

OLYPMIC COAST ADVENTURE PROGRAM INFORMATION

This week we will explore the beauty of the Olympic Peninsula as we visit three different ecosystems: alpine meadows, tide pools and temperate rain forests. When visiting each site we will look to understand how the land was formed, identify what is living there, and discover how the flora and fauna have adapted to survive. The Olympic Mountains are islands of habitat on the coast and campers will leave this program with a better understanding of ecological processes and of environmental issues affecting them. Come prepared for an active week as we hop elevations, habitats and campsites, in our explorations!

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.

Activities: Hands on learning in the field

- Investigate marine organisms in tidepools and on the beach
- Explore affected by glacial processes

Concepts: Principles to be introduced

- Wildlife – Adaptations, survival challenges, predator/prey relationships.
- Plants – Adaptations, survival challenges, nutrient cycles
- Marine Biology--Tides, currents, zonation, species identification
- Alpine Ecology – Glacial formation, island isolation and adaptations
- Temperate Rainforest Ecology – Weather patterns, bio mass, adaptations
- Camping Skills – Opportunity for students to learn and practice minimal impacts camping skills, meal procedures, campground etiquette and rules, and respect.

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 tents, 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.

OLYMPIC COAST ADVENTURE EQUIPMENT LIST

Sleeping Gear:

- sleeping bag
- insulated sleeping pad
- small **tent** to be shared (2-4 person) (if already owned)
- pajamas
- pillow with pillowcase (optional)

Field Equipment:

- 2 water bottles (1 quart/liter each)
- eating utensils (plate, bowl, cup, silverware)
- flashlight or headlamp
- daypack
- sack lunch for the first day**

Clothing:

- sturdy, well-fitting and broken in shoes. (hiking boots preferred)
- shoes that can get wet (e.g. sandals, or old shoes)
- 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 tents for food).

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