

QUADRAT ACADEMY

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Quadrat Fall Outing (QFO) 2023

Camping Trip Logistics:

- Date: September 19-22, 2023
- [Registration Link](#). must RSVP to attend.
- Arrival: after 11am on Tuesday, Sept 19. Please proceed directly to our camping sites: 99, 100, 102, 103 [Site Map](#)
- Departure: by 11am on Friday, Sept 23. All parents are responsible for drop-off and pick-up. Carpooling via Slack.
- Location: [Mauch Chunk Lake Park](#). Mauch Chunk Lake Park 625 Lentz Trail Jim Thorpe PA 18229. Phone: (570) 325-3669
- Cost: \$40 (campsite) per camper.

Camping Gear

- Tent (personal or group tents, if a group of boys or girls would like to share a tent, please let us know – a larger tent would be needed)
- Sleeping bag and sleeping pad
- Flashlight or headlamp
- Reusable camping dishes & mug
- Personal care items: towel, toiletries, sunscreen, prescription medication, bug spray
- Camping clothes for daytime hiking, swimsuits, hat, rainwear, extra layers,
- Shoes: hiking/walking, easy-on, water shoes
- Bike, bike lock & helmet (optional)
- Games, musical instruments, personal books, journals, and other outdoor activities are encouraged

Please check the weather report and amend the list accordingly. Layers are always a good idea! The daytime will be warm while the mornings and evenings can get cold. The more water the kids are near, the more extra clothes they will need. If you are sensitive to poison ivy, bring extra clothing – long sleeves and pants. Labeling will help students keep track of their gear and personal items.

Meals

- Each Tribe is responsible for making two “healthy” and well-rounded meals and beverages. Tribes will divide the grocery lists among the tribe members and will be responsible for preparation, safety, serving and clean-up. Each tribe must bring utensils for cooking, serving, and cleanup.
- Personal snacks are welcome

Weekly Breakdown

- Tuesday: arrival, set up, afternoon activities
- Wednesday: hiking, kayaking, challenges
- Thursday: white water rafting
- Friday: cleanup & departure

Daily Activities will include:

- Morning fitness (hike, run, walk, yoga)
- Breakfast and morning circle
- Group activities & challenges
- Lunch
- Games or physical activities (kayaking, volleyball, football, biking, hiking, ...)
- Dinner
- Closing circle & reflection
- Campfire & evening activities
- Lights Out

Contacts during the trip:

- Jason: 215 264 3793
- Students will have their phones with them as well
- Updates and additional logistics will be posted on slack during the trip.

The intention of the Quadrant Fall Outing is to provide group, adventure, and nature-based activities that promote the development of social support (collaboration and community) and self-awareness (mindfulness, adaptability) for first-year students and leadership development for more senior members of the Quadrant community. The QFO is an optimal experiential learning environment (nature) where cooperation, initiative, and reflection lead to the development of a strong community and to personal insights. The QFO camping trip is helpful in providing educational and character development experiences which advance personal responsibility, health and well-being, community, leadership development, civic engagement, and stewardship for the natural world.