Parent information packet: Overnight River Programs

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Thank you for taking the time to read this packet. It is meant to serve as a resource to prepare your child for their upcoming trip with Canyonlands Field Institute. Preparing for an overnight field trip can be difficult, so if you need any more information about packing, program activities, or anything else, please call our office at (435) 259 7750, or email us at info@cfimoab.org.

In this packet you will find information on:

- CFI’s Mission and Values
- What your kid will do on the trip
- Ways to set your child up for success
- Registration Process
- Parent and student behavioral expectations
- Food and meals
- Risk Management
- Packing list

To start, here is a checklist to make sure your child is ready to join their class for the CFI trip

- [ ] Read information packet
- [ ] Complete the online registration when instructed by your lead teacher
- [ ] Discuss behavioral expectations with your student
- [ ] Help your student pack their bags
MISSION AND VALUES

Our Mission

To provide quality outdoor education on the Colorado Plateau, to inspire care of wild places, and renew the human spirit.

Our Values

Respect: For each other and for the natural world. We believe healthy and vibrant human and natural communities are interconnected.

Reciprocity: We affirm the need to give back to the local, regional, and national communities that sustain us, both human and ecological.

Experiential Education: Empowering children and adults. Hands-on, place-based learning about the biodiversity, climate, geography, archaeology, and indigenous cultures of the Colorado Plateau generates a spirit of inquiry, confidence to face challenges and competence to solve problems.

Teamwork: Creating Tomorrow’s Leaders. We believe that children who learn the values of teamwork and collaboration become caring leaders and empowered adults who are more able to effect positive change in the world.

Reverence: We believe immersion in wild places is essential to the human spirit. Time spent on the Colorado Plateau brings awareness of forces greater than ourselves.

Responsibility: When children and adults connect with nature and understand it as a home shared with other living beings, they are moved to act for a sustainable future.

Diversity: As with ecosystem health, humans thrive in diverse and vibrant communities. We honor and embrace all of the expressions of human diversity.

Stewardship: We model successful and enduring stewardship of the land in our daily practice.
Welcome to expedition education!

Expedition based learning offers countless ways to interact with our surroundings. We are excited to take your kid down river!

Canyonlands Field Institute river trips are designed to explore our area's beautiful riverways while teaching about the incredible surroundings and cultural history of the area.

River trips offer the perfect combination of camping amenities like a full kitchen to produce fresh, cast iron cooking, and enough space on boats to carry everything we need to enjoy the outdoors. Students will begin each day with breakfast, work as a team to break down camp and rig boats, and spend the day exploring the river, hiking side canyons, and discovering culture. In the afternoon, we will unload the boats, cook a delicious dinner, and enjoy camp life.

What will your kid do on the river trip?

All CFI experiences offer students the opportunity to connect with their surroundings in an educational way. CFI students connect with the natural world, their classmates, and themselves. Students are usually divided up into field groups of 12 kids or fewer. Experienced educators will take your students hiking, whitewater rafting, lead teambuilding games, and other activities, all designed to help your student connect with the Colorado Plateau. Lessons and activities are broken up by free time for students to hang out with each other, enjoy camp, rest, and play games.

Some of the ways we encourage students to contribute:

- Students are divided in to rotating crews that assist guides with cooking, dish washing, and other tasks
- Students are taught to learn with each other, engage peers in discussion, and use evidence to support claims
- Students are taught to manage their own gear, maintain a clean and organized camp, and contribute to a common goal

Some of the student outcomes of field based learning:

- Increases in Social and Emotional skills like self management, group awareness, and responsible decision making
- Development of teambuilding and leadership skills
- Increased technical skills in commercial cooking, whitewater boating, and camping
- Deepening of connections to and respect for their peers
- Appreciation for nature, unplugged exploration, and cultural history
Even if this is not your child’s first time away from home, it can still be scary to experience a new environment. You can support your child by demonstrating a positive attitude leading up to their CFI trip. You might remind kids about the adventures they’re going to have, the friends they’re going to get to know better, and the very delicious food they’ll eat. If your child is a veteran sleep away-er, you can remind them that they’re in a position of leadership and brainstorm ways they can make their classmates more comfortable away from home.

Have them help pack the bags. By including them in the process, you are creating accountability for their belongings. Also, oftentimes kids don’t know that there has been an extra hat or pair of socks packed for them, so they feel unprepared.

Talk through personal responsibility with your student and teach them proper ways to deal with dirty or wet clothing.

Discuss ways to deal with frustrations among friends. Your kid is about to spend more time with members of their class then they ever have. Talk about appropriate ways to handle these new emotions.

Go over basic hygiene reminders, like brushing teeth twice a day, washing hands, feminine hygiene, and changing clothes after a hike.

Prepare your kid for a device free trip.

