

NATIVE/PACK RAT

OUTDOOR ADVENTURE CAMP

Native/Pack Rat Outdoor Adventure Camp is an intermediate summer environmental science, math, art and literacy day camp created to develop student's love of nature discovery and problem solving through hands on activities and field experiences while improving their leadership and stewardship skills. Participants will need to have completed an overnight camping experience before attending *Native/Pack Rat Outdoor Adventure Camp*.

- Leadership/Team Building Skills - Native Expeditions staff instructs on becoming a Natural Leader (resilience - coping with losing, failing, and hardships), (selflessness - prioritize to help others), (building trust - sharing knowledge and executing collaboration)
- Stewardship = Native Expeditions staff instructs on improving the environment through habitat restoration for monarch butterflies/pollinators
- Science Education - Native Expeditions staff instructs on field sampling and interpretation in Hydrosphere, Biosphere, Lithosphere, and Atmosphere including geology, soils ID, macro-invertebrates, river ecology, water quality, mammal and birding observation/tracking, astronomy
- Outdoor/Woods Skills - Native Expeditions staff instructs on safety awareness, preparedness for outdoor environment, using ropes/knots, fire safety (starting and extinguishing properly), foraging and tracking, orienteering, map and compass
- Wilderness Survival and First Aid Skills - Native Expeditions staff instructs on prioritization of survival needs, basic shelter improvisation, water purification, basic first aid for the wilderness environment
- History and Literacy - Native Expeditions staff instructs on natural heritage of the Ozark region and Mulberry River, journaling to become wilderness observation writers
- Backpacking/Hiking - Pack Rat provides instruction for equipment care and use, packing methodology, preparedness for the trail, Leave No Trace
- Climbing Instruction - Rick Spicer AMGA American Mountain Guides Association - Pack Rat provides (helmets, harness, ropes)
- Recreation Activities - Native Expeditions and Pack Rat staff supervises and instructs during these activities swimming, water play, fishing, mountain biking, nature scavenger hunt, mission impossible - capture the flag,
- Music, Nature Art and Crafts - Native Expeditions staff provides evening fireside music, poetry readings, rock art, utilizing forest items for making art projects, painting

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Table 1

	MONDAY	TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
7:30 - 8:30		TRANSPORT FROM FAYETTEVILLE TO BYRDS ADVENTURE CENTER CAMPGROUND		Rise and Shine		Rise and Shine		Rise and Shine	
8:30 - 9:00				Breakfast	Byrds Kitchen		Breakfast	Byrds Kitchen	Breakfast
9:00 - 10:30	Orientation - Gear Drop off/ Leave No Trace/Camper Responsibilities	Camp Set Up Tent and Gear allocation, Group Safety		Pack Rat - Orienteering - Map and Compass / Hike on trail system Native Expeditions staff - Introduction to Native plants		Pack Rat - Rock Climbing Instruction (helmets, harness, ropes)		Stewardship - Habitat Restoration (planting for pollinators), Forest Health	
10:30 - 12:00		Mulberry River History and Heritage by BOAC							
12:00 - 1:00	Lunch and Swim Tests - TBD	Lunch Byrds Kitchen		Lunch Byrds Kitchen		Lunch Byrds Kitchen		Lunch Byrds Kitchen	
1:00 - 2:00		Pack Rat - Backpacking Skills - equipment care, preparedness Nature Hike within Byrds Outdoor Center Property		Water Quality - Hydrosphere components of chemical, physical, macro-invertebrates catchment		Geology - Lithosphere at Wolf Pen USFS Rec Area (Rocks, Karst Springs, hydrogeology Soils - Identification and testing		Pack Rat / Fayettechill - Outdoor Recreation/Philosophy/ Slack Lining/Nature Hike	
2:00 - 3:00									
3:00 - 5:30		Supervised Chill/Recreation - Hammock/Rest Time - Journaling, Art, Water Play, Fishing, Archery, Mountain Biking							
5:30 - 7:00		Outdoor Skills - Ropes, Fire Safety		Outdoor Skills - Shelters, container making		Outdoor Skills - Bushcraft (tracking and foraging)		PACK UP and Transport back to Fayetteville	
7:00 - 8:00		Dinner Cookout		Dinner Dutch Ovens		Dinner Cookout			
8:00 - 9:00		Scavenger Hunt - Nature Items/ Fireside Stories		Group Team Recreation - Mission Impossible (Capture the Flag) Fireside Music		Nature Art - (Rock sculptures, forest finds) Fireside Music			
9:00 - 10:00		Showers - Gear Check		Showers - Gear Check		Showers - Gear Check			

