

# ENVIRONMENTAL SCIENCE PROGRAM

## CLOTHING AND EQUIPMENT LIST

The items on this list are to be brought by each group participant. Please adjust the number of items according to the number of days you will be spending in Yosemite.

### LUGGAGE: ITEMS WILL BE USED ON TRAIL AND IN CAMP

- HIKING BOOTS OR STURDY ATHLETIC SHOES (NO skate shoes or shoes with slick soles)
- EXTRA TENNIS SHOES OR SNEAKERS for evening activities and use around camp
- THREE PANTS rugged pairs (1-2 pairs of shorts if weather is warm), avoid cotton
- THREE SHIRTS that you don't mind getting dirty
- TWO SWEATERS OR FLEECES lightweight wool or fleece layers are best; avoid cotton
- ONE JACKET an insulated layer, such as a parka with hood is a good choice
- FIVE PAIRS OF SOCKS (wool or synthetic preferred, no cotton)
- \*THERMAL UNDERWEAR (BOTTOMS/"TIGHTS") very warm and lightweight
- \*WATERPROOF MITTENS - mittens are warmer than gloves
- PAJAMAS
- TOWEL
- TOILETRIES shampoo, soap, toothbrush, toothpaste, sunscreen, lip balm
- PERSONAL MEDICATION
- SLEEPING BAG synthetic or down fill; sheets and blankets are fine if you don't have a sleeping bag
- FITTED SHEET & PILLOW if you will be staying at our Crane Flat campus (not required)
- SUNGLASSES
- LIGHTWEIGHT HAT WITH BRIM
- FLASHLIGHT with spare batteries
- PLASTIC BAGS trash sized to keep your things clean and dry in your backpack
- OPTIONAL: binoculars, field guides, camera, book light, hand sanitizer, alarm clock, trekking poles, knee/ankle brace, small umbrella, earplugs

\* Items with star are winter items (October - April)

## **DAYPACK ESSENTIALS: THESE ITEMS WILL BE CARRIED ON TRAIL EVERYDAY**

- DAYPACK must be big enough to fit the items below in addition to some of the group lunch (school backpack is okay)
- RAIN GEAR waterproof, not just water resistant. A rain suit (jacket and pants) is much better than a poncho because it keeps all of you dry. Ponchos and umbrellas can be nice in addition to a rain suit.
- WARM CAP/BEANIE
- TWO WATER BOTTLES each bottle should be at least 1 liter, plastic or stainless steel (large sport drink bottles work, i.e. leftover Gatorade bottles) no glass please
- NOTEBOOK & PENCIL IN ZIPLOC BAG (notebook is not required as NatureBridge will provide a program specific journal but pencil and Ziploc bag are required)
- EXTRA LAYERS OF WARM CLOTHING
- BANDANA serves as your field lunch placemat

## **NOTE TO PARENTS AND STUDENTS: PLEASE DO NOT BRING...**

- Extra food, including gum and candy- food is not allowed in the cabins. Ample food will be provided.
- Knives
- Electrical appliances and games, including MP3 players, video games, solar chargers, etc.
- Hand warmers- these are wasteful and often end up as litter.
- Anything that would be sadly missed if lost!

## **BE PREPARED**

Please come prepared to hike in a blizzard, in hot sunny weather, or in a rainstorm. Weather is variable. Layer clothing on top of each other for greater flexibility, as temperatures change throughout the day.

## **REGARDING YOUR BOOTS OR STURDY ATHLETIC SHOES**

Purchase boots at least two months ahead of time. Fit with a thick pair of wool socks. Buy boots that fit your needs. Many people over-buy, assuming bigger means better. Big, heavy boots have their place, but for most hikers, they are more than necessary. Hiking boots should offer ankle support and traction on rocky and

slippery surfaces. Above all, your shoes must be waterproof and comfortable. Blisters can be a painful part of your Yosemite experience. It is important to prepare your boots and your feet for hiking. Wear your boots for half-day periods for several weeks before your Yosemite trip. This allows boots and feet to get used to each other. The same advice applies for new sturdy athletic shoes.

## **WHERE TO GET EQUIPMENT**

Wool and many other items on the equipment list may be purchased inexpensively from Army/Navy Surplus, Salvation Army or Goodwill stores. Most sporting goods and backpacking shops (REI, Big 5, etc.) will carry the equipment listed, and many will rent as well as sell gear.

# NATUREBRIDGE PARTICIPANT CONTRACT

NatureBridge is committed to providing participants with new experiences, fun learning opportunities, and safe adventures.

Please discuss this list of behavioral expectations before arriving to NatureBridge. Each member of the group must agree to abide by the terms of this contract in order to attend our program.

## General Agreements for all participants

- I agree to participate in the program at NatureBridge.
- I agree to be on time for scheduled meetings and events.
- I agree to respect the privacy, property, and feelings of others. I understand that we'll be living together in cabins and sharing the campus.
- I agree to treat my fellow students, chaperones, and instructors with respect. I agree to follow my CLOTHING AND EQUIPMENT LIST and bring the things I'll need for my stay (like rain gear, water bottles, extra clothes, etc.)
- (For youth participants specifically) I agree to stay out of other students' cabins/tents.
- I understand that lights out is at 10:00 p.m. I agree to be quiet and respectful in the evening.
- I agree to keep food out of my cabin/tent. I will give any leftover food from NatureBridge group lunches to my NatureBridge staff at the end of the day.
- I agree not to cause physical or emotional harm or threaten any other person.
- I agree to not discriminate against people because of their race, culture, religion, sexual orientation, or special needs.
- I agree to respect the NatureBridge campus and Yosemite National Park, and refrain from any acts of vandalism.
- I understand how important it is to be safe on the trails. I will participate in a way that will keep the group and myself safe by following all of the trail rules.
- I agree to refrain from bringing or using non-prescription drugs, cigarettes, weapons, and/or alcohol in Yosemite.
- I agree to always let a chaperone know where I am and never wander off alone.



**Violation of any one of the following or a combination of the above contract agreements may result in a participant's return trip home at their parent/guardian's expense.**