...and finally:

Stoke their energy for a unique educational experience!
As your kid's teacher continues along the process of registering your school for their CFI trip, they will be sent a unique registration link for your class. Keep your eyes out for an email from your child's teacher with these registration instructions. By following the link included within these instructions, you will be guided through the completion of required forms. These include an Assumption of Risk Waiver as well as a registration form. This is your chance to help us prepare for your student's participation by alerting us of any allergies, dietary restrictions, past pertinent medical history, or any other information that may help us in an emergency.

Every participant must be fully registered with completed forms prior to the start of any CFI program.

Keep in mind that we are here to help you with this process! Feel free to email info@cfimoab.org with any questions about the registration process.

Participants without the required forms will not be allowed to participate in any aspects of the CFI program.
**EXPECTATIONS OF PARENTS/GUARDIANS**

- Parents or Guardians are responsible for full disclosure on registration forms and for compliance with the policies regarding, food, health, medications, cancellations, and changes in current conditions. It is expected that parents/guardians discuss behavior standards with the participant prior to arrival.

- Parents/Guardians are prohibited from visiting any programs without permission from CFI staff.

- Due to child safety and liability protocols, students cannot leave during a program, except for an emergency and with school authorization.

- Due to the backcountry settings of Canyonlands Field Institute programs, students may have to submit an additional physician release form prior to the start of a program in order to participate. Conditions requiring an additional physician release may include, but are not limited to: current/chronic health conditions, severe allergies, and recent surgeries/injuries. This includes any physical and mental condition that may cause harm to the individual student, faculty/staff, or other participants.

- If a change in health arises after registration is submitted, CFI staff must be notified no later than 48 hours prior to the program start date. CFI reserves the right to refuse participation due to sudden illness, injury, or change in health and wellness prior to the program.

- For all participants with severe allergies, it is required that enrollee brings two sets of Epi-pens for the duration of the program, and participant submits a physician’s release.

**Student Medications**

CFI requires that students taking current prescription/non-prescription medications carry enough for the duration of the program. Duplicates are required for lifesaving medications such as inhalers and epinephrine. Please coordinate with your school’s Lead Teacher about storage and distribution of medications. The lead teacher will designate a teacher or chaperone to store and distribute all medications, prescription and over the counter (OTC). CFI staff also carry OTC medications and can administer, if appropriate. Students may not carry any medications to reduce risk of contamination or improper use.

*If an emergency arises at home, parents/guardians can contact CFI at 435-259-7750 during business hours or our emergency line, 435-260-0898, after hours.*
Students should enter CFI programs ready to learn and participate. The program may be very different from a standard classroom, but it is still a school. Students are expected to follow the rules of their school as well as the rules outlined on our documentation.

The instructors on CFI programs will set boundaries with the students to ensure safety in the less structured outdoor environment. Our instructors will work with teachers and other chaperones in the case of any difficult situations.

CFI prohibits students from engaging in hazing or any kind of aggressive behavior that does physical or psychological harm to another or any urging of other students to engage in such conduct; prohibited conduct includes, but is not limited to, any use of violence, force, noise, coercion, threats, intimidation, fear, harassment, bullying.

Talk with your student about ways they can show respect for:

- **Themselves:**
  - Applying sunscreen, drinking plenty of water, following safety instructions
- **Each other:**
  - Kind words, open minded discussion, inclusive behavior
- **The camp environment:**
  - Mindful use of borrowed gear, open to lessons, desire to explore and learn

Students acting in ways that go against our policies, especially regarding safety and health of themselves or others, may be subject to removal from the program without a refund.

**Is your student aware of these expectations?**

We are looking forward to including your student within the CFI community during their trip. While on a CFI trip, students are expected to act in accordance with their school’s behavior policies. In order to create a successful and safe experience for each child, we expect your student to act respectfully.

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MEAL & DIETARY INFORMATION

...some people say food is the most important part of an adventure!

All overnight CFI trips include meal service. We serve breakfast, lunch, dinner, an AM and PM snack, and an appetizer before dinner. Breakfasts and dinners are usually hot, and lunch is packed for the trail. CFI is able to make accommodations for allergies and dietary restrictions. Because of limited secure dry space on boats, students are not permitted to bring their own food on a CFI river trip. Generally, we will provide food from lunch on launch day to lunch on take-out day.

With notice, we can accommodate for various dietary restrictions. The registration process is your opportunity to share dietary information ahead of time to ensure your kid's needs are met.

A note on allergies and dietary restrictions

Cooks, guides, and kitchen staff hold Food Handlers Certifications from the state of Utah. Canyonlands Field Institute attempts to identify ingredients that may cause allergic reactions for those participants who disclose food allergies/intolerances. In addition, prior to meals, we can share label information with possible allergen-containing ingredients; however, there is always a risk of contamination. There is also a possibility that manufacturers of the foods we use could change the formulation at any time, without notice. Participants on CFI trips concerned with food allergies need to be aware of this risk.

CFI will not assume any liability for adverse reactions to foods consumed or items one may come in contact with while eating on any CFI trip. Participants or guardians of participants with food allergies are encouraged to contact CFI directly for addressing dietary concerns.
Outdoor environments can be dynamic and unpredictable. Here are some of the ways CFI addresses and manages risk.

