

## **Grande Ronde Survival Program Information**

The program will stress outdoor ethics and modern wilderness skills by immersing you in the true backcountry of the Grande Ronde River corridor. We will spend part of the day adventuring on the water, negotiating our way safely downstream through rapids with our experienced river guides. Afternoons and evenings will be spent learning outdoor skills, living off the land, navigating with a map and compass, and learning to make fire and find water.

The program will stress outdoor ethics, modern wilderness skills, and aboriginal skills/primitive technologies. During the week we will concentrate on building participants' confidence in the outdoors by focusing on the skills and knowledge required of an individual who is working or recreating outdoors. Our goal for the week is to introduce the great outdoors to participants in a positive way that will encourage curiosity and enthusiasm for camping and for primitive living skills. It promises to be a fantastic week! We look forward to your participation.

Rapids on this stretch will be Class I to III. All instructors have been trained on this river prior to the program, and leaders have previous rafting experience. OMSI instructors are certified lifeguards and Wilderness First Responders.

At day's end we will choose our campsite and the group members will set up camp and help to prepare the meal. (OMSI now provides food and a stove for all raft trips.) We would like participants to share tents to minimize gear. There will be plenty of time for fishing from the bank, so bring along your rod (and your Oregon State fishing license if you are 14 years old; students under 14 do not need a fishing license).

### **Course Syllabus**

#### **OBJECTIVES: Outdoor training goals**

- ◆ To understand long-term and short-term human survival needs and how to prioritize and meet those needs
- ◆ To understand general concepts of fluvial geomorphology, and river dynamics
- ◆ To work safely and successfully with a team
- ◆ To be able to identify and discuss potential hazards of survival in a remote area
- ◆ To understand survival strategies in different ecosystems
- ◆ To increase the ability to observe and understand the challenges of surviving in the outdoors

#### **ACTIVITIES: Hands on learning in the field**

- ◆ Practice primitive technologies and survival skills
- ◆ Practice modern survival skills: use of compass and topography maps, emergency shelter building, fire making techniques, water safety, and proper water purification techniques
- ◆ Practice taking care of yourself properly in the semi-arid environment
- ◆ Practice paddling and rowing skills, water safety, and navigation techniques
- ◆ Safely navigate Class I-III rapids as a rafting team
- ◆ Build skills to work successfully with a team to solve group challenges

#### **SCIENTIFIC CONCEPTS: Scientific Principles to be introduced**

- ◆ Human populations and their use of available natural resources
- ◆ Geomorphology, fluid dynamics, eddies, currents, river characteristics
- ◆ Astronomy: knowledge of the lunar cycle and familiarity with constellations for basic navigation

## **Grande Ronde Survival SAMPLE DAILY SCHEDULE\***

6:30 a.m.	Optional morning walk
7:00 a.m.	wake-up, breakfast preparation
7:30 a.m.	Breakfast
8:00 a.m.	Pack gear and rig boats
9:00 a.m.	Set out on the river
3:30 p.m.	Find camp, set up tents and gear
5:00 p.m.	Recreation and free time
6:00 p.m.	Dinner preparation
6:30 p.m.	Dinner
7:15 p.m.	Evening walk
9:15 p.m.	prepare for bed

\*ALL SCHEDULES ARE SUBJECT TO CHANGE

Programs that are partly or entirely field-based will follow a unique schedule each day, depending on the activities planned. Drive times between field sites and campgrounds will include stops for short hikes and games, meals, and bathroom breaks.

### **TECHNOLOGY AND COMMUNICATION**

Cell phones are not allowed on any OMSI Science Camp program. Cell phones are too easily lost or damaged. Campers have an excellent support system at camp including their fellow campers, the counselors, the instructional staff, and the lead staff. We will ensure that any necessary communication between parents/guardians and campers can take place through the main phone at each site. Instructional staff carry cell phones during transportation and on off-site programs for emergency purposes only. An important part of the camp experience is for each camper to gain independence, develop greater resilience, and enjoy the unique opportunities offered by OMSI Science Camps without technological distractions. We are grateful for the trust parents and guardians put in our staff to care for each camper, and we appreciate the time taken in discussing this important issue with your camper before his or her program begins.

Digital cameras are allowed, but remember that, at camp, things can easily be lost or damaged. We recommend single use cameras or film cameras. Please keep in mind cell phones with cameras will not be allowed.

For the safety of your child and OMSI Science Camps staff, we strongly discourage our staff from having contact with your child after camp since we cannot supervise it. Making new friends is one of many positive outcomes of OMSI Science Camps programs, and campers who want to stay in touch with each other may exchange phone numbers, addresses, or e-mails. Please understand that any communication between your child and another camper or a staff member after the camp session is over is the responsibility of the camper's parent or guardian to oversee.