Schedule of Activities

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Safety and Risk Management

For *Native/Pack Rat Outdoor Adventure Camp*, each child's health and safety is our primary concern. Conditions such as bug bites, stings, minor cuts and scrapes will be handled by *Native Outdoor Adventure Camp* staff. Parents/legal guardians will be called regarding any ailments beyond basic first aid, usually reserved for emergency situations. If at any time you have a question or concern regarding the health status of your child, please feel free to contact the *Native/Pack Rat Outdoor Adventure Camp* director (Robin Gregory).

Participating camp youth will only be allowed to go in specific areas of the campground and will be supervised at all times. No camp youth will be allowed in any water areas without a personal flotation device (life jacket). All campers must pass a qualifying swim test prior to camp session on Monday June 15th during Orientation. All campers will be advised of safety precautions that include natural hazards such as poison ivy, snakes, spiders, biting insects, rocks, and any known hazards of the landscape or water environment.

Participating camp youth will sleep in tents where supervising staff are present within campsite where males and females will be separated into designated tents during the night time hours.

All staff will be CPR/First Aid trained and managing staff will all have Wilderness First Aid certifications. All climbing instructors will have professional climbing instructor certifications issued by the AMGA American Mountain Guides Association.

Native/Pack Rat Outdoor Adventure Camp at Byrds Outdoor Adventure Center and staff take safety very seriously. The Camp Director has maintained an excellent safety record during her 20+ year history of supervising youth in the outdoor environment without any major accidents or injuries. A part of our ongoing efforts to maintain this record, we are constantly enhancing the way we prepare, administer, and execute field camp activities.

BEHAVIORAL HEALTH ISSUES: Youth who are being treated for ADHD, Aspergers Syndrome, severe ADD, or other behavioral health issues that could put the group at risk from destructive decisions or otherwise physical, emotional, or socially distractive behavior during instructional or other camp activities cannot qualify for admission to this intermediate level outdoor camp.

PARTICIPANTS MUST HAVE COMPLETED A OVERNIGHT CAMPING EXPERIENCE PRIOR TO *Native/Pack Rat Outdoor Adventure Camp*.

The following pages outline common environmental, health, and safety hazards. These pages also discuss the safety precautions and strategies needed to minimize risk to youth campers and others. It is important for you to evaluate the stated risks with regard to personal health and safety, request reasonable modifications

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STAFF CONCERN FOR YOUTH PARTICIPANTS

Our staff will be concerned with keeping youth hydrated, comfortable, protected from sun exposure, and all other environmental hazards from plant, animal, and topography. Steep slopes, cliffs, and water hazards will be avoided.

- Water bottles will be provided and consuming liquids will be encouraged throughout all activities.
- Sunglasses, hats and sunscreen will be required by all participants.
- Precipitation is rare, but if thunderstorms are possible camp will be moved to higher ground
- Vegetation such as poison ivy and other threatening plants will be avoided, however youth will be provided with Tecnu for preventative care.
- Several First Aid and Wilderness First Aid Kits will be available for minor cuts, scrapes, and bug bites.
- Insect repellant will be required and checking carefully for ticks each day.

EMERGENCY ACTION PLAN

All staff will be CPR/First Aid trained and managing staff will all have Wilderness First Aid certifications. All climbing instructors will have professional climbing instructor certifications issued by the AMGA American Mountain Guides Association.

To prevent dehydration, youth will be encouraged to drink enough water to cause the need for urination at least every three hours while at camp. While in the field, students should drink a minimum of two to three liters of water per day.

Sunburn and heat exhaustion are common and unnecessary camp ailments. Sun block is mandatory for those with sensitive skin and should be used by all. Wear wide-brimmed hats, pants, and light shirts to keep cool and prevent sunburn.

If participants prefer contact lenses, bring lots of lens solution and a backup pair of glasses. It is important to wear eye protection (glasses, goggles, sunglasses, etc.) in the field to protect your eyes.

