



Dear Parents and Students,

Hello from Cottonwood Gulch, we are excited for you to join us!

Cottonwood Gulch Expeditions has been leading wilderness courses in the Southwest since 1926. As an educational nonprofit, our mission is to create outdoor learning adventures for youth from all backgrounds that foster personal growth, strengthen community, and inspire stewardship of the natural world. For the last ninety-five years, our programs focusing on natural history, cultural history, art and science have served countless elementary through high school students.

SAFETY: Safety is a big priority for us. While nothing is inherently risk free, we take the management of risk very seriously in our programs. All trips are led by certified Wilderness First Responders, and all employees are certified in a minimum of Wilderness First Aid and CPR in order to assess medical issues should they arise on our trip.

COVID-19: We adhere to the guidelines put forth by the Centers for Disease Control and the State of New Mexico Department of Health. These measures are constantly shifting, and we adjust our policies accordingly.

CHALLENGE: One of our main goals is to instill a sense of curiosity and belonging for students in nature. With the support of our education staff, students will be challenged to explore living in community, pushing their personal limits and expanding their individual comfort zones.

AT HOME BEFORE: It's essential to make sure students come prepared for the weather that occurs on our trips. Please make sure to work with your student to pack **EVERYTHING** on the packing list. Make sure to take the time to talk about what challenges may arise for your student (sunscreen, warm clothing, closed-toed shoes, etc.).

AT HOME AFTER: We encourage you to ask your student about their experience. Continuing conversations are key to solidifying learning and instilling a sense of confidence in the outdoors.

We look forward to spending time with your student and getting to know their individual strengths.

Warm Regards,

The Staff at Cottonwood Gulch
(505) 248-0563

9223 4th St. NW

Albuquerque

New Mexico

87114

505-248-0563

Discover...

Wilderness

Science and Nature

Southwest Culture

cottonwoodgulch.org

Cottonwood Gulch Expeditions

Senior El Packing List



We are thrilled for you to join us on trek at The Cottonwood Gulch. We have developed this packing list and refined it over the years. Please make sure all items are included as our goal is your child's safety and comfort. We do consider everything on this list to be essential. To ensure preparedness, check the weather the day before your trip!

Cottonwood Gulch will provide all the necessary group gear, including tents and sleeping pads. *If your child does not have a sleeping bag, the Gulch has some to loan. **Let us know ASAP if you would like to borrow one.**

Luggage:

- ☐ 1 small duffel for storing your clothing and gear
- ☐ 1 backpack/daypack for day use

Clothing (in duffle bag):

- ☐ **Sneakers/hiking shoes** 1-2 pair of comfortable CLOSED TOED, yet tough for everyday use
- ☐ **Long Pants** 1-2 pairs can be worn on all days
- ☐ **Short Sleeve Shirts** 3-4 shirts
- ☐ **Long Sleeve Shirts** 2 warm layer shirt
- ☐ **Winter Coat and warm hat** It gets cold in the evenings!
- ☐ **Underwear** 4 pairs
- ☐ **Long Underwear/Comfy warm sweatpants** 1 pair (used as PJs)
- ☐ **Gloves** for warming hands in the evening, night, and morning
- ☐ **Socks** 5 pairs (including an extra warm pair just for sleeping)

Sleeping Gear:

- ☐ Sleeping bag (rating of 20 degrees or lower required) *Gulch can provide if notice is given.
- ☐ Optional blanket; optional blanket

Toiletries:

- ☐ Toothbrush and paste
- ☐ Small brush or comb (optional)
- ☐ Personal medications to be administered by a staff member or teacher

Basic Gear (in daypack):

- ☐ Hat wide brim is good, both for comfort and protection from the sun
- ☐ Raincoat or poncho
- ☐ Warm layer (fleece jacket)
- ☐ 1 headlamp or flashlight (and extra batteries)
- ☐ 2 one-liter water bottles
- ☐ Sunscreen and chapstick/lip balm
- ☐ SIWI Material (journal, pen, pencil, colored pencils)
- ☐ Camera (optional) NOT a phone

Do not bring any weapons, food or gum, fireworks, personal electronics, or illegal substances.



