



Welcome to Positive Adventures.

We greatly look forward to all we can accomplish together. Please use the information within the packet to guide your preparation for this program.

At Positive Adventures, we are best known for our overnight experiential programming and leadership development in places such as Yosemite, Catalina, Joshua Tree, Big Bear and beyond. Our programs include endless opportunities for team building, group bonding, social development and, of course, tons of fun!

A Positive Adventure in Big Bear includes adventurous hiking, climbing the high ropes course, team building activities with peers, and field sciences like geology and astronomy.

Our number one priority is risk management and it begins with your support. Thank you for taking the time to review this packet to help make this program a success.

In order to attend this program, each participant (or parent if under 18) must complete pages 6-10 of this packet including:

- Positive Adventures Participant Assumption of Risk Form
- Positive Adventures Medical History and Insurance Record

Thank you for your support in making this program a success.
Please have an outstanding day.

Kind Regards,
The Outdoor Education Team
Positive Adventures



Parent and Participant Packet

Introduction: Please find the following information that may help you prepare both you and your child. If you have any additional questions regarding the program, please reach out to the school coordinator and they can forward any questions that pertain directly to our offerings.

Accommodations: Students sleep in tents that fit 3 youth per tent. Designated sleeping areas are separated by gender. Chaperones will have their own tents amongst each area. Positive Adventures staff will sleep in the area nearest the kitchen. Sleeping pads are provided, but please plan to bring your own sleeping bag. Tent groupings will be designated by the teachers and chaperones prior to the program. There is a bathhouse nearby with showers. Showering will be available during chaperone supervised free time before dinner.

Location: This educational outdoor program will take place in the beautiful San Bernardino Mountains. The San Bernardino Mountains is considered a sky island – a high mountain region whose plants and animals vary dramatically from those in the surrounding semi-arid lands. The San Bernardino's, in particular, comprise the largest forested region in Southern California, and support some 1,600 species of plants and over 400 species of wildlife.

Health & Safety: Positive Adventures specializes in helping children make sound choices about how they seek excitement. We work hard to maximize learning while minimizing risk; we have an outstanding safety record to prove it. While it's never possible to eliminate all risk from one's life, we can assure you that Positive Adventures Staff uphold the highest risk management standards and an outstanding safety record. Should it be necessary, we are equipped with the appropriate emergency protocol to facilitate top-notch care. You can contribute to your child's well being on Positive Adventures programs by thoroughly reading, asking questions if necessary, understanding and following the pre-course instructions, packing lists, and medical history information provided prior to the program.

Sleeping Bags: We strongly recommend bringing your own sleeping bag. If you do not have a sleeping bag, you can borrow one from Positive Adventures. Sleeping bags can be requested by emailing logi@positiveadventures.com with the following information: The name of the student, the name of the school, and the location of the program.

Behavior: Being away from home is an important opportunity to try out new behaviors. Some of these behaviors are appropriate and some need to be corrected. Positive Adventures staff will be good role models, and will counsel participants about appropriate behaviors, which enhance success for the entire community. Any participant who poses a danger to themselves or others, or whose behavior makes it impossible to meet the program's goals for all participants will be asked to leave the program. Parents are responsible for transportation from camp to home for any participant who refuses to follow program behavior guidelines. Fortunately, this is extremely rare. We believe in working with children toward common goals before dismissing them.



Food: Positive Adventures provides participants with three plentiful, wholesome, and appetizing meals per day, and tries to make adequate alternative or special diet meals available with sufficient advance notice. If you need to make special dietary arrangements for your child, please specify the allergies in the medical documentation provided. If you require additional food for medical reasons, please make sure a school organizer or Positive Adventures staff are aware so they can properly store the items.

Subcontractors: Positive Adventures subcontracts some of its services to outside vendors as well as renting some of its program equipment. Included among those vendors are food service providers, and ropes course experts. We make every effort to ensure we are contracting with outstanding organizations that provide top-notch services and products.

