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Connecting People and Nature: History, Education and Adventure

Explorer Base Camp Program

Session I: July 8 - 12, 2019

Session II: July 15 - 19, 2019

For youth entering 5th - 7th grades in Fall 2019

Program, Policies, and What to Bring

Canyonlands Field Institute welcomes your child to Explorer Base Camp in the La Sal Mountains! Our goal over the week is to have a 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 will be hiking up to five miles per day over rocky and hilly terrain. While in the mountains we will explore, play, learn, create art, make discoveries, and get dirty.

We plan to explore many of the following topics:

- *Hiking and camping skills*
- *Outdoor risk management*
- *"Leave No Trace" etiquette*
- *Map reading and orienteering*
- *Animal tracking*
- *Riparian life*
- *Rocks and geology of the La Sal Mountains*
- *Alpine ecology (animals, plants, and cycles)*
- *Stars*
- *Art and writing activities (watercolors, readings, journaling)*

CAMP LOGISTICS

Location: Campers will meet at CFI in Moab and be transported in a CFI van with an attached cargo trailer to hold their gear. We will be camping at Warner Lake Campground in the La Sal Mountains. There are 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 needs sleeping bags or pads, please just let us know and they will be provided at no additional cost.

SCHEDULE

Day 1

- 1:30 P.M. Participants meet at Canyonlands Field Institute, 1320 S. Hwy 191
Load gear and depart for the mountains
- Activity Set up camp upon arrival
Go on a short hike exploring animal tracks and signs of mountain critters
- Evening Have dinner and enjoy an evening of games and stories

Day 2

Morning Wake up at 6:30 A.M.
7:30 A.M. breakfast call and pack lunches

Activity Hike to Oowah Lake to search for aquatic critters and swim
Lunch on the trail

Evening Tasty camp dinner
Explore the night sky through story

Day 3

Morning Morning camp routine

Activity We will continue exploring our surroundings and practicing creativity through watercolors and nature art. We will spend part of the day fishing at Warner Lake learning to fish.

Evening Tasty camp dinner

Day 4

Morning Morning camp routine

Activity Today's hike will be more challenging as we climb Gold Knob with an incredible view of the Moab Valley below

Evening Last night's campfire, skits, games, and talent show

Day 5

Morning Our final day: breakfast and break down camp, practice leave-no-trace

Activity Closing activities and reflection on the week
Upon arrival in town, participants will help derig and clean their equipment before saying goodbyes to new friends

1:30 P.M. **Campers will be ready for pick up at CFI by families.** We appreciate you picking up your child no later than 2:00 P.M., we know they will be anxious to share some wonderful stories

***CFI requires written permission from a parent if the youth will be walking, biking, or driving or getting a ride from someone other than the participant's parent or guardian after the trip.**

REGISTRATION

Complete the registration and assumption of risk forms online no later than fourteen days prior to the start of the program. This helps 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 fully refunded.

***CFI is only liable for tuition and fees paid directly to us and cannot compensate for any other costs incurred. Please consider travel insurance.**

- Cancellation:
 - Reservation deposit is non-refundable.
 - Final payment, non-refundable, is due fourteen days prior to the program start date.

CFI STAFF AND SAFETY

Canyonlands Field Institute is permitted and licensed to operate by federal and state agencies. CFI staff have been trained in natural and cultural history of the Colorado Plateau, and have earned Utah guide licenses. Additionally, instructors are certified in Wilderness First Aid and CPR. Two CFI Naturalist Guides, twenty-one years or older, plus one teen Guide-in-Training will be with the group the entire time; all have educator clearances.

While traveling in vans, everyone is required to wear safety belts. Life jackets must be worn at all times on our whitewater trips.

Please understand that while CFI staff is both professional and well trained, there is inherent risk in all programs. Parents should ensure their child understands the realities of these programs and comes properly outfitted for their stay outdoors. **If your child needs any gear, such as a rain jacket or sleeping bag, please let our staff know and we can provide any necessary equipment free of charge.**

To maintain an authentic backcountry experience, we carry InReach satellite texting devices in case of emergency. We do not carry cell phones in backcountry due to their unreliability. Once your child has started a CFI program, you will not be able to reach them by phone or internet. CFI staff receive training in risk management, emergency, and evacuation procedures.

Due to child safety and liability protocols, youth cannot leave during the program, except for an emergency. Any visitor, including parents and chaperones, must register with the CFI office prior to a program visit and receive an identifying pass. We also request that participants do not bring pets of any kind with them.

CFI will review student dietary restrictions and health forms prior to the trip. Due to the remote location of this program, CFI reserves the right to restrict enrollment to any student whose needs we are not equipped to handle.

MEALS

All food will be provided by CFI. **We start at dinner on the first day.** CFI provides healthy, balanced meals and snacks throughout the program. It is CFI's policy that students also help prepare their meals so expect your child to return a camping chef!

While in the field, we prepare all our meals ourselves with kids involved on the kitchen crew. While we are not able to offer, nor promise fully customized meal plans for individuals in a group, we will try to accommodate special dietary needs and restrictions where practical. In some cases, individuals may be required to bring supplementary food. Menus are healthy and nutritious, and include a variety of foods appealing to diverse tastes. Our menus can accommodate vegetarian, vegan, gluten free, dairy free, and kosher.

We ask that your child not bring their own foods or snacks unless for dietary or medical restrictions. If your child has special foods, please let the CFI staff know and we can safely store them out of reach from critters.

BEHAVIOR STANDARDS

Rules have been set for the safety and well-being of all who participate in CFI programs. By your registration, you agree to CFI's behavioral guidelines. Students are in violation of CFI policies if they:

- Take a drug of any kind, unless under a doctor's prescription.
- Take an alcoholic beverage of any kind.
- Are involved in any sexual activities.
- Are involved in an act of theft.
- Threaten the physical or emotional safety of any other student.
- Are in company of another student who violates these rules and fails to report it.
- Fail to follow any other reasonable directive from an instructional person.

Infractions of the above rules will not be tolerated. In the event of an infraction of these rules by any participant, the parent or guardian will be notified and the participant will be removed from the program at the soonest possible contact point. Upon expulsion, the participant will be returned home at the expense of the parent or guardian. No refund may be issued.

GEAR 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, filled, at least 1 liter each
- Day pack (*adequate to carry lunch, water, sunscreen, and rain gear*)
- Sunscreen
- Sun hat and warm hat
- Sturdy hiking boots or good walking shoes
- Second pair of shoes for camp (tennis shoes or sandals work great)
- Warm clothes (it can get cold at night in the mountains!)
 - Base layers, insulating layers, a warm jacket, mittens, and pants

- Warm clothing should be synthetic for warmth, not cotton.
- T-shirts and Shorts
- Swim suit
- Socks and underwear for 5 days
- 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®, send two)
- Insect repellent
- Journal and pencil
- Camera

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
- Electronic devices (cell phone, etc.)
- Pets of any kind

EMERGENCY CONTACT

Emergency messages will be accepted at the CFI offices at 1-800-860-5262 or 435-259-7750.

If you have any additional comments or questions please contact us at:

435-359-7750 or info@cfimoab.org