

Joshua Tree Health Form

The Joshua Tree health form is completed online. The link has been emailed to you or will be emailed to you very shortly.

Please complete it at your earliest convenience!

I have completed the online health form.

Student: _____
(Print student name)

**ROLLING HILLS COUNTRY DAY SCHOOL
RELEASE AND WAIVER**

We (hereafter called "Undersigned") have full custody of _____ (hereafter called "Student"), a minor. In consideration for permitting the Student to participate in the

(check one)

- Ocean Institute outdoor education trip from _____
- Astro Camp outdoor education trip from **September 20-22, 2017**
- Joshua Tree outdoor education trip from **October 16-20, 2017**
- Catalina Island Marine Institute (CIMI) outdoor education trip from **October 9-13, 2017**
- Olympic Park Institute (OPI) outdoor education trip from **October 23-27, 2017**

(hereafter called "Activity").

The Undersigned voluntarily release, discharge, waiver, relinquish all claims, and covenant not to sue Rolling Hills Country Day School (hereafter called "School"), RHCDS Inc., its directors, officers, agents and employees, from all liability to the Undersigned or the Student and all his/her personal representatives, assigns, heirs, and next of kin for any loss or damage, and any claim or demands therefor on account of injury to the person or property or resulting in death of the Undersigned or the Student whether caused by the negligence of the School or otherwise while the Student or the Undersigned are engaged in the above-named Activity.

The Student and the Undersigned hereby assume full responsibility for and risk of bodily injury, death or property damage to the Student and the Undersigned due to negligence of the School, its directors, officers, agents and employees while the Student and the Undersigned are engaged in the above-named Activity.

The Undersigned further expressly agrees that the foregoing Release and Waiver is intended to be as broad and inclusive as is permitted by the law of the State of California and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

The Undersigned has read and voluntarily signs the Release and Waiver of Liability, and further agrees that no oral representations, statements or inducement apart from the foregoing written agreement have been made.

Date _____ Parent or Guardian Signature _____
Date _____ Student Signature _____

EMERGENCY CONTACTS

In case of unexpected illness or emergency, it is extremely important for the health and welfare of the student to be able to immediately contact the parents or guardian.

Residence Phone _____
Father's Daytime Phone, Pager, etc. _____
Mother's Daytime Phone, Pager, etc. _____
Name of Friend or Relative _____ Daytime Phone _____
Name of Friend or Relative _____ Daytime Phone _____
Name of Friend or Relative _____ Daytime Phone _____

Please list the name and telephone number of a medical doctor or other health advisor who is located reasonably near the school, and who, by virtue of the parent or guardian's signature below, will have full authority to render any and all necessary emergency medical or surgical aid to the student at the parent's expense.

Health Care Provider's Name _____ Phone _____

AUTHORIZATION OF CONSENT TO TREATMENT OF MINOR

We the Undersigned, parents/guardian of _____, a minor, authorize the School as agent(s) for the Undersigned to consent to any X-ray examination, anesthetic, medical or surgical diagnosis or treatment and hospital care which is deemed advisable by, and is to be rendered under the general or special supervision of any physician and surgeon licensed under the provisions of the Medical Practice Act on the medical staff of any hospital, whether such diagnosis or treatment is rendered at the office of said physician or at said hospital.

It is understood that this authorization is given in advance of any specific diagnosis, treatment or hospital care being required but is given to provide authority and power on the part of our aforesaid agent(s) to give specific consent to any and all such diagnosis, treatment or hospital care which aforementioned physician in the exercise of her/his best judgment may deem advisable.

This authorization is given pursuant to the provisions Section 6910 of the Family Law Code of California.

We, the Undersigned, authorize any hospital which has provided treatment to the above-named minor pursuant to the provisions Section 6910 of the Family Law Code of California to surrender physical custody of such minor to the above-named agent(s) upon the completion treatment. This authorization is given pursuant to Section 1283 of the Health and Safety Code of California.

These authorizations shall remain effective until revoked in writing and delivered to said agents(s).

Date _____ Parent or Guardian Signature _____

This paper must be completed, signed, and returned to the School in order for the Student to participate in this Activity. Permission by telephone or fax is not acceptable. Thank you.

Spring & Fall Basecamp Program Equipment List




Welcome to Boojum! This is a list of the individual equipment you need for your Boojum course.