## Grande Ronde Survival Equipment List

### OUTFITTING YOURSELF

No equipment has to cost a fortune, but buying all the equipment at once can add up. Second-hand outdoor equipment stores are great first choices. Borrow or rent large items if you can. Gear will be stored in rafts and space is limited. We want everyone to have the necessary items but not to over pack.

### SLEEPING GEAR

- very compact sleeping bag (no large, cotton bags, please)
- sleeping pad
- small tent with rain fly and ground cloth that fits at two people (Once they choose tent partners, they can decide which tent to bring on the river and which to leave at camp.)

### CLOTHING

When the weather is warm, a t-shirt and shorts will be sufficient to wear on the river. The sun is very intense; ***a lightweight, light-colored, long-sleeved shirt and lightweight long pants are invaluable for avoiding sunburn.*** It is important to have a set of warm dry clothes for camp, in addition to those worn on the river. Bring layers that are convenient and comfortable to wear with one another or separately, as the temperature dictates. Also, cotton does not dry rapidly and stays cold while it is wet, so cotton t-shirts are OK, cotton long underwear and sweaters are not. Polypropylene (fleece) or other synthetics are more appropriate and necessary.

- 2 pairs quick-drying, synthetic shorts
- 2-3 t-shirts (at least 1 long-sleeved, 1 short)
- swimsuit
- broad-brimmed hat and bandanna for sun protection
- WATERPROOF rain gear (jacket and pants or poncho)
- 1 pair (top and bottom) synthetic long underwear (i.e. polypropylene, capilene)
- 1 pair pants (quick drying)
- fleece top or sweater (not cotton)
- fleece pants
- wool or synthetic gloves
- wool or synthetic hat
- underwear for each day
- 2 pairs wool or synthetic socks
- river sandals or shoes – *no slip-off sandals*
- 1 pair running shoes or lightweight hiking boots for dry use only

### CLOTHES FOR RETURN TRIP

- clean clothes for bus ride home (pack separately)  
**Label well in separate bag**

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 tents for food).

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

## PERSONAL GEAR

- \_\_\_ sunglasses (with retaining cord)
- \_\_\_ sunscreen (25 SPF or higher)
- \_\_\_ mosquito repellent
- \_\_\_ lip balm with sun screen
- \_\_\_ toothbrush and toothpaste (travel size)
- \_\_\_ wash cloth and small towel (travel size)
- \_\_\_ personal hygiene items
- \_\_\_ extra Ziplock baggies for trash or wet items

## FIELD EQUIPMENT

- \_\_\_ small daypack
- \_\_\_ 2 single-quart water bottles (Nalgene-style)
- \_\_\_ 1 carabiner (optional)
- \_\_\_ headlamp (or flashlight) with extra batteries
- \_\_\_ field notebook and pencil/pen (optional)
- \_\_\_ river bags also called "dry bags."
- \_\_\_ one small river bag for items needed during the day: camera, binoculars, and lunch

We require that everyone on the river apply sunscreen throughout the day.

**Please talk to your camper about the importance of sunscreen.**

Make sure you provide enough sunscreen to last your camper for a full week.

## FOOD

**OMSI will provide food and stoves for rafting, but not personal dishes.**

- \_\_\_ **sack lunch for bus ride on first day**
- \_\_\_ Mess-kit: cup, bowl, fork/spoon etc.

## OPTIONAL

- \_\_\_ light-weight fishing rod and case with surface bass plugs or lures and Oregon state fishing license [NOTE: students under the age of 14 do not need a fishing license]
- If you do not bring a case for your rod it will not be brought onto the river!**

## PACKING TIPS

Because we will be traveling by river, everything must be packed in commercially made, waterproof, sealable river bags. You will need 1 large river bag big enough for clothes, sleeping bag and tent, approximately 75-100 liters. Another small river bag, approx 10 liters, is useful for items you want access to on the river: camera, binoculars, sunscreen, rain gear, an extra warm layer, etc. (If you pack these away in the large bag on the gear boat you won't have them until the end of the day.) Instructors and counselors will teach you how to pack and organize these bags for an easy trip. Think about packing similar items in stuff sacks. Bring extra stuff sacks or garbage bags for wet or dirty clothing. Finally be sure to pack your sleeping bag inside of a large garbage bag BEFORE you put it into your river bag.

*Bags are available for purchase at REI, Next Adventure, and other similar outdoor stores. If you do not purchase or borrow a bag, OMSI will provide one bag to use for the river trip. OMSI has only a few to lend out so you must call the Hancock Field Station Manager to see if any are available. (541) 763-4691*