Inadequate footwear commonly results in a range of avoidable injuries, including puncture wounds, severe ankle injuries, and slips and falls. **STURDY HIKING SHOES ARE ABSOLUTELY REQUIRED**

Reckless behavior in the field (running and jumping over gullies, wandering away from the group, etc.) or at camp (roughhousing) that compromises the safety of yourself or the others on the trip will not be tolerated and could result in dismissal from camp. Reckless behavior creates a wide range of completely avoidable hazards.

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Emergency Action Plan - Health Hazards

Considerations

Native Outdoor Adventure Camp is physically challenging and students must be prepared for a rigorous field experience. You will be conducting physically demanding field exercises, including hiking, climbing, swimming, running. Youth participants must be in good physical condition and will be required to submit a physical from a doctor prior to camp attendance. Participants must be able to swim 50 meters and hike 2 miles on slightly rugged terrain.

Venomous snakes, spiders, ticks, chiggers and other stinging insects will be identified to avoid during camp. Your chances of being bitten by a snake become remote when wearing sturdy, over-ankle boots and by not putting your hands (or any other part of your body) in places that cannot be seen. Leave the snakes alone – will be an absolute rule!!

Reckless behavior is unacceptable. If your behavior becomes a significant problem, you may be dismissed from *Native Outdoor Adventure Camp* and parents will be responsible for your trip home.

- Participants will have access to a air-conditioned camper and there is also resident housing on the Byrds Outdoor Adventure Center property in the case of any heat exhaustion or other injuries needed to be treated.
- 15 passenger vans will be available during all activities in the case of an emergency to take any participant to the hospital.
- Byrd's Outdoor Adventure Center has land line phone service.
- All participants will indicate what hospital preference to take kids to.
- 1 AED and multiple First Aid Kits will be constantly carried by Native Expeditions Staff during all activities.

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Camp Director

Director, Robin Gregory as CEO of Native Expeditions, her prior work includes a combined 25+ years of experience working with youth of all ages and programming. She has served as Camp Director and Curriculum Coordinator for 4 camps in Arkansas for Native Expeditions, 3 Camps for The Boys and Girls Club of Fayetteville, 3 University of Arkansas Camps and 1 Environmental and Spatial Technology Camp. She is currently the Event and Volunteer Coordinator for over 100 volunteers and 7 major festivals and events for Native Expeditions.

Robin is a current Master Naturalist's for the Ozark Region of Arkansas who is certified in Wilderness First Aid and CPR. Robin is also PLT (Project Learning Tree) <http://www.-plt.org/>, Project WET (Worldwide Water Education) <http://www.projectwet.org/>, and Project WILD <http://www.projectwild.org/> educators and facilitators which bring national curriculum standards into programming.

Assistant Director

Assistant Director, Jefferson Hayhurst has 20+ years experience in wilderness survival and bushcraft, ropes course and climbing instructor, and as a counselor for the Boy Scouts of America. He is also certified in CPR/First Aid, Wilderness First Aid and CPR. His previous work includes Search and Rescue (SAR Technician type III) and as a Nature Interpreter for Arkansas State Parks.

His experience extends to structural electrical maintenance for commercial and residential building as well as a private contractor for the DoD. His technical skills extend into audio and video production for over 9 feature films and is currently on staff for Native Expeditions as a Audio/Video Specialist and Wilderness Instructor as well as event and volunteer coordination.

Volunteers and Staff Counselors

Native Expeditions volunteer staff are non-traditional educators, university professors, certified teachers, community leaders, and specialists in their respective fields who have diversified experience in water quality, geology, GIS, GPS, cartography, environmental assessment, and ecosystem education. All staff will be First Aid/CPR certified if not Wilderness First Aid certified.

