



Outdoor Education Program

Student Packet (2019-2020)

Dear Families & Students,

Your student's visit is sure to be filled with new experiences and memories. Our mission is to:

Provide meaningful learning experiences that are safe and fun for all participants to build their conservation awareness, knowledge base, and confidence in order to become more responsible global citizens.

To help us accomplish our mission, here are some tasks and helpful notes as you and your child prepare:

- Review this packet and pack accordingly.
- If your child needs to take medication(s) during the trip, print (or ask the school to print) the Medication Order Form (page 5) and submit a completed copy with the med(s) to a teacher before the trip.
- If any form is incomplete your child might not be able to participate and/or be sent home early.
- If you need to contact your child outside of normal business hours from 4:30pm-8:00am regarding a family emergency or urgent issue, please call 951-659-2455 ext 22 for the Health Center/Infirmary. If you can't reach a staff person at that extension then call 760-408-3408.
- Please contact your school and/or visit our website (www.pathfinderranch.com) for more information about our education program. Thank you for your support and we can't wait for your child's trip!

ARRIVAL & ACTIVITIES

Arrival Day

Students must bring a sack lunch on their arrival day. Nut products are **NOT** allowed on campus for the safety of staff and other clients who have nut allergies, so please **DO NOT** pack any nut products in your child's sack lunch. Ask your trip coordinator if the school will provide these sack lunches. Pathfinder will provide all other meals during the trip. Students will also have a campus orientation and review the behavior expectations.

Activity Restrictions

Please be sure to complete the online Activity Acknowledgement Form and include any physical or activity limitations for your child. For the safety of participants and staff, individuals should NOT participate in the recreation activities (e.g. horse rides, canoeing, climbing, hiking) if any of the following conditions apply:

- Over 250 lbs in body weight (only applies to Horseback Riding and Ascent activities)
- Pregnancy (only applies to Horseback Riding and Ascent activities)
- Cardiac disease
- Received an organ transplant
- Currently experiencing abdominal organ enlargement (e.g. Mononucleosis)
- Active orthopedic and/or joint problems (e.g. Rheumatoid arthritis, recent fracture or sprain, or current sutures or staples)
- History of head, neck, or back injuries
- Any condition that a physician has determined creates a limitation to physical activity or if you think that participating in recreation activities will aggravate any previous medical condition

Contact the Recreation Manager at 951-659-2455 ext 19 with questions regarding our recreation activities.

FOOD SERVICES

Please be sure to include as much dietary information in the online Health History Form so we can make appropriate meal accommodations for your child. Pathfinder's Food Service Staff can accommodate several special diets including vegetarian, mild nut allergies, gluten free, lactose free, no shellfish, and no pork. However, we sometimes serve food items that have been processed in facilities that also process nuts. If your child has a severe nut allergy, multiple restrictions, or something not listed above, please contact our Food Service Staff at 951-659-2455 ext 28.

VACCINATIONS

California law requires all children enrolled in state schools, both public and private, to have or receive before enrollment certain doctor-recommended immunizations. Your child will likely be attending as a student of a California school and are familiar with these requirements. We would also like you to be aware of Pathfinder Ranch's position on vaccinations. Guests attending programs sponsored by Rental Groups (e.g. Outdoor Education) are not under the direct supervision or authority of Pathfinder Ranch and should contact their sponsoring Group regarding vaccination requirements. Groups renting our facilities are encouraged to have an MMR vaccination screening process as well as a policy on vaccination requirements to participate in Group-sponsored events (e.g. field trips). Pathfinder Ranch will report any suspected virus-related risks associated with any attending group members to the group leader as well as the Department of Health. Please keep in mind that any camper leaving the site due to an identified or suspected communicable health issue will be required to obtain signed approval from a licensed doctor to return to camp.

