



Exploring New Horizons Outdoor Schools

“Inspiring, empowering and transforming children’s lives through outdoor education.”

www.exploringnewhorizons.org

Loma Mar: 650.879.0608

STUDENT PACKING LIST and INFORMATION

This year your child and his/her classmates will have the opportunity to participate in a residential environmental education program. The program will be conducted by Exploring New Horizons Outdoor Schools as an integral part of the regular classroom curriculum. Through hands-on experience, the students will explore the natural environment and apply their classroom knowledge to an outdoor setting. Through interactions with their surroundings and each other, they will gain awareness of natural and cultural communities.

Exploring New Horizons combines the teaching skills and talents of the classroom teachers, our naturalist staff, and trained high school counselors to provide a unique learning experience. We place an emphasis on developing an understanding and appreciation for our natural environment. Academic lessons focus on redwood ecology, marine biology, botany, geology, astronomy, animal behavior, cultural history, and problem solving. We foster cooperative, trusting and supportive relationships between the students, their counselors, the Exploring New Horizons staff, and classroom teachers.

The weather in the redwoods is likely to be quite variable. We may experience warm, sunny days, drippy fog, chilly evenings, rain or any combination of them all! Those students who are well prepared for all types of weather are the ones who are most comfortable and best able to enjoy their experience at the outdoor school. Clothing that is comfortable, warm and functional is important. Please follow the list closely, as it has been compiled after many years of programs. Children will carry their own luggage; please pack everything in only ONE suitcase or duffel bag (sleeping bag and pillow can be carried separately). Most importantly, be sure to label everything. For example, you can pack the sleeping bag and pillow in a garbage bag and label their name on the outside with a piece of tape.

<u>ESSENTIAL EQUIPMENT</u>		<u>OPTIONAL EQUIPMENT</u>	<u>DO NOT PACK</u>
sleeping bag & pillow	bathing suit (for showers)	shower sandals	Food, candy or gum
warm jacket	1 pair sturdy hiking shoes	DISPOSABLE camera	Hair spray
WATERPROOF raingear	1 pair old worn shoes	Gloves	knife
2 warm sweaters or sweatshirts	1 back pack	Sunglasses	matches
warm sleepwear	Re-usable water bottle	letter writing supplies	cell phone
2 long sleeved shirts	flashlight or headlamp (new batteries)	reading materials	make-up or cologne
6 pairs underwear and socks	washcloth, towel, soap	wrist watch	money
4 t-shirts	toothbrush & toothpaste	rubber boots (wet weather)	radio
3 pairs long pants	shampoo & conditioner		iPod, Tablets
warm hat	hairbrush/comb		electronic games
baseball cap (for sun)	lip balm		Curling/straightening iron (fire hazards)
	Sunscreen		ANYTHING VALUABLE
	2 plastic garbage bags		

BRING A BAG LUNCH FOR THE FIRST DAY.

LOCATION Exploring New Horizons at Loma Mar is located on the property of Camp Loma Mar. The site is owned by the YMCA of the East Bay and our staff runs the educational program. The site is located on 100 acres of redwood and oak forest approximately 15 miles south of Half Moon Bay and 10 miles inland from Pescadero. The address of the camp is 9900 Pescadero Creek Road, Loma Mar, CA 94021.

FACILITIES The outdoor school site is particularly well-suited for our program due to its variety of ecosystems and its proximity to the coast. The accommodations include: 20 heated sleeping cabins, restroom and shower facilities, dining hall, volleyball and basketball courts, and a large recreation area. Tasty, nutritious meals are served family-style by the YMCA Camp Loma Mar kitchen staff.

SUPERVISION The students' safety and well-being are of primary concern during their stay at the outdoor school. The students are supervised on a 24-hour basis by the Exploring New Horizons teaching staff, classroom teachers and trained high school counselors. Your child's counselor will be sleeping in the cabin at night for supervision and safety.

HEALTH AND SAFETY

Loma Mar is a part of Exploring New Horizons Outdoor Schools, which has worked with more than 100,000 students in the last 35 years. Consequently, we have a rigorous safety management program that incorporates all participants. Students are expected to follow safety rules and boundaries. Any child that cannot comply with these rules will be removed from the program by the parent or guardian.

Our teaching staff is trained in First Aid and CPR. Some staff members hold advanced certifications as EMT's and Wilderness First Responders. A full-service hospital is located in nearby Half Moon Bay and Redwood City. You would be contacted immediately should your child need to go to the hospital. Due to the cabin living situation, please do not send a child with communicable disease such as strep throat, flu, chicken pox, head lice, etc.

MEDICATION

Students will be allowed to keep their bee sting/extreme allergy shots (Epi pens) and asthma inhalers with them in their cabins. **ALL OTHER MEDICATION IS KEPT BY THE OUTDOOR SCHOOL MEDIC IN THE INFIRMARY** and is given to the students as specified on the medical form. When you send medication with your child, it must be in its original container with complete instructions for administration. Please keep all medication separate from luggage and give it to your child's teacher prior to departure for the outdoor school. The medication will be returned to you at school when your child returns.

If your child needs over-the-counter medication during the week, we will administer it **ONLY** with your written permission on the medical information form. Please be sure to fill this out completely, with specific information regarding physical limitations, allergies, and medication.

****NOTE**** If your child has any special physical, medical, or dietary requirements, please indicate them on the medical form and discuss them with the classroom teachers and/or the outdoor school staff so that we can assure your child receives the necessary care.

CONTACTING STUDENTS

The best way to communicate with your child while they are at the outdoor school is through writing. Receiving mail is very exciting for the students, so we encourage you to write. It may take as many as 4 days for mail to reach the outdoor school, so plan ahead and write early--sending a letter the week before is your best bet! Just be sure to indicate your child's school with the address as follows:

Student's Name/ **School Name**
c/o Exploring New Horizons Outdoor Schools at Loma Mar
P.O. Box 37
Loma Mar, CA 94021

We discourage parents from calling just to chat. Usually students are very involved in program activities and must be pulled away from their group to come to the phone. However, in case of an emergency or special circumstance, please contact us at our office at (650) 879-0608.

COST

The teachers will announce the cost for the outdoor school program. This fee includes room and board, instruction, supplies, transportation, and insurance (does not include pre-existing conditions), and may be reduced depending on fundraising efforts. If you have any questions concerning cost, please talk with your child's teacher.

Your child's experience at outdoor school will be enjoyable, educational, and unforgettable!! Please call our office at (650) 879-0608 if you have any further questions. Thank you.