

## What To Bring

### 1-Day Programs

- Short sleeve t-shirts & long-sleeved shirt (*sun protection*)
- Pants
- Shorts
- Bathing Suit
- Underwear
- River Shoes: tennis shoes or sandals, with a heel strap, that can get wet (**required for river programs, recommended for land programs**)
- Sturdy Hiking Shoes (**required for land programs, recommended for river programs**)
- Jacket
- Hat With A Brim (*for sun protection*)
- Sunscreen: SPF 15 or greater
- Rain Gear: jacket and pants (*no ponchos*)
- Sunglasses
- Day Pack
- Water Bottles: 3 1-Liter

### Multi-Day Programs

#### ALL 1-Day Program Items PLUS:

- Sleeping Bag
- Sleeping Pad
- Ground Cloth
- Tent (*Overnight River trips ONLY*)
- Socks: 1 pair wool or polypropylene, 2 or more pair cotton
- Stocking Cap
- Gloves
- Long Underwear: wool or polypropylene (*all seasons*)
- Flashlight With Extra Batteries
- Journal and Pencil
- Personal Items: *toothbrush, soap, lip balm, lotion, sanitary needs, medications, etc.*

**Note:** Wetsuits are provided at no charge for spring multi-day river school trips on class III-IV water.

#### \*Please, Do Not Bring These Items\*

Tobacco, Knives or Sharp Tools, Soda/Candy/Snacks, Fire Arms or Electronic Devices (including cell phones, radios/ iPods, gameboys, etc.).

**Gear Rentals:** Please contact your trip coordinator if you need to make arrangements for gear rentals. **All rentals must be made 60 days prior to trip.** The following is not included in the program price, but may be rented from CFI: Sleeping unit (bag, pad, ground cloth) \$20/trip, 2 person tent \$20/trip, Sleeping Bag \$16/trip, Sleeping Pad \$7/trip, and Ground Cloth \$3/trip.

## General Schedule:

### ~2-Night Field Camp~

Day 1: Arrive at camp at 1:30PM  
Day 2: Hikes near camp and Field studies  
Day 3: Hikes near camp and Field Studies,  
 Depart camp by 1:30PM

### ~4-Night Field Camp~

Day 1: Arrive at camp at 4PM  
Days 2 & 3: Hikes near camp and Field studies  
Day 4: Float on the Colorado River (Class I-II) and Field studies  
Day 5: Depart camp by 10:30AM

### ~5-Night Camp & River Combination~

Day 1: Arrive at camp at 4PM  
Days 2 & 3: Hikes near camp and Field studies  
Day 4: Arrive at river 10AM, Float on the Colorado River and Field studies  
Day 5: Float the river and Field Studies  
Day 6: Float the river, Field Studies, Depart by 3:30PM

### ~Multi-Day River Program~

Day 1: Arrive at launch site by 10:30AM  
River Days: River skills, Field studies & Hiking  
Last Day: Depart river by 3PM

### ~Daily Land And River~

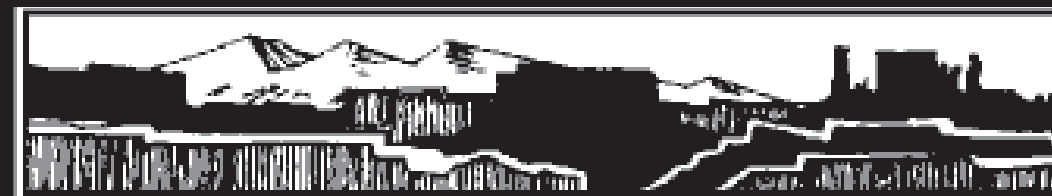
Arrive at site at 9AM  
 Depart from site at 3:30PM

*For more information about outdoor school programs, adult/family trips and workshops, please visit our website.*



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# CANYONLANDS FIELD INSTITUTE



## Outdoor School Programs

Dear Students, Parents and Leaders,

All of us at Canyonlands Field Institute (CFI) are pleased that you or your child will be joining us on the Colorado Plateau. The canyon country surrounding Moab, Utah offers an environment unlike any other.

Since 1984, Canyonlands Field Institute has been teaching science, geography, cultural history and literary arts as well as outdoor safety and etiquette through hands-on outdoor experiences. Carefully supervised hiking, camping and river running activities, daily group chores, games and field studies promote respect, reverence, responsibility and reciprocity for the natural world.

Pre-trip preparation is important for a successful experience. We ask that all parents and leaders read through this information packet with trip participants. **All participants must complete and return the registration/medical form and any fees due to your trip coordinator.** If you have any questions, please call our Office Manager at (435) 259-7750 or email [info@canyonlandsfieldinst.org](mailto:info@canyonlandsfieldinst.org).

Sincerely,

Karla J. VanderZanden  
 Director



Tepees at Professor Valley Field Camp with Castelton Towers in background. Photo courtesy of Simmons Buton.

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# Discover The Colorado Plateau With CFI



The Colorado Plateau consists of approximately 300,000 square miles of high desert in the four corners area of Utah, Arizona, Colorado and New Mexico. It includes well known natural wonders such as Grand Canyon, Mesa Verde, Canyonlands and Arches National Parks. Stunning red rock mesas, snow covered mountains and deeply incised canyons of the Colorado River and its tributaries are the backdrops for learning and adventure in this unique and dramatic landscape.