Cottonwood Gulch Expeditions

Overnight Program Recognition of Risk and Release

Please complete the following form with the participant's information.

If the participant is under the age of 18, this form must be completed and signed by a legal guardian.

School / Group: _____ Program Dates: _____

PARTICIPANT INFORMATION

First Name: _____ Last Name: _____ Gender: _____

Date Of Birth: _____

PARENT/GUARDIAN 1 (IF UNDER 18)

First Name: _____

Last Name: _____

Phone Number: _____

Text Message Okay? Yes ☐ No ☒

Alt. Phone Number: _____

Email Address: _____

ALTERNATIVE EMERGENCY CONTACT INFORMATION

First Name: _____

Last Name: _____

Phone Number: _____

Alt. Phone Number: _____

Please list and explain any allergies; include at least allergen, reaction, and severity (use back for more space):

Please Complete Medical History Form On Back of This Form

By signing below, recognition and consent of the following is given:

- There are risks inherent in CGE (Cottonwood Gulch Expeditions) program activities that cannot be completely eliminated. Program activities may cause bodily injury, and in extreme cases even death. I voluntarily choose to participate in these activities and to follow instructions and bring to the attention of the staff any instruction or condition which I believe is a danger to myself or others.
- I understand that the program may include activities such as hiking, mountain biking, rock climbing, canyoneering, visiting cultural events, farming, service work, swimming, tree climbing, meditation, and various other outdoor activities. If I have questions about these activities, I agree to ask CGE/school staff for clarification. I recognize that this program may take place in an outdoor urban, semi-wilderness, or wilderness environment, and may involve high risk activities, and where access to a medical facility may be delayed. Each participant is responsible for bringing clothing/footwear appropriate for the weather/activity for comfort and warmth, as well as an appropriate sleeping bag and pad for all camping programs.
- I assume full responsibility for all risks arising from my participation in CGE activities, whether or not described above.
- I agree to release CGE, its members, officers, directors, staff, funders, and contractors (referred to herein as "Released Parties") from any and all liability, causes of action, claims and demands of every kind and nature whatsoever (including legal costs and fees), whether for bodily injury, death, property damage or other loss, which may arise in connection with my enrollment or participation in CGE activities or the use of CGE's equipment, vehicles, or premises. I further agree to defend and indemnify Released Parties from any and all claims whether the loss is incurred by or caused by me, including a claim of a member of my family arising from an injury, death or other loss suffered by me. These agreements of release and indemnity include an injury, death or other loss arising in whole or in part from the negligence, or a claim of negligence of a Released Party, including claims for their own or my own negligence, and from any other claim arising from my conduct.
- I agree any dispute concerning this agreement will be resolved exclusively by binding arbitration in Albuquerque, Bernalillo County, NM. I agree that this document will be admissible in court, and if some part of this agreement is found invalid, the remainder will be in full effect.
- I recognize that the participant meets the Essential Eligibility Criteria listed on CGE's website and provided with the registration packet.
- I agree that the participant will not bring nor be under the influence of any chemical substance including alcohol.
- I understand that any and all medications including prescriptions, over the counter medications, vitamins, or any supplements for students will kept by CGE staff or a school staff member and will made available to students at the times required in the presence two adults. CGE requires that a doctor's prescription or pharmacy label is provided with all medication. Students may carry and self-administer rescue medications with permission of a legal guardian or doctor. Spare medication and valid doctor's prescription must be provided/carried by an adult.
- I understand that CGE staff will contact the school and/or an emergency contact as soon as possible in the case that first aid is needed or in the case of any other emergency. The health history (on back or second page) is correct so far as I know, and the person described has permission to participate in all activities except if noted above. I hereby give permission for CGE staff to provide first aid and/or seek any and all emergency medical treatment they deem necessary. I recognize that CGE provides regular over-the-counter medications for minor illness (or equivalent generic medications,) and approve the administration of such medications to me, as deemed appropriate by CGE staff.
- I attest that the participant has not had known exposure to communicable diseases and is in compliance with school immunization policies.
- I understand that the program may include participant transportation in a vehicle driven by a licensed CGE employee.
- I agree to give permission for Cottonwood Gulch Expeditions to use the above named participant's photographic image, audio and/or video recorded likeness, and/or written/drawn materials in any promotional materials it wishes unless I mark the box at right. ☐ Photo Opt-Out

