

LEWIS AND CLARK NATURALISTS PROGRAM INFORMATION

Welcome to the Lewis & Clark Naturalists program. Explore the Oregon Coast, following in the footsteps of the famous Lewis & Clark Expedition. Visit Fort Clatsop National Memorial, where the explorers spent the winter of 1805-06 on the Oregon Coast after taking two years to cross the Western United States. Learn to paddle a canoe and voyage to the end of Long Lake. Working with your new friends, as an expedition team, explore the coastal forests and sand dunes. Practice outdoor skills used by Lewis and Clark – build fires and cook outside. Learn about the rich native culture that existed on the Oregon coast when Lewis and Clark arrived. Nature explorations, crafts, and singing around the campfire are all part of this exciting six-day program.

COURSE SYLLABUS

This course includes a minimum of 28 hours of lecture/seminar discussions, and a minimum of 28 hours of field investigation/laboratory time. Students successfully completing the course will receive a certificate of credit that may be given to their school or service organization for possible credit.

Objectives:

- Learn science by doing science
- Learn community living skills, including cooperation, respect and trust.
- Increase ability to observe the natural world
- Using the coastal ecosystem as a guide, understand the general concepts of marine and aquatic biology and, coastal geologic processes.
- Increase knowledge of Pioneer skills and Lewis and Clark

Activities: Hands on learning in the field

- Visit Fort Clatsop National Historic Monument
- Learn outdoor cooking
- Learn pioneer skills
- Canoe on Long Lake
- Hike Fort to Coast Trail
- Learn Plant Identification skills
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Concepts: Principles to be introduced

- Wildlife – Adaptations, survival challenges, predator/prey relationships.
- Plants – Adaptations, survival challenges, nutrient cycles
- Temperate Rainforest Ecology – Weather patterns, bio mass, adaptations
- Pioneer and Outdoor Skills

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

* 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. Students have an excellent support system at camp including their fellow students, the counselors, the instructional staff, and the lead staff. We will ensure that any necessary communication between parents/guardians and students can take place through the main phone at each site. Instructional staff carries cell phones during transportation and on off-site programs for emergency purposes only. An important part of the camp experience is for each student 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 student, and we appreciate the time taken in discussing this important issue with your student 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 students 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 student or a staff member after the camp session is over is the responsibility of the student's parent or guardian to oversee.

If your child would like to contact a staff member, then email a letter to: pmsc@omsi.edu.

LEWIS AND CLARK NATURALISTS 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. (hiking boots preferred)
- 3 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)
- 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.)