We strive to help students understand issues facing the public, private and tribal lands of the Colorado Plateau through different viewpoints. CFI hosts landbased programs in Professor Valley and the La Sal Mountains as well as on the Colorado, Green San Juan and Dolores Rivers. In just a few days students will find that their experience has opened new doors academically, physically, socially and emotionally.



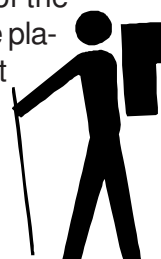
## ~Multi-Day Field Camp Programs~

Professor Valley Field Camp (PVFC) is located in a breathtaking setting 20 miles east of Moab near the Colorado River. The combination of red rock cliffs, the perennial stream and spectacular views of the LaSal Mountains, Fisher Towers and Castleton Tower make Professor Valley an ideal location for spring and fall field studies.

Our LaSal Mountain Field Camp at 8,500 feet above sea level is a great way to escape the summer desert heat and allows students to explore the “island” mountain ranges of the Colorado Plateau.

Primitive backcountry provides the setting for both camps and only basic conveniences are provided. Amenities at PVFC include a classroom yurt, a kitchen yurt and pit toilets. Solar power provides our electricity and water is hauled to camp by CFI staff. The mountain base camp is a primitive camp with water, portable toilets, and tarp shelters.

The Field Camp curriculum is Canyons Edge: Science, Story and Soul On the Colorado Plateau. Students gain understanding of the physical and cultural geography of the plateau through soil, geology, water, plant and animal investigations. They explore human relationships with this arid land through history, literature and personal reflection activities.



## Behavior Standards

Rules have been set for the safety and well-being of all participants. Students are in violation of policies if they:

- have a drug of any kind, unless under a doctor's prescription.
- have an alcoholic beverage of any kind.
- are involved in any sexual activities.
- are involved in an act of theft.
- are in company of another student who violates these rules and fails to report it.
- fail to follow any other reasonable directive from an instructional person.

Infractions of the above rules will not be tolerated. In the event of an infraction of these rules, the parent and/or guardian and school administrator will be notified and the participant will be expelled from the program. Upon expulsion, the participant will be returned home at the expense of the parent/ guardian. Determining whether an infraction has occurred rests with CFI's instructional staff. CFI's instructional staff may base their determination that an infraction has occurred on evidence that was reported to them but not directly observed by them, or on the behavior that results from the infraction.

CFI programs operate in a smoke-free environment.

## CFI Staff and Safety

Canyonlands Field Institute is permitted & licensed to operate by federal and state agencies. CFI staff are college graduates, trained in the natural and cultural history of the Colorado Plateau and all are licensed guides. Additionally, instructors are certified in wilderness first aid and CPR.

Leaders, parents and students alike should understand that while CFI staff are both professional and well-trained, there is a minimal element of inherent risk in all programs.

We have very comfortable camps for both land and river programs. However, some of our programs take place in wilderness settings many hours from roads, medical facilities & telephones. Exploring the Colorado Plateau free from the trappings of everyday life is one of the joys of our school programs.

To maintain the integrity of a backcountry experience, we do not carry cell phones or radios and request groups not bring them. Once your child has **started a CFI program**, you will **not be able to reach him/her by phone and/or internet**.

**Please note:** CFI staff have extensive training in the policy & procedures for emergency and evacuation procedures.

Parents should be sure that their student understands the realities of these programs and comes properly outfitted for their stay in the high desert.

Due to child-safety & liability protocols students can not leave during a program, except for an emergency & with school authorization. Any visitor must register with the CFI office prior to a program visit and receive identifying pass.

## ~Daily Land Programs~

Based on the same exciting curriculum as the multi-day land program, but in a condensed form, one-day hikes take place in the Negro Bill Canyon Wilderness Study Area, The Fiery Furnace of Arches National Park, or the LaSal Mountains.

## ~Multi-Day River Programs~

Through the up-close experience of a sublime desert and river, students will better understand the connections between humans and water in the West in CFI's Watersheds study program. Personal and group investigations, reflection and fun are tools that students use as they explore the Colorado, Green, San Juan or Dolores Rivers.



Students actively participate in all aspects of their multi-day, wilderness river experience including river skills and navigation, camp setup and camp cooking. Days are filled with a combination of time on the river, daily field study, side canyon hikes, camp chores and personal time.

The type of watercraft used on a particular river trip will depend on the river, season, water level and age &/or abilities of the students as a group. Possible craft include rafts, inflatable kayaks and canoes.

## ~Daily River Programs~

Students will paddle the Fisher's Tower section, a mild stretch of the Colorado River, enjoying a full day of fun and guided activities. Students learn the basics of geology, ecology and how to work as a team in outdoor adventure.

## Logistics

While on CFI programs, students will camp in tepees/tents or “under the stars.” Students need to supply all of their own personal gear, including sleeping bags (rentals available with 60 day notice). Be certain to **double-check the equipment list before leaving for your program**.

CFI provides all meals and snacks. (Students are asked not to bring snack foods from home!) Students and leaders will help with camp chores. The school, CFI or a contracted bus service, depending on the program, provides transportation.