

The Outdoor School

Student's Packet

2023-24

Our Mission:

The Outdoor School strives to use the outdoors to awaken both ourselves and others to the potential within and around all of us.

The Outdoor School

Dear Student (and Parent/Guardian),

We are so excited that you will be joining us in an adventure at The Outdoor School! We are working closely with your teachers to create a program that is specifically designed for you and can't wait for you to be a part of it!

In this packet you will find information that is very important for you and your parents:

1. The Outdoor School Information Page - This page will answer many of the questions you may have about where you are going.
2. The Dietary Needs Form - If your child has special dietary needs or restrictions, we must know this information prior to the trip in order to meet those needs.
3. The Outdoor School Medical Information Form - Parents, this is absolutely necessary! Please let us know anything that we might need to know about your child so that we can best meet his/her needs.
4. The Visitor Agreement Form - Parents, this is absolutely necessary! Your child must have this signed in order to participate in ANY activity!
5. The Outdoor School Packing List - This is a general packing list - PLEASE BE AWARE OF THE WEATHER AS YOU ARE PACKING TO COME! We are located in the Hill Country where temperatures are usually cooler than in Austin. It does get cool (or even cold) at night, especially if your school is coming later in the fall or earlier in the spring, so please make sure you have appropriate clothing and bedding. Another good hint: if it's not on the packing list, you probably don't need it or can't use it (such as rollerblades or cell phones). Lastly, a WATER BOTTLE is a MUST no matter what the temperature is! We are very active and want you to stay hydrated.

It is very important that you fill out the Medical Information Form and the Visitor Agreement Form as soon as possible; without them, you cannot participate in all of our fun activities! Your teacher will give you the link to these digital forms.

We are so excited that you are coming and can't wait to meet you!

- The Outdoor School staff.



The Outdoor School

WHAT IS THE OUTDOOR SCHOOL?

The Outdoor School is an outdoor education facility located at Camp Champions in Marble Falls. We provide a hands-on connection between classroom learning and the outdoor world. Children learn about themselves, their environment and their peers while participating in fun and educational outdoor activities.

LODGING

Our cabins are rustic and fun! They have screen windows, ceiling fans, lights, and bunk beds. the cabins are not climate controlled (no air conditioners or heaters) so please pack bedding according to the weather! Boys and girls cabins are located in separate parts of the camp. Restroom facilities - with private stalls and showers - are just a short stroll away. Adult chaperones (teachers or parents) stay in the cabins with the children



FOOD

To make sure your children remain energetic during their day, our experienced chefs prepare three delicious (and healthy!) meals a day, served in our spacious dining facility called the Fillin' Station. A salad bar and sandwich makings are always available. There's plenty of food, so "seconds" are welcome... but not on dessert! We also provide afternoon and evening snacks, so there's no need to bring your own.

OUR PHILOSOPHIES:

Children will learn Universal Respect and Challenge by Choice, two philosophies we abide by at The Outdoor School. Everything should be treated with respect. To respect others, children are taught to treat others as they would like to be treated, using encouragement, and positive words and actions. Children will also be expected to show respect for themselves, the environment -- everything! Challenge by Choice involves setting personal goals and reaching them using physical, mental, and social challenges along the way. Goals can always be reset higher or lower, and children are never forced to go beyond their limits.



MEDICAL INFORMATION

The Outdoor School staff has first aid and CPR certification. In case of an emergency, 911 will respond with an ambulance in about five minutes, and our closest hospital is only twenty minutes away. Your school's teachers are in charge of dispensing all medications. Our instructors are informed of all special needs communicated by either the parents or teachers on the Medical Release Form. All information is kept confidential.

CLIMBING WALL & ROPES COURSES

Many schools participate in our climbing wall and high ropes course activities. All climbers wear harnesses and helmets, and are double-checked for safety each time they leave the ground. The Outdoor School staff is trained in Ropes Course facilitation and abide by all safety precautions. Our equipment meets all safety standards, and is replaced at correct times to ensure the best performance. This activity is EXTREMELY SAFE... and FUN!



PARENT VOLUNTEERS

If your school needs parent chaperones to come on a trip, they will ask for volunteers. Generally speaking, however, parents do not attend The Outdoor School. This is a perfect way to give your child the room to grow and interact with their peers in a positive and safe atmosphere!

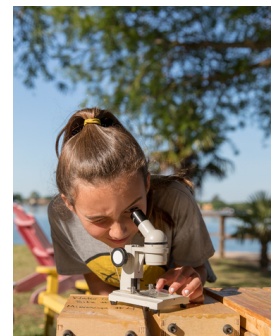
FOR MORE INFORMATION...

If you or your child have any questions or wish to tour The Outdoor School BEFORE your child's visit, please feel free to call us at (830) 598-6282 or visit our website at www.outdoorschool.com.