Remember as you pack:






- The outdoors can be unpredictable. It may be sunny one minute and windy/rainy the next. Consider the possibility of needing to wear all of your types of clothing at the same time: underwear, thermal underwear, shirt, fleece, puffy, rain jacket. Plan your clothing as part of a layer and be prepared to “layer up.”
- Wool and fleece hold their thermal properties better when wet than Cotton. Avoid cotton in all layers.
- Use gear and equipment that you already own.
- Boojum does have a limited supply of rental gear available. Please contact us! (951-763-4102) at least two weeks in advance to inquire about availability of rental items.
- If you don’t have gear, many shops rent and sell items on this list. We recommend the following retail stores for equipment purchase or rental: REI, Adventure-16 (A-16), and Sport Chalet. SierraTradingPost.com offers reasonably priced mail-order camping equipment.

Why not cotton? Cotton fabrics soak up body perspiration and hold it next to the skin. Once cotton gets wet, it stays wet, and can chill the wearer. Synthetic fabrics—for example, polypropylene and polyester fabrics—wick moisture away from the skin, keeping the wearer warmer and dryer. Inquire at your local outdoor retailer for further details.

All items are needed. Extra Equipment is not necessary.

Check	Qty	Item	Description	Example
Footwear				
	1 pair	Sneakers or light hiking shoe	Sturdy and comfortable footwear for day hikes. Must be broken in!	 <p>Running shoes or light hiking boot (see below) REI Guide: http://www.rei.com/learn/expert-advice/hiking-boots.html</p>
	1 pair	tennis/running shoes	Sturdy, good tread.	 <p>these will be used for rock climbing; No vans or converse</p>
	3 pair	Socks	Synthetic or wool blend. One warmer pair for nighttime warmth is recommended.	 <p>REI Lightweight or Smartwool http://www.rei.com/product/712784/rei-lightweight-merino-wool-hiking-crew-socks</p>
	1 pair	Optional: Camp shoes	Sturdy, lightweight, and comfortable. Must be closed-toe .	Sneakers.




Layers of Clothing-Upper Body				
	2-3	Sports Bras (females)		
	2-3	T-shirts	Synthetic preferred. Cotton ok.	







1	Long sleeve hiking top	Synthetic, lightweight and light color long sleeve for sun protection. Button down works well.		
1	Long sleeve thermal top	Synthetic or wool works best. Good for layering in colder temperatures or sleeping in.		Long underwear or athletic shirt http://www.rei.com/product/870127/rei-midweight-long-underwear-crewneck-shirt-mens
1	Light fleece pullover/jacket or sweatshirt	Quarter zip or jacket. Fleece or synthetic preferred, cotton ok. For cooler mornings and evenings.		http://www.rei.com/product/890777/rei-quarter-zip-fleece-pullover-mens-2015-special-buy
1	Warmer jacket	For night time warmth. Lightweight Down-fill or synthetic jacket works great. Heavier fleece also works well.		http://www.rei.com/product/894635/marmot-jena-down-jacket-womens-2015-closeout
1	Rain jacket with hood 100% waterproof	To fit over all layers. Ponchos work as well.		Marmot Precip jacket or equivalent: http://www.rei.com/product/859978/marmot-precip-rain-jacket-womens



Layers of Clothing-Lower Body

1 pair/day	Underwear	Synthetic is great for daytime activity. Cotton is ok too and good for sleeping in.		
1 pair	Hiking pants	Comfortable, loose fitting, lightweight. Zip-offs double as shorts. Jeans are not recommended.		http://www.rei.com/product/891161/rei-northway-convertible-pants-womens-petite-sizes-2015-closeout
1 pair	Warm pants	For morning/evening and nighttime warmth.		Soft fleece pants or athletic pants (warm-ups). Sweatpants work as well.
1 pair	Optional: Shorts	Quick drying material, not cotton/denim.		Running/athletic shorts.
1 pair	Optional: Thermal bottom	Long underwear that is either synthetic or wool. Good for layering in colder temperatures or sleeping in.		http://www.rei.com/product/870151/rei-midweight-long-underwear-bottoms-mens
1 pair	Optional: Pajamas	For sleeping.		
1	Optional: Rain pants 100% waterproof	Recommended if you already own them. For wet weather, to fit over all layers.		Marmot rain pant or equivalent: http://www.rei.com/product/859979/marmot-precip-full-zip-rain-pants-womens

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Hand and Head					
	1	Warm hat	Wool or synthetic for night time warmth and sleeping.		Beanie.
	1	Sun hat	For protection from sun.		Baseball cap or broad brimmed hat.
	1	Sunglasses	For protection from sun.		
	2 1	Bandannas	Cotton fine.		
	1	Warm gloves	Wool, fleece, or synthetic. For colder mornings and nights.		