HEALTH SERVICES

Please be sure to include all pertinent medical information in the online Health History Form. Pathfinder's Health Staff is available 24 hours a day to address basic first aid, minor illnesses, and distribute student medications. EMS is about 5 minutes away for advanced care, life support, etc. Parent/guardians will be notified if their child has a severe illness or injury while at camp that requires care beyond basic first aid (e.g. severe bone or muscle injury, breathing emergency, loss of consciousness, paramedic intervention, or other condition requiring off-site treatment). Parent/guardians will also be notified for other major concerns (e.g. evacuation, suicidal ideation, violence against self or others, suspicion of lice, poor behavior, or other situation the school faculty determine contact is necessary). Homesickness is a common issue that intensifies if a child talks to family at home, so Pathfinder staff and/or the school faculty will call a parent/guardian only when necessary. If a parent/guardian does not want certain medical treatment for their child, they must either add this information specifying the action to be taken in the online Health History Form or via a signed fax (Pathfinder Fax: 951-659-0351). If you have additional health questions, please call 951-659-2455 ext 22.

Some of Pathfinder Ranch's medical limitations and special notes regarding chronic conditions include:

- We do not employ a registered nurse or physician, and therefore, our staff cannot make diagnoses.
- Our staff cannot administer most needle injections (e.g. insulin), but our staff are trained to administer epinephrine auto-injectors if needed. The group's faculty will determine who should carry emergency medications (e.g. student, chaperone, faculty) during their trip.
- Our staff is not able to supervise or care for participants with chronic medical conditions (e.g. type 1 diabetes). If your child requires special (i.e. 1 on 1) care during their trip, please complete the Chronic Conditions Letter (ask your school faculty for a paper copy) and confirm arrangements regarding your child's care with the school's faculty. We recommend a parent/guardian attend to assist their child.

MEDICATIONS & FORM

- If you plan on sending medications for your child to take during their trip, even vitamins or medical cream, please submit a completed Medication Order Form (print page 5 of this packet or ask the school for a paper copy) along with the medication to a teacher before the trip.
- **DO NOT pack** any medications in your child's luggage. Put the medication(s) and form in a plastic bag labeled with your child's name and give it to a teacher before your trip.
- **All meds must be in the original container, not expired and the expiration must be visible.**
- **Over-The-Counter (OTC)** medication must be age appropriate and the dosage on the label must match the dosage on the form in order for a parent/guardian to sign the **Medication Order Form**. If all of these conditions **do not** apply, a **licensed physician** must sign the form. Melatonin must be age appropriate. **DO NOT** send OTC meds meant for adults or children 12 and older (eg adult Tylenol, adult melatonin).
- **Prescription (Rx)** medication must have a legible pharmacy label with the child's name in order for a parent/guardian to sign the **Medication Order Form**. If all of these conditions **do not** apply, a **licensed physician** must sign the form.
- Pathfinder Ranch has physician-approved standing orders to carry and administer common OTC medications as needed without a Medication Order Form. **DO NOT give these medications to a teacher to bring up to camp if they are taken on an as needed basis.** Here's a list of some meds we have in stock:
 - ✓ Ibuprofen
 - ✓ Acetaminophen (eg Tylenol, Dayquil)
 - ✓ Phenylephrine (eg Sudafed, Dayquil)
 - ✓ Loratadine (eg Claritin)
 - ✓ Cetirizine (eg Zyrtec)
 - ✓ Diphenhydramine (eg Benadryl)
 - ✓ Dextromethorphan (eg Delsym)
 - ✓ Antacids and Pepto-Bismol
- All non-emergency medications must be locked up during the trip. However, the school faculty is responsible for determining who (e.g. student, chaperone, faculty) should carry and be responsible for emergency medications (e.g. inhaler, epinephrine).
- A school medication form can be submitted for emergency meds instead of the Pathfinder med form.
- Please mark **inhalers** and **epinephrine auto-injectors** with the student's name in **PERMANENT MARKER**.
- **DO NOT** pack any medications in your student's luggage. The teachers will decide who should carry your child's emergency medication during the trip and on the bus ride home.