LAKE L.B.J. & THE POOL

Camp Champions is located on Lake LBJ. Any activities involving the lake have adult supervision. Children know to remain at least six feet away from the water unless with an adult. If your school chooses to swim, we will provide lifeguards! Our swim bay includes a waterslide, rope swing, and free swim area. All swimmers must wear a lifejacket in the lake. We also have a swimming pool that schools may use for an extra fee.



The Outdoor School Packing List

Please watch the weather reports as you are packing! It is often cooler here in the Hill Country than it is in Austin (especially at night) so make sure you pack warm enough clothing.

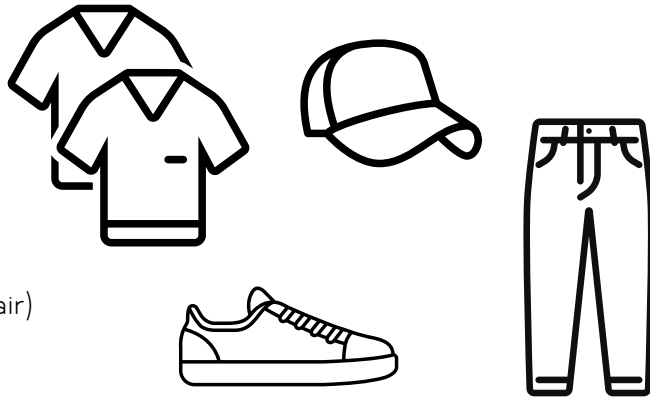
Mark **ALL** of your belongings with your name.

OVERNIGHT GROUPS:

This list is based on a 2-night stay. If your school is staying for a longer or shorter period of time you will need to adjust this list accordingly. This list is also generic, not weather specific.

CLOTHING:

- 1 set of Pajamas
 - 2 pair of shorts
 - 1 pair of long pants
 - 1 long sleeve shirt
 - 3 short sleeve shirts
 - Underwear
 - Socks (make sure you bring 2 extra pair)
 - 1 sweatshirt for cool nights
 - 1 hat
 - 2 pair of shoes (must be closed-toe, laceable, and comfortable for walking - NO CROCS)
 - Rain gear (poncho or raincoat with hood - umbrellas are not recommended)
 - 1 jacket (hat & gloves too if it's cold)
 - 1 swimsuit if your school is planning on swimming or kayaking (check with your teacher)
- *Please note that cotton (regular t-shirt) is not allowed in the pool*



PERSONAL HYGIENE:

- Soap
- Shampoo & Conditioner
- Comb and/or hairbrush
- Deodorant
- Toothpaste & Toothbrush
- Towel and washcloth for bathing
- Shower Shoes
- Towel for lake activities if your school is swimming or kayaking (check with your teacher)



SLEEPING EQUIPMENT:

- **NOTE: Pack for the weather... our cabins are not heated or air conditioned.**
- Sleeping bag or bedroll made of sheets and blanket
- Pillow

MEDICATION:

Please check with your teachers on how they would like to handle medication.

OTHER REQUIRED EQUIPMENT:

- Water bottle - you will be outside most of the day
- Plastic bag for soiled or wet clothing or towels
- Sun screen
- Chapstick or lip balm with sunscreen
- Insect repellent



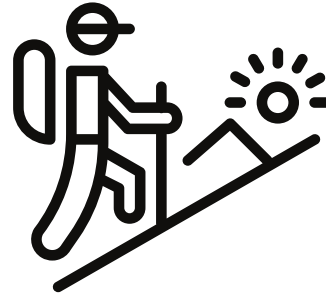
OPTIONAL EQUIPMENT:

- Camera (no cell phones)
- Flashlight with batteries
- Water shoes for protection from zebra mussels if swimming or kayaking.

OFF-SITE DAY TRIPS

We take a day trip to Enchanted Rock with some schools. If your school is scheduled to do this day trip, these additional items are REQUIRED for you to bring:

- Day back pack
- Flashlight or headlamp
- LARGE water bottle or two (8 oz is NOT enough)



PLEASE LEAVE AT HOME:

- Electronics: Radios, mp3 players, electronic games - We like to enjoy the sounds of the outdoors.
- Knives and other weapons - None of our courses require them.
- Jewelry - We'd hate for the squirrels to take these items home.
- Perfumes or colognes - We like the natural scent.
- Snacks, gum, candy, chips, cookies, or other edibles - A surefire way to attract ants and other critters (snacks will be provided).
- Money/purses/billfolds - Only needed if you're bringing money specifically for the camp store.

The Outdoor School will not be held responsible for the loss or theft of any object that you may bring.

Please mark all of your belongings with your name.

The Outdoor School Camp Store!

www.kneemanmarkus.com

Place your order online.

It will be waiting for you when you arrive!

You must follow the directions below for your order to be prepared.

PRE-ORDER

Step 1: Pick your item(s)

Step 2: Put your School's Name in the box

Step 3: Put your Student's Name in the box

Step 4: Check "Store Pickup"

Step 5: Checkout and pay!

We have a great array of items for your souvenirs... t-shirts, shorts, caps, journals, and all kinds of knick-knacks.

Check out The Outdoor School tab for a memento specific to this trip!