Medications: If your child is currently taking medication, please make sure to pack their medication. **Any child whose medical history form indicates a history of asthma must absolutely bring at least one brand new and in the box inhalers with them on program. Also, if an EpiPen is prescribed, the student must bring one with them.** There are no exceptions to this inhaler/EpiPen rule.

The School will be responsible for monitoring the student's daily medications if necessary. The Positive Adventures Team will take responsibility of Emergency Medications that must be carried on the student at all times (Ex: Epi Pen, Inhaler, Etc.). Please take extra precaution to fill out the medical history as accurately as possible. Parents of the students with advanced symptoms may be called directly by a Positive Adventures Staff if the medical history questions cannot be answered by the School.

What Not to Bring:

- Weapons of any kind (including "pocket" or "Swiss Army" knives)
- Portable electronic devices (CD Players, cell phones, iPods, games, etc.)
- **Food of any kind, snacks, candy**
- Valuable items like jewelry, large quantities of money, fancy cameras, etc
- Lighters, matches or fireworks of any kind

Cell Phones: We understand cell phones are invaluable in coordinating transportation with your child. Your child may bring their cell phone with them on the bus, however, we do require that teacher-chaperones collect all cell phones at the start of the program and return them to students at the conclusion of the program. Positive Adventures & school chaperones are not responsible for lost or damaged cell phones.

Clothing & Equipment: The below equipment list is a comprehensive list of individual equipment required for your trip. Average temperatures can range **from the 90's during the day and low 50's in the evening!** Be prepared for both HOT and COLD temperatures.

Summary: Positive Adventures programs offer significant events in the healthy growth and development of youth. Many report life-changing experiences on these programs. They are fun, educational, exciting, thought-provoking, and healthy. Help your child look forward to his/her trip: prepare them to follow rules in order to enhance their experience. Bring only the necessary clothing and equipment. We look forward to a GREAT program!



Participant Packing List

UPPER BODY CLOTHING

- 1 Rain Jacket
- 1 Warm Coat for cold nights.
- 1 Long Sleeve Top
- 1 Sweatshirt
- 1-2 T-Shirts (Synthetic preferred but not necessary)
- 1 set Warm Sleepwear (appropriate)

LOWER BODY CLOTHING

- 1-2 pair Gym-style pants or loose-fitting pants for hiking
- 1 pair Shorts - Long enough to be comfortable in a harness
- 3 pair Undergarments – as many as you think are needed

FOOTWEAR

- 1-2 pair **Athletic/Outdoor Shoes:** Properly fitted & **broken in**
- 1 pair **Water Shoes**
- 1-2 pair **Socks:** Short wool or synthetic socks
- 1 pair **Socks:** Cotton

EQUIPMENT & TOILETRIES:

- 2 **Water Bottles: At least 2-liters total.**
- 1 **Day Pack:** (30L-40L) Similar to school backpack size, used everyday.
- 1 **Sleeping Bag** rated 20°F or lower, or bring extra blanket
- 1 **Pillow**
- 1 **Reusable lunch bag**
- 1 **Appropriate Swimwear** (weather dependent)
- 1 BASIC toiletries and towel
- 1 Headlamp/ Flashlight/ Batteries
- 1 Duffel Bag to CONTAIN ALL personal items (overflow is not ideal)
- 1 Lip Balm (i.e. Chapstick, Blistex) with SPF
- 1 Sunscreen with SPF of at least 30
- 1 Journal/ Notebook
- 1 Pen/Pencils

HAND & HEAD COVERINGS:

- 1 Warm Hat – wool or synthetic fabric
- 1 Baseball/Sun Visor/ Sun Hat – Protection from the sun
- 1 Sunglasses

Medications Clearly label and pack any medications that your child is currently taking/ will need to take while on program. *****If you are prescribed an inhaler or epi pen, you must bring at least one brand new inhaler or epi pen with them on the program. *****

Please bring all items on this list. They will get dirty!

