







have an MMR vaccination screening process as well as a policy on vaccination requirements to participate in Group-sponsored events (e.g. field trips). Pathfinder Ranch will report any suspected virus-related risks associated with any attending group members to the group leader as well as the Department of Health. Please keep in mind that any guest leaving the site due to an identified or suspected communicable health issue will be required to obtain signed approval from a licensed doctor to return to camp.

## **HEALTH SERVICES**

- x Please be sure to include all pertinent medical information in the online Health History Form so we can prepare for your trip. Incomplete forms will postpone your participation until the issue(s) is resolved.
- x Pathfinder Ranch has physician-approved standing orders to carry and administer common OTC medications as needed without a Medication Order Form. Here's a list of some medications that we have in stock in our Health Center:
  - o Ibuprofen
  - o Acetaminophen (eg Tylenol, Dayquil)
  - o Phenylephrine (eg Sudafed, Dayquil)
  - o Loratadine (eg Claritin)
  - o Cetirizine (eg Zyrtec)
  - o Diphenhydramine (eg Benadryl)
  - o Dextromethorphan (eg Delsym)
  - o Antacids and Pepto-Bismol

All non-emergency medications must be secured to prevent unauthorized student access. However, the school faculty is responsible for determining who (e.g. student, chaperone, faculty) should carry and be responsible for emergency medications (e.g. inhaler, epinephrine).

- x EMS is about 5 minutes away for advanced care, life support, etc.
- x If you have additional health questions, please call 951-659-2455 ext 22.

Some of Pathfinder Ranch's medical limitations include:

- x We do not employ a registered nurse or physician, and therefore, our staff cannot make diagnoses.
- x Our staff cannot administer most needle injections (e.g. insulin), but some of our staff are trained to assist with epinephrine administration if needed. The group's faculty will determine who should carry emergency meds (e.g. student, chaperone, faculty).
- x We cannot supervise or care for participants with chronic medical conditions (e.g. type 1 diabetes).

## **ACTIVITY RESTRICTIONS**

Please be sure to complete the online Activity Acknowledgement Form and include your physical or activity limitations. For the safety of participants and staff, individuals should NOT participate in the recreation activities (e.g. horse rides, canoeing, climbing, hiking) if any of the following conditions apply:

- x Over 250 lbs in body weight (only applies to Horseback Riding and Ascent activities)
- x Pregnancy (only applies to Horseback Riding and Ascent activities)
- x Cardiac disease
- x Received an organ transplant
- x Currently experiencing abdominal organ enlargement (e.g. Mononucleosis)
- x Active orthopedic and/or joint problems (e.g. Rheumatoid arthritis, recent fracture or sprain, or current sutures or staples)
- x History of head, neck, or back injuries
- x Any condition that a physician has determined creates a limitation to physical activity or if you think that participating in recreation activities will aggravate any previous medical condition

Contact the Recreation Coordinator at 951-659-2455 ext 19 with recreation activity questions.



# Outdoor Education Program

Adult Packet (2021-2022)

## EQUIPMENT LIST

### IMPORTANT NOTES

- Sack lunch on arrival day is provided by participants (students and adults) and/or the school. Pathfinder staff will provide meals for the rest of the group's stay. For the safety of staff and clients with severe allergies, we are a nut free program, so please **DO NOT** put any nut products in your child's sack lunch.
- Pack your equipment into **one** suitcase or bag. Keep sleeping bags separate and do not bundle luggage items, because it makes loading the buses/cars **very** difficult.
- Label all personal items and expect them to possibly get lost, dirty, and/or broken.
- Our mountain weather varies widely, so check the weather reports (<http://pathfinderranch.com/ranch-weather/>) a few days prior to determine if you'll need the extra cold weather and/or warm weather gear.

### ESSENTIAL GEAR

#### CLOTHING

- Athletic Shoes or Boots- 2 Pairs
- Warm Socks- 1 Pair/Day + 1-2 Extras
- Underwear- 1 Pair/Day
- Long Pants/Shorts - 1/Day
- Short or Long Sleeve Shirts- 1/Day
- Sweaters or Sweatshirts- 2
- Warm Jacket
- Rain Jacket or Poncho

#### CABIN EQUIPMENT

- Sleeping Bag
- Pillow
- Pajamas
- Towel
- Body Soap
- Shampoo and Conditioner
- Sunscreen
- Lip Balm
- Toothbrush and Paste
- Other Hygiene Items

#### OTHER IMPORTANT ITEMS

- Face coverings (1/Day)
- Sack Lunch (Arrival Day)
- Water Bottle With Name
- Day Pack (Drawstring or Backpack)
- Watch
- Alarm Clock
- Plastic Bags- 1 Trash & 2+ Grocery Bags

### COLD WEATHER GEAR

- Extra Sweater or Sweatshirt
- Warm Gloves
- Winter Hat or Beanie
- Scarf
- Thick Winter Jacket
- Thermal Underwear (Optional)

### WARM WEATHER GEAR

- Sun hat

### OPTIONAL LIST

- Flashlight
- Hat and Sunglasses (Sun Protection)
- Ear Plugs
- Shower Sandals
- Camera
- Reading Book

### ITEMS NOT ALLOWED

- No Candy, Gum or Snacks in Student Cabins
- Radio and Electronic Games
- Blow Dryers and Curling Irons
- Aerosol Sprays** (e.g. Sunscreen, Hairspray)
- Knives and Weapons
- Pets