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NATIVE/PACK RAT OUTDOOR ADVENTURE CAMP REGISTRATION

Byrd's Adventure Center Campground – June 15, 2015 - June 19, 2015

Cost: \$225 per registrant Please indicate payment type: ☐ Check ☐ Credit Card ☐ Cash

Camper Name: _____ Age: _____

Parent/s Name/s: _____

Address: _____

Phone: _____ cell/home

Email #1 _____ #2 _____

Emergency Contact: _____ Phone: _____

Assumption of Risk and Liability Waiver

The undersigned acknowledges that indoor and outdoor activities participation involves some risks that may occur. All participants will be instructed during activities to follow basic safety precautions for involvement and participation in any indoor/outdoor activities. In consideration of, I assume all ordinary risks incidental to the nature of the program which are not specifically foreseeable, and hold all board members, staff and volunteers of Native Expeditions Corp., Pack Rat Outdoor Center and Byrd's Adventure Center harmless from any and all liability, actions, causes of actions, debts, claims, which I now have or which may arise from or in connection with program participation in any of its activities. My child understands that participation in the summer camp program involves agreement to follow all safety instructions given by adult staff.

Camper Signature _____ Date _____

REQUIREMENT: My child has participated in a overnight outdoor camping experience

Parent Signature _____ Date _____

Parent Signature _____ Date _____

Credit Card Payments may be made by calling the Director Robin Gregory
(3% additional charge for credit card payments)

Camp Director: Robin Gregory, robin@nativeexpeditions.org, 479-957-4597

CAMP Payments can be mailed to: 3895 Brightwater Place, Fayetteville, AR. 72704

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Medical and Healthcare

Health insurance is required. All youth campers must present a valid medical insurance card prior to camp and indicate specific preferred hospital affiliation. You are responsible for all medical and dental expenses while at camp – the camp has no responsibility for the medical expenses of students and does not provide students with any forms of medical insurance.

Native Outdoor Adventure Camp staff will only dispense medications if the medication is brought in original Rx bottle with specific instructions indicated by parent or doctor. *Native Outdoor Adventure Camp* staff will only distribute over-the-counter medications with written consent from a parent. Over-the-counter medications specifically limited to (Tylenol/ Acetaminophen, Benedryl/ Diphenhydramine, or Advil/Ibuprofen) may be given in the event of a headache or allergic reaction such as an insect sting or bite

Fully disclose all regular medications (prescription and OTC) in the Personal Medical Assessment form and notify the Director(s) of any special medications you may be taking before any emergency situation arises.

Fully disclose all known dangerous allergies (e.g., insect bites, foods, etc.) in the Personal Medical Assessment form. Bring any medicines or antidotes (epi-pens) that you might require. To ensure you receive appropriate care in the event of an emergency, personally bring your allergies to the attention of the Director(s) prior to the first day of camp (so we can associate your face with the form).

I, Authorize / Do Not Authorize (please circle one) the *Native Outdoor Adventure Camp* director (Robin Gregory) to distribute both prescriptions and/or specific over-the-counter medications (Tylenol/ Acetaminophen, Benadryl/Diphenhydramine, or Advil/Ibuprofen) indicated for headache/aches pain or by allergic reaction only.

Medical Emergency Information I, _____, hereby authorize camp staff to act for me according to their best judgement in the case of an emergency requiring medical attention if I cannot be reached immediately. Medical Insurance

Provider_____ Primary Insured_____

Policy#_____ Group/Plan_____

Phone_____

Current Medications:_____

Allergies:_____

Parent Signature _____ Date_____

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Transportation

Participant's

Name: _____ Age: _____

Program Name: _____ **NATIVE/PACK RAT OUTDOOR ADVENTURE CAMP**

I give permission for the minor to ride in any vehicle designated by the (YEE) in whose care the minor has been entrusted while attending and participating in the NATIVE OUTDOOR ADVENTURER CAMP

I hereby authorize a physician or physicians in a medical facility (to be determined) to administer treatment and perform other medical procedures that in their judgment may be necessary for my son/daughter.

I understand that I will be notified immediately should it become necessary to take my son/daughter to a medical facility.

Picture Release

I hereby authorize Pack Rat, Native Expeditions, or Byrds Adventure Center to publish photographs and video taken during Native/Pack Rat Outdoor Adventure Camp during June 15th - 19th 2015. for my minor child listed below.

I hereby release and hold harmless Pack Rat, Native Expeditions, or Byrds Adventure Center from any reasonable expectation of privacy or confidentiality for myself and for the minor child listed below associated with the images specified above. Further I attest that I am the parent or legal guardian of the child listed below and i have full authority to consent and authorize Pack Rat, Native Expeditions, or Byrds Adventure Center to use their likenesses and names.

