for dietary or medical restrictions** because it will attract unwanted mice and bears to our camp. If you have special foods, **please let the CFI staff know and we can store them properly for you.**

Some notes on hikes and lessons: It is our goal to have a fun and safe experience in the La Sals this week. Each day we will cover themes from the list above, but are not committed to a rigid schedule of lessons. We will use the informal, hands-on, outdoor setting and take advantage of kids' own interests and observations to explore ideas. The hikes and activities outlined above are flexible and can be adapted to changing situations, such as weather or group condition. **All cell phones, video games, music players, and other electronics (except for a camera) should be left at home.**

EQUIPMENT/CLOTHING LIST

Packing List

- Sleeping bag rated to 30° (borrow from CFI if needed, no additional cost)
- Sleeping pad (borrow from CFI if needed, no additional cost)
- Rain gear, jacket and pants (borrow from CFI if needed, no additional cost)
- Two water bottles, at least 1 quart each with water the first day
- Sunscreen
- Sun hat and warm hat
- Sturdy hiking boots or good tennis shoes
- 2nd pair of shoes for camp (tennis shoes or sandals work great)
- Flashlight or headlamp with extra batteries
- Personal items (toothbrush, lotion, lip balm, sanitary needs, etc.)
- Medications (label and notify CFI staff on arrival, if your child requires an EpiPen® bring two)
- Insect repellent
- Socks and underwear for 5 days
- Small daypack for hiking during the day
- Warm clothes (it can get cold at night in the mountains!)
 - Layers like long underwear, a warm jacket, mittens, and pants

CFI will provide TENTS, CAMP CHAIRS, KITCHEN, FOOD and ALL EATING UTENSILS

❖ Please DO NOT Bring!

- Knives of any kind
- Sharp tools
- Soda/candy/snacks
- Pets of any kind
- Electronic devices (iPod, game boys, cell phone, etc.); time to leave those behind for a few days!

If you have any additional comments or questions please contact us at:
435-359-7750 or info@cfimoab.org