- The trip will be managed by a Trip Leader who has a Wilderness First Responder certification, and who has been trained and evaluated by CFI as possessing the experience and skills necessary to manage risk during the trip.
- All CFI educators have certifications in wilderness medicine.
- There are certain risks associated with participating in CFI programs. Please carefully read the Assumption of Risk Waiver before signing it.
- Encourage honest and accurate completion of the medical questions on the registration form. This form is designed to provide information to CFI guides in case of an emergency. The more accurately you respond to the form, the better equipped we are in case of an emergency.
- The proper administration of student medication is the responsibility of your group Chaperones.

Questions? We are here to help.
Talk to a lead guide or educator by calling 435 259-7750

CFI trips are unplugged.

We know that it can be difficult to leave the phones behind. However, all of our student experiences are unapologetically unplugged. We do realize that our world is growing increasingly connected, and are OK with chaperones bringing along cell phones to use as cameras, or to use out of the sight of students.

CFI is an organization that promotes connection between students and each other, and connection between students and their natural world. While kids may struggle with the concept of being phone-free for a few days, at the end of the trip, we have seen countless examples of students who express gratitude for the time spent away from their phones and with each other. Help us enable these connections!
Without your efforts, this trip would not happen. We are incredibly grateful for your commitment to providing this incredible opportunity for your student. Keep in mind that we are here to help you along this journey! Feel free to reach out to us:

P.O. Box 68, Moab UT 84532
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More great CFI programs:

Summer Camps:
- Adventure Day Camp
- Explorer Base Camp

Guide Training Programs:
- Native Teen Guide in Training
- Summer Guide in Training

Educator Apprenticeship:
- Unique seasonal employment opportunity to build professional education skills
- Housing provided in Moab, UT

Adult Seminar Programs:
- Ideal for life long learners
- Overnight camping, lodge based, or truck supported expeditions
- Led by guest experts in archeology, geology, history, and indigenous lifeways

Private family and group trips:
- Reconnect with family or friends
- No experience or gear required
- CFI naturalist education

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Canyonlands Field Institute Packing List: Overnight River Trip

Thank you for choosing CFI for your adventure! The Colorado Plateau climate is variable with the potential for both extreme heat in the day, and cold nights. Despite being in the desert, rain is always a possibility. Since we may be traveling in remote areas, proper gear and clothing is essential for everyone’s safety and comfort. We may be hiking, spending time at camp, and whitewater rafting. You never know what can happen, so as a general rule, please do not bring anything new or fancy that you aren’t willing to get dirty or lose!

On river trips, you will be given a large dry bag at the beginning of the trip. This will serve as a “checked bag” that is rigged down and inaccessible during the day. Each boat will also have dry “carry-on bags” where you can store things you need during the day such as sunscreen and layers.

**Clothing Items**
- Raincoat
- Rain pants
- Warm overcoat
- Warm layer
  - fleece, sweatshirt, other warm top
- Shirts
  - Boating time
  - Camp time
  - Bed Time
- Pants
  - Boating time
  - Camp time
  - Bed time
- Shorts
  - Boating time
  - Camp time
- Swimwear
- Underwear
  - Enough for trip length + extra
- Socks
  - Enough for trip length + extra
- Hats
  - Warm hat
  - Sun hat
- Gloves

**Gear Items**
- Sunscreen
- Water bottles
- Hiking/Walking shoes
- River shoes: any shoes you don’t mind getting wet
  - Sandals must have a heel strap, no flop flops on the river.
- Toiletries
  - Toothbrush/toothpaste
  - Bug spray
  - Chapstick
  - Personal health items
- Headlamp or flashlight
- Small Pillow
- Sunglasses
- Face Masks, at least 2
- Sleeping Bag (rental available)
- Sleeping Pad (rental available)
- Tent (rental available)
- Personal Medication, packaged with your name and dosage

**Pro Tip...dress like a guide**

You are likely going to spend most of the day on the water. Sun protection is required. Most sunscreens require application every couple hours to work. Choosing to cover up with long sleeve lightweight clothing will protect you from the sun more effectively.
Canyonlands Field Institute Packing List:
Overnight River Trip

Optional Items

☐ Binoculars
☐ Journal
☐ A Book
☐ Stuffed animals
☐ Camp shoes

Flip flops are ok around camp but not allowed on the river or for hiking activities.

Things to leave home

✗ All electronic devices
   Yes, including phones
✗ Pocket Knives
✗ Mess kit / silverware
✗ Matches / lighters

Pro Tip...gear management

We recommend bringing some clothing exclusively for active day time, and other clothing exclusively for camp down time and sleeping. Once you make camp, you can hang your daytime clothes on a line so that they are dry and ready for you the next day. Dividing your clothes will go a long way to promoting personal hygiene.

We are excited to see you soon!!