★ Participant Signature: _____ Date: _____ Guardian Signature (if under 18): _____ Date: _____

ESCUELA DEL SOL
Senior El Fall Trek 2022
Permission Form

Dear Parents,

The Senior Elementary community will be taking a field trip to **Cottonwood Gulch Base Camp from August 31-September 2, 2022**. We will leave Escuela at 8:30am on Wednesday, August 31st and plan to return by 3:30pm on Friday, September 2nd.

___ Check here if you will need Extended Day care after the Trek on Friday, Sept. 2nd.

Please complete all forms and return them to school no later than **Tuesday, August 23rd**. Children cannot participate in this excursion unless all their forms have been returned.

Staff of Cottonwood Gulch will be driving vans and mini-busses. Parents must provide a booster seat for your child if required by law (see additional info on back of this form).

Child's Name _____ Date of Birth _____

Parent Name _____ Day Phone _____

Parent Name _____ Day Phone _____

Emergency Contact _____ Day Phone _____

Relationship to student _____

I hereby give consent to Escuela del Sol Montessori to take my child on the above field trip, with the understanding that such trips are under the supervision of authorized personnel of the school, and that all possible precautions will be taken to ensure the safety and health of my child.

I agree to release Escuela del Sol Montessori from responsibility for accident and injury to my child while they are on this field trip, except as shall be covered by the insurance carried by the school.

If we cannot reach you in the event of an emergency, we will take your child to an emergency room at a local hospital where s/he may be cared for. The school or staff will be absolved of any charges or liability.

Name of Family Doctor or Medical Facility to call in case of emergency:

_____ Phone _____

I give my permission for Emergency Medical Transportation and Treatment.

Signature of Parent/Guardian _____ Date _____

Dear Parents,

Your children's safety is of the utmost importance. We need your help in providing accurate information to help us ensure that seatbelts fit properly.

New Mexico law requires that any child under 60 pounds must ride in a child safety seat or booster seat regardless of age. Most children will need to ride in a belt-positioning booster seat until they have reached 4 feet 9 inches tall and are between 7 and 12 years of age.

Please check the appropriate box below to help us ensure that your children are properly secured when traveling to Basecamp. If needed, a booster seat must be left at school Wednesday morning (August 31) for use on the Fall Trek.

- ☐ I will provide an appropriate booster seat for school outings.
- ☐ My child weighs more than 60 pounds, is at least 4'9", and is older than 6 years. She/he is not required to use a booster seat.

Signature of Parent/Guardian _____ Date _____

Escuela del Sol Outdoor Treks
Medical Information

Child's Name: _____ DOB: _____

Allergies/ Medications

Is your child allergic to or have any adverse reaction to the following?

Yes	No	Allergies or Reactions	Explain
		Medication	
		Food	
		Plants	
		Insect bites/stings*	
		Other	

*Please note if your child has never been stung by a bee.

List all medications currently used, including any over-the-counter medications.

☐ Check here if no medications are routinely taken.

If additional space is needed, please indicate on a separate sheet and attach.

Medication	Dose	Frequency	Reason

Administration of the above medication on the Trek is approved for student by:

Parent/guardian signature

Printed name of parent/guardian

(Please see page two.)

Student Name: _____

Staff bring non-drowsy allergy medication and ibuprofen on our Outdoor Education Treks. Is the administration of non-prescription medication authorized?

YES

NO

Exceptions or notes? _____

Other

Please list any additional information regarding your child or your child's needs. Is there anything we should know before taking your child on a Trek? Do they have previous hiking or camping experience? For overnight Treks, has your child been on an overnight away from home/parents?

DO NOT WRITE IN THIS BOX (For teacher review only)

Reviewed by: _____

Date: _____

Further approval required: YES NO

Reason: _____