

COASTAL FAMILY GETAWAY PROGRAM INFORMATION

We will explore the coastal ecosystems. Activities may include tide pooling in Cannon Beach (tides permitting), searching for birds, exploring dune systems at Fort Stevens State Park and canoeing to discover what can be found in the aquatic environment.

Families will arrive throughout the evening on Friday night (after 6:00 pm). Dinner will not be served that evening, so please eat before you arrive. The first evening will include icebreaker activities and a glowing camp fire for singing songs and telling stories. OMSI staff members will be on hand to give you a tour of the facilities and help you find your cabin. We will discuss your interests and specifically in which activities your family would like to participate. The program begins early the next morning and will end shortly after noon on Monday. The pace of the daily schedule and choice of activities will be tailored to the varying interests and age levels of family members.

The cabins are rustic with bunks for 8 people. They do not have electricity, so flashlights or a battery powered lantern are a must. If you plan to attend the session with another family and wish to share a cabin with them, please let the OMSI Program Registrars know. We will try to provide families with private accommodations when possible, but it is not guaranteed.

Please park your vehicle in the designated parking areas.

COURSE SYLLABUS

Activities: This is a partial list of possibilities; families ultimately choose their activities

- Explore Ft Stevens State Park beaches and forests
- Discover macro invertebrates in Long Lake
- Investigate marine organisms in the tide pools at Cannon Beach (tides permitting)
- Examine the anatomy and physiology of Sharks, Squid and other marine organisms
- Explore coastal dune ecosystems in search of plants and animals
- Canoe Long Lake

SAMPLE DAILY SCHEDULE

7:00 a.m.	General camp wake-up
8:00 a.m.	Breakfast
9:00 a.m.	Activity Block 1
11:30 a.m.	Lunch
12:30 p.m.	Rest & relaxation
1:30 p.m.	Activity Block 2
3:30 p.m.	Activity Block 3
5:00 p.m.	Recreation and free time
6:00 p.m.	Dinner
7:15 p.m.	Evening activities
8:30 p.m.	Return to cabins, prepare for bed

COASTAL FAMILY GETAWAY EQUIPMENT LIST

Sleeping Gear:

- _____ sleeping bag
- _____ insulated sleeping pad
- _____ pajamas
- _____ pillow with pillowcase (optional)

Field Equipment:

- _____ 2 water bottles (1 quart/liter each)
- _____ flashlight or headlamp
- _____ daypack
- _____ **sack lunch for the first day**

Clothing:

- _____ sturdy, well-fitting and broken in shoes
- _____ shoes that can get wet (sandals or old shoes)
- _____ 2 pairs long pants
- _____ 1 or 2 pairs of shorts
- _____ 3 shirts, 1 long-sleeved, 2 short-sleeved (for layering)
- _____ sweater or sweatshirt (it will get cold at night)
- _____ hat and gloves
- _____ adequate underwear & socks
- _____ **rain gear (jacket w/hood & pants, or poncho)**

Personal Gear:

- _____ toiletries: soap and container, toothbrush/toothpaste, comb/brush
- _____ wash cloth and a bathing towel
- _____ sunscreen
- _____ lip balm with sun screen
- _____ personal hygiene items

Optional:

- _____ camera
- _____ binoculars
- _____ compass
- _____ lightweight books (field guide, natural history, legends, etc.)

ALL CLOTHES AND EQUIPMENT SHOULD BE MARKED WITH THE PARTICIPANT'S FULL NAME.

OMSI IS NOT RESPONSIBLE FOR LOST ITEMS.

PLEASE DO NOT BRING SNACKS OR CANDY
(rodents enjoy searching cabins for food).

NO ELECTRICAL EQUIPMENT SHOULD BE BROUGHT (CELL PHONES, MP3 PLAYERS, RADIOS,
BLOW DRYERS, COMPUTER GAMES, ETC.)