

How to be Prepared for a Cascade-Siskiyou National Monument Field Trip

Please be aware that much of the Monument is undeveloped and requires that extra precautions be taken. Every group should have at least one first aid kit with them and a communication device for emergencies. Make sure you know which students have allergies, need to carry bee sting kits, or have special medication. Students should wear sturdy hiking or tennis shoes and be in good health. **Due to the elevation gain, the Monument is substantially cooler than the Rogue Valley, often requiring that jackets be worn.** Brief students ahead of time for their adventure to ensure they arrived prepared the day of the trip. Adequate water (not soda) and food is essential for the students to have a comfortable experience. Making sure students can identify poison oak will help them to avoid it. It has been included in our Tree & Shrub Identification Packet for your convenience. Having adequate chaperons and a buddy system can cut back on injuries.

Leave No Trace Principals

Students should also be reminded of the following “Leave No Trace Principals:

- Stay with the group on the trail at all times to avoid damaging fragile plant communities.
- If you encounter an animal, step away from it slowly, remain calm, and tell an adult as soon as possible. Remember, that the animal is much more afraid of you than you are of it and does not intend to injure you.
- Allow others a sense of discovery by leaving rocks, plants, archaeological artifacts, animals and other objects of interest to you as you find them.
- “If you packed it in, you pack it out.” No garbage should be left behind. In fact, the area should look as if the class was never there, leaving no trace.
- Do not run, tread lightly on the ground so as not to disturb other living things.

What to Wear:

Sturdy hiking shoes or tennis shoes with socks.

Rain Jacket

Long underwear (if necessary)

Hat

Sunglasses

Sunscreen

What to Bring:

Backpack

Plenty of Water

Lunch and snack (power bar, fruit, or nuts)

Extra sunscreen

Long sleeved shirt & jacket

Bee Sting Kit, if necessary

Toilet Paper

Camera / Binoculars / Hand lense



WHAT TO BRING ON YOUR CASCADE-SISKIYOU NATIONAL MONUMENT FIELD TRIP

A Checklist for Parents & Students

Please send this home with students

Comfortable clothes that are right for the weather. Jeans and a sweatshirt or T-shirt are fine. **Due to the elevation gain, the Monument is substantially cooler than the Rogue Valley, so please bring a jacket and a long sleeved shirt.** Make sure to bring a raincoat for rainy days.

Comfortable shoes for hiking. Hiking boots or sturdy sneakers with good, thick socks are best and will make your hike fun and safe. This is very important, as the trails are rocky and possibly muddy. Sandals, Tevas, and other non-tying shoes are inappropriate. Avoid wearing new shoes to reduce the risk of blisters.

Drinking water. There is no drinking water along the trails. Each student should bring their own container of drinking water in addition to a drink for lunch. Please do not freeze your water. You can get thirsty waiting for your ice to melt.

A sack lunch. All garbage will be packed out with you, so be prepared to put your garbage back into your lunch sack or box.

A back pack or bag that can be carried over the shoulders is handy for carrying lunch, water, and any extra clothing needed. Bags or lunches that have to be carried in the hands are not recommended. Hands should remain free for stability, safety and ease of hiking.

What to Wear:

Sturdy hiking shoes or tennis shoes with socks.

Warm clothing

Rain Jacket

Hat / Sunglasses

Sun screen

What to Bring:

Backpack

Plenty of Water

Lunch and snack (power bar, fruit, or nuts)

Extra sunscreen

Long sleeved shirt & jacket

Bee Sting Kit / Medication

Camera / Binoculars / Hand lens



HAPPY HIKING!!