Child's Name _____

Address _____

Date _____

Signature, parent or guardian _____

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Code of Conduct

Youth Participants are expected to:

- Respect other *campers* and their belongings.
- Respect *Native/Pack Rat Outdoor Adventure Camp* faculty/staff and their belongings.
- Be respectful in all expressions through apparel, language, gestures, or writing. Inappropriate or offensive language is not allowed.
- Return all equipment at the end of the day.
- Keep prescription and non-prescription medicine in a bag, labeled and provided to one of the Camp Director (Robin Gregory, Jeff Hayhurst or Chally Sims).
- Leave electronic devices including iPods, video games, and computers at home. Any item brought will be put in the designated *Native/Pack Rat Outdoor Adventure Camp* safe-hold and returned at the end of the day.
- Keep cell phones in backpacks or within the designated *Youth Explorer Expeditions* safe-hold. Should it be needed, permission to call parent/legal guardian will be allowed.
- Participate in all scheduled activities unless written restrictions are specifically indicated by parent/guardian.
- Use appropriate communication or physical contact with other campers, staff or volunteers.
- Never bring or use alcohol, tobacco, knives, weapons of any kind, and illegal drugs. Possession or use of any of these will result in termination from camp without refund on any given day.
- Be responsible for personal trash created during any activity or after eating.
- Respect the outdoor environment, creatures & plants and cause no intentional harm.
- Observe the "Leave No Trace" principle where outdoor activities result in minimal impact on the outdoors.

CAMPER SIGNATURE

I, _____ (print name), have read and understand the *Native/Pack Rat Outdoor Adventure Camp* Code of Conduct and agree to abide by these expectations/rules. I also understand that if I do not follow these expectations, consequences that may possibly result are 1) call to parent/legal guardian, 2) dismissal from the rest of the day by being driven back to for parental / guardian early pickup and/or 3) no further registrations will be accepted.

Camper Signature: _____ Date: _____

PARENT/GUARDIAN SIGNATURE

I, _____ (print name), parent/guardian of the above named camper have read and understand the above expectation of the *Native/Pack Rat Outdoor Adventure Camp* Code of Conduct. I also understand the expectations of my child, and that the consequences listed above will be enforced if the Code of Conduct is not followed.

Parent Signature: _____ Date: _____

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WHAT TO BRING

CLOTHING

1 Good Rain Coat or Poncho	2 Swim Suits (Modest)	1 Sun Hat
2 Pair Pajamas (optional)	1 Jacket or Sweat Shirt	4 T-shirts
2 Pair Jeans, Field, Athletic pants	4 Pair of Shorts	
5 Pair of Underclothes	4 Pair of Socks	

SHOES

1 Pair Good HIKING Shoes	1 Pair Old Tennis Shoes
1 Pair of Chaco/Teva/Keen water sandals	1 Pair of "Flip Flops" or Sandals

TOILETRIES/PERSONAL ITEMS

Soap	Shampoo/Conditioner	Toothbrush/toothpaste
Hairbrush/comb	CAMP CHAIR	Personal products
Sunscreen	Bug Spray	Any Allergy/Medications

BEDDING/LINENS

1 Pillow	1 Sleeping Pad or Cot	
1 Blanket, Quilt or Sleeping Bag	2 Towels	2-4 Wash Cloths

MISCELLANEOUS

1 Laundry Bag	1 Flashlight/Headlamp!!	1 med Backpack
1 Pen or Pencil	1 Writing Tablet or Postcards, Stamps	
1 Water Bottle	Glasses or Contact lenses	

SNACK LIST

1 Plastic Sack of snacks - packaged and sealed snacks only (granola bars, fruit leather, chips, individually packaged nuts, dried fruit, crackers) NO CHOCOLATE OR HIGH SUGAR CONTENT SNACKS

***NOT ALLOWED:** All profane shirts, including shirts that advertise or promote violence or alcohol/tobacco products, and other inappropriate shirts are not allowed. Teenaged girls must not bring backless shirts. Nor should they bring haltertops or tank tops that are too low cut, or any form of clothing that is too tight and cuts into the skin (either shirt or short).

*** SWIM SUITS** - May be one or two piece, however they must be modest and have no STRING attachments.