

Michael Strembitsky School Kananaskis Field Trip Itinerary

Wednesday – times are approximate and activities are subject to change depending on conditions

6:15 AM	Arrive at MSS and load bus
6:30 AM	Departure from MSS *Please note we cannot wait for late arrivals as our itinerary is very tight!
10:30 AM	Arrive at the Barrier Lake Field Station -all students help unload bus
10:30 AM – 12 noon	Orientation to field station, drop belongings in dorm rooms, classroom focus begins
12 noon	Lunch – bagged lunch brought by students
1:00 PM – 4:30 PM	Exploration hike and class time
5:00 PM	Dinner
6:30 PM – 8:30 PM	Class time
8:00 PM	Snack
8:30 PM	Students to be in their lodge wing or the Forestry Dorm
9:15 PM	Students in their rooms
10:00 PM	Lights out

At every opportunity students will be encouraged to be outside in the field in front of the lodge. In the event of inclement weather, students will be permitted to be in the main lodge. Students should NOT be in their dorm rooms unless they have specifically been directed to.

There are to be no outdoor shoes inside. Students must take off their footwear and put it on the racks or off to the side when they enter indoor spaces.

There is to be no food in the dorm rooms. Extra food that students bring can be stored in the small cooler in the main lodge.

Students will be assigned meal-time duties such as setting the table, cleaning up, etc. for each meal.

Pajamas are only to be worn in dorm wings and rooms, main lodge is a public space and so students must be dressed appropriately in this space.

Thursday – times are approximate and activities are subject to change depending on conditions

6 – 7:30 AM	Wake up – and get ready for the day. Students will be given direction the night before as to what they need.
8:00 AM	Breakfast
9:00 AM – 12 noon	Stream study! Students need warm clothing and rubber boots.
12 noon	Lunch
1:00 PM – 4:30 PM	Analysis of stream research, macroinvertebrates, algae, physical data.
5:00 PM	Dinner
6:30 PM – 8:30 PM	Guest Speaker
8:30 PM	Snack
8:45 PM	Students to be in their lodge wing or the forestry dorm. STUDENTS NEED TO PACK THEIR BELONGINGS TONIGHT! Chaperones to please check their rooms before lights out.
9:30 PM	Students in their rooms
10:00 PM	Lights out

Friday – times are approximate and activities are subject to change depending on conditions

6 – 7:30 AM	Wake up – students get ready for the day including packing of final belongings such as bedding.
8:00 AM	Breakfast
8:45 AM – 9:00 AM	Empty out dorm rooms – move belongings to designated areas. Get leftover food from the cooler in the lodge.
9:00 AM – 12 noon	Final wrap up activities
12 noon	Lunch
12:30 PM	Group picture!
12:45 PM	Load bus and depart!
5:00PM	Arrival at Michael Strembitsky School – parents to pick up students from the school.

****please note that students will be encouraged to call or text parents from Red Deer and/or Leduc when we have a better indication of time of arrival.***

Kananaskis Packing List

Backpack – two straps, appropriate for hiking for several hours – should contain:

- Water bottle – refillable (water available in BGS Station)
- Ziploc baggie with two pairs of clean, dry socks
- Notebook – small, coil or spiral type is fine
- 2-3 pencils – pencils are better than pens given the variation in temperature and moisture
- Windproof layer
- Gloves
- Toque or hat
- Lunch for day 1
- Snacks – limited amount please as all food will need to be stored in a small communal fridge in the lodge

Suitcase or duffle bag:

- Pajamas
- Socks – at least 4 pairs
- Underwear
- T-shirts – long sleeve
- Pants – long but breathable (please note Shorts and Capris are NOT permitted as tick season has begun in the mountains)
- Heavier top or hoodie
- Warmer coat or jacket (can be in backpack)
- Shoes suitable for hiking (must be closed-toed)
- Rubber boots
- Flip-flops for shower
- Slippers/inside shoes for lodge (optional)
- Shampoo/conditioner
- Hair dryer
- Soap/bodywash
- Toothbrush/toothpaste
- Deodorant
- Washcloth and towel(s)
- Bedding – students will have a mattress or bunkbed to sleep on but will need to bring sleeping bag or blankets and pillows
- Cell phone charger
- Medications – please let Mrs. Arsenault what your child will be bringing on the attached form (this includes epi-pens or inhalers). **Students must be responsible for their own storage and administration of medications.**

****Please note that cellular reception is very limited in the area of the valley we are in, therefore may not be able to contact home daily. Students are permitted to bring electronic devices but will be solely responsible for them.***

Medical and Dietary Information Form

This information you provide is confidential however will be shared with teachers and parent supervisors as well as Kananaskis BioGeoScience Institute staff in order to keep your child safe.

Medical Information:

Please provide detailed and accurate information. Please also note the following important reminders:

- Students are responsible for their own medication. Teachers and parent supervisors will NOT keep or administer any medications.
- Students may NOT share medication of any kind.
- Please let us know of ANY medications (including over the counter remedies such as Tylenol or Bendryl) that your child will be bringing with them.
- Students who require an inhaler or an epipen MUST carry it on their person at ALL TIMES while on this field trip.

Student's Name: _____

Please outline any medical conditions (allergies, etc.) that your child has that could impact them on the trip:

Please indicate any and all medications your child will be bringing with them on this trip:

Please indication any dietary restrictions your child has – please note in the rare case that something cannot be directly accommodated by BGS staff, we will notify you and work out a plan:

Parent Signature

Date