OUTDOOR EDUCATION

EQUIPMENT LIST

IMPORTANT NOTES

- Sack lunch on arrival day is provided by participants (students and adults) and/or the school. Pathfinder staff will provide meals for the rest of the group's stay. For the safety of staff and clients with severe allergies, we are a nut free program, so please **DO NOT** put any nut products in your child's sack lunch.
- Students must carry their own luggage, so pack their equipment into **one** suitcase or bag. Keep sleeping bags separate and do not bundle luggage items, because it makes loading the buses/cars very difficult.
- Label all personal items and expect them to possibly get lost, dirty, and/or broken.
- Our mountain weather varies widely, so check the weather reports (<http://pathfinderranch.com/ranch-weather/>) a few days prior to determine if you'll need the extra cold weather and/or warm weather gear.

ESSENTIAL GEAR

CLOTHING

- Athletic Shoes or Boots- 2 Pairs
- Warm Socks- 1 Pair/Day + 1-2 Extras
- Underwear- 1 Pair/Day
- Long Pants- 1/Day
- Short or Long Sleeve Shirts- 1/Day
- Sweaters or Sweatshirts- 2
- Warm Jacket
- Rain Jacket or Poncho

CABIN EQUIPMENT

- Sleeping Bag
- Pillow
- Pajamas
- Towel
- Body Soap
- Shampoo and Conditioner
- Sunscreen
- Lip Balm
- Toothbrush and Paste
- Other Hygiene Items

OTHER IMPORTANT ITEMS

- Sack Lunch (Arrival Day)
- Water Bottle With Name
- Pencil or Pen
- Day Pack (Drawstring or Backpack)
- Watch
- Plastic Bags- 1 Trash & 2 Grocery Bags

COLD WEATHER GEAR

- Extra Sweater or Sweatshirt
- Warm Gloves- 2 Pairs
- Winter Hat or Beanie
- Scarf
- Thick Winter Jacket
- Thermal Underwear (Optional)

WARM WEATHER GEAR

- Shorts- 2 Pairs

OPTIONAL LIST

- Hat and Sunglasses (Sun Protection)
- Shower Sandals
- Deodorant
- Camera
- Reading Book, Playing Cards or Quiet Game

ITEMS NOT ALLOWED

- Flashlight
- Electronics (e.g. Phone, Game)
- Candy, Gum and Snacks
- Radio
- Blow Dryers and Curling Irons
- Aerosol Sprays** (e.g. Sunscreen, Hairspray)
- Knives and Weapons
- Pets



Student Medication Order Form

PR STAFF:

School Name: _____

Student Name: _____ Birth Date: _____
Last First M.I.

Medication Name: _____

Route Taken (Check Box)

Amount Given: _____

By Mouth

Time (Circle): As Needed Before Breakfast After Breakfast

Topically

Before Dinner After Dinner Before Bed

Inhalation

Other (specify time and frequency): _____

Intranasal Spray

Injection

Medication Name: _____

Route Taken (Check Box)

Amount (to be given): _____

By Mouth

Time (Circle): As Needed Before Breakfast After Breakfast

Topically

Before Dinner After Dinner Before Bed

Inhalation

Other (specify time and frequency): _____

Intranasal Spray

Injection

Medication Name: _____

Route Taken (Check Box)

Amount (to be given): _____

By Mouth

Time (Circle): As Needed Before Breakfast After Breakfast

Topically

Before Dinner After Dinner Before Bed

Inhalation

Other (specify time and frequency): _____

Intranasal Spray

Injection

- All medications must be in the original container, not expired and have a visible expiration date.
- **Over-The-Counter (OTC)** medication must be age appropriate plus the dosages on the label and form must match in order for a parent/guardian to sign this form. **A licensed physician must sign if these conditions do not apply.**
 - **Prescription (Rx)** medication must have a legible pharmacy label with the child's name in order for a parent/guardian to sign this form. **A licensed physician must sign if these conditions do not apply.**

Parent/Guardian OR Physician's Name:

Physician's Stamp (if applicable)

_____ Last

_____ First

Signature: _____

Date: _____ Phone: _____

By signing this form, I certify the above information is correct, and authorize Pathfinder Ranch employees to administer the medication(s) or have an adult from the group supervise the child during self-administration.