Equipment					
	1	Duffel bag	To carry your clothes and equipment. The smaller the better to fit in your tent. Suitcases are not recommended.		
	1	Daypack	Large/sturdy enough to carry 3 water bottles, lunch/snack, rain jacket, warm layers, journal/pencil, sunscreen, sunglasses/hat during the day.		School backpack works great.
	1	Sleeping bag	Rated to 25°F or lower. Synthetic or down, NO COTTON! Rental available from Boojum.		North Face Cat's Meow Sleeping Bag http://www.rei.com/product/103294/the-north-face-cats-meow-22-sleeping-bag
	1	Insulating Sleeping Pad	Lightweight foam recommended. Foam can double as a seat and do not pop. Inflatable is more likely to pop. Rental available from Boojum.		Therm-a-rest RidgeRest Sleeping Pad http://www.rei.com/product/810386/the-therm-a-rest-ridgerest-solite-sleeping-pad
	1	Headlamp	Bring extra batteries in a Ziploc bag.		Petzl Tikka XP http://www.rei.com/product/889985/petzl-tikka-xp-headlamp-2015-overstock
	3	1 Quart water bottle	High quality hard plastic bottles that will not leak or rupture. Large Gatorade bottles also work well. No bladders as they tend to pop.		Nalgene wide-mouth http://www.rei.com/product/852355/rei-nalgene-wide-mouth-loop-top-water-bottle-32-fl-oz


1	Spork or utensil set	A combination spoon/fork for eating or a spoon and fork from home (not disposable).		http://www.rei.com/product/890752/light-my-fire-spork-little-package-of-3-2014-closeout
1	Plate/bowl with a lid	A combination plate/bowl. Tupperware works great and can be used to pack sandwiches!		http://www.rei.com/product/782971/sea-to-summit-delta-bowl
2	Pencils/pens	For journaling or other activities.		

1 small notebook for journaling, sketching, notes

Toiletries

1	Toothbrush			
1	Toothpaste	Small travel size.		
1	Lip balm			
1	Sunscreen	SPF 30 or higher. No aerosol.		
1	Feminine Products	Females should bring feminine products. Outdoor activity can change a female's cycle. Adults will carry extra supplies.		
	Essential Prescription Medications	Labeled properly (see below for details) At least two epi pens if you have an allergy that requires administration of an epi. Boojum does not carry epinephrine. If you have participants that have an allergic reaction that requires an EPI-pen, please bring two-three prescribed pens on program.		

Optional Items

1	Camera (with case)	Cell phones are not allowed even as cameras. Disposable cameras work well.		
1	Small pillow			
+	<u>Packable camp chair</u>			<u>Crazy Creek</u>
1	Clean change of clothes	To wear on the bus ride back.		

DO NOT BRING ANY OF THE FOLLOWING

0	Gum or Candy			
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	0	Food or drinks		
	0	Cell phones, music players, electronic devices of any kind	Includes, but not limited to, iPods, Kindles, MP3 players, multi-function devices. Can bring one electronic device to use on bus but it will be collected when we arrive.	
	0	Knives or weapons		

Additional Notes:

The person going on the program should pack his or her clothing and equipment so the participant knows what is packed and where to find items.

This list is extensive by design. Weather in our course areas is extremely variable so it is possible that not all items will be used. However, an otherwise well-planned outdoor program can suffer from participants having inadequate clothing and equipment, or unnecessary items.

If you have any questions about this list please contact us and we will be happy to advise you. We're looking forward to an educational and fun time to be had by all!

***Labeling Prescription Medications:**

1. Each participant that requires medication should have this listed on their Medical Information and Release for Treatment form.
2. Each participant's medication should be in an individual plastic bag
3. The plastic bag should contain the necessary medication and a specific description of distribution and administration.

Including the following:

- Participant Name
- Name of medication
- Dosage
- Time(s) of administration
- Specific instructions (ie. Does the student need to take with a meal)
- Specific storage instructions (ie. Does the medication need to be kept at a specific temperature)
- List any side effects
- Emergency contact name and number
- Participant's doctor contact name and number