fWALDEN 16th ANNUAL WALKABOUT & TIMP LODGE EXPEDITION

September 3rd - September 5th

REGISTRATION LINK

*Girls will sleep out on the field so girls please bring sleeping gear: sleep pad, pillow, sleeping bag! (even if we get rain, girls will need sleep gear for inside)

*Guys will sleep inside with sleep gear provided

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<th>Friday, August 30th</th>
<th>Thursday, September 5th</th>
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<tr>
<td>9:00</td>
<td>8:00-8:30 Breakfast</td>
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<td>9:30-9:45</td>
<td>8:30-10:00 Cleanup</td>
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<td>9:45-10:30</td>
<td>10:00 Parents pick up at Timp Lodge (NO LATER THAN 10:00 AM)</td>
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Tuesday, September 3rd

6:30am    Summiting Group- Meet at Walden
8:30am    Basin Group- Meet at Walden
1:00pm    Steward Falls Group Meet at Walden
5:00 -6:00 Groups Arrive at Timp Lodge
6:00-7:00 Dinner
8:00-10:00 Open Mic

Wednesday, September 4th

8:30-9:30 Breakfast
10:00-11:30 Session 1 Workshops
12:00-12:30 Lunch
12:30-2:00 Session 2 Workshops
2:30-4:30 Socializing/Games
5:00-6:00 Dinner
6:00-8:00 Bead Ceremony
8:30-9:00 Dessert
9:00-11:00 Dance

Friday, September 6th

No School for High School
WALDEN WALKABOUT & TIMP LODGE PACKING LIST

Below you will find a list of everything you should bring with you on our Walden Walkabout/Timp Lodge this year. One thing to keep in mind while packing your hiking backpack is to keep it as light as possible. A relatively light and well-packed backpack is the best way to ensure an enjoyable experience on your expedition.

**Summit Hike - Gear will be hauled to Timp lodge, please bring a daypack for your lunch, water, snacks, etc.**

**Basin Hike - Gear will be hauled to Timp lodge, please bring a daypack for your lunch, water, snacks, etc.**

**Stewart Falls Hike - You will be carrying all of your gear (except sleeping gear).**

*Please note there is no reason to go out and buy all of the required gear, much of it can be rented from places like Out-N-Back or Outdoors Unlimited.*


**SLEEPING GEAR (GIRLS)**

[M] Backpack – Comfortable and equipped with a waist belt to distribute the weight (available for rent at OUT-N-BACK if you don’t own one)

[M] Sleeping bag – Mummy style is best, rated between 30 –50 degrees for comfort

[R] Sleeping pad – Recommended, you sleep warmer and more comfortably (but it’s more weight to carry)

**SLEEPING GEAR (GUYS)**

[M] Backpack – Comfortable and equipped with a waist belt to distribute the weight (available for rent at OUT-N-BACK if you don’t own one)

**Bedding is provided for guys this year, do not bring your own!**

**WEARING (DAY OF...)**

[M] Daypack to carry stuff for hike
[M] T-shirt or other protective breathable top (think sunburns, bugs)

[M] Shorts/breathable protective pants (think bug bites, sun & plant allergies)

[R] Wool socks (wear day 1 for hiking)

[M] Hiking shoes – These should be supportive and comfortable, broken in (NO NEW SHOES, YOU WILL GET BLISTERS). No skate shoes, no steel toed boots, no Chacos, no shoes that are too big, ONLY broken in hiking boots or shoes.

[O] Hat & Bandana

**PACKING --ALL**

[M] Hearty Sack Lunch – This will be your lunch on the first day

[M] Water bottles – You must have 64 oz (2 quarts) of water with you at the start of the hike, bring this the day you do your bag check. Summit group bring at least 3 Quarts*

[M] Sunscreen, travel hand sanitizer

[M] Medication. If you have a controlled substance medication ie. adderall, pain medication, anxiety medication, these will all need to be carried by a chaperone. You need to inform us immediately if your student takes ANY kind of medication. This is for everyone’s safety.

[O] Flashlight or headlamp – Any style will do as long as it is not too heavy

[R] 1-2 extra T-shirts, 1 pair of pants, 1 sweatshirt or fleece, and warm hat

[R] Toiletries – Toothbrush, toothpaste, deodorant, toilet paper, feminine hygiene needs

[O] Change of clothes for dance

[M] Signed waivers—these will be sent separately.

[R] Bug Spray
THINGS TO NOT BRING

- knives or weapons of any kind
- lighters or matches
- laptops
- money or anything valuable (you don’t need any of that stuff here)

THINGS THAT WILL GET YOU SENT HOME

- Illegal drugs of any kind
- Prescription drugs that are not prescribed to you
- Alcohol of any type
- Tobacco of any type
- Leaving the cabin grounds, leaving in your car or breaking school rules

Remember, anything you bring, you carry! Pack Light!
Walkabout/Timp Lodge Medical Release & Emergency Contact Information Form

Student’s Name__________________________ Cell Phone _____________________

Parent or Guardian Name _________________________________________________

Home Phone__________________________Cell Phone_________________________

Parent or Guardian Name _________________________________________________

Home Phone__________________________Cell Phone_________________________

Medical Insurance Information (company, policy numbers, group numbers, etc.)

____________________________________________________________________

____________________________________________________________________

Emergency Contact Numbers

Name____________________________
Phone Number __________________________

Name____________________________
Phone Number __________________________

May we administer regular first aid including ambulance if deemed appropriate?
Yes _____ No _____

Do you authorize hospital or doctor to administer necessary medical treatment?
Yes _____ No _____

Is your student currently on any medication? If so, what medication, how often is it administered, what dosage, etc? (Students may not bring medication that is not listed on this form.)

Any other health-related or medical concerns we should be aware of?

____________________________________________

Authorized Signature ____________________________ Date
I, ____________________ agree to adhere to Walden school policies and codes of conduct while participating in the Moab expedition. I understand that any violation of these policies, including the possession of weapons or purchase, sale, or consumption of alcohol, tobacco or other illegal drugs (including unprescribed medication) will result in my being sent home at my family’s expense in addition to other disciplinary measures deemed appropriate by Walden administration. I further agree to hold myself to the highest standards of discipline and conduct while on the trip, including any schedule constraints placed upon the group by teachers or other chaperones.

I understand that Walden reserves the right to send any student home at their family’s expense for any behavior they deem to be gross misconduct or a risk to the safety of myself, other students, or chaperones.

The following must be signed and returned in order to participate in the Moab Expedition.

Student Signature:_________________________________ Date:___________

Parent/Guardian Signature:__________________________ Date:___________

☐ I acknowledge that Walden School of Liberal Arts reserves the right to search the luggage, personal items, or person of any student attending the Moab expedition. Further, I acknowledge that if my student engages in behavior that violates school policy, federal, state, or local law, that they will be sent home from the Moab expedition at my time and expense and I will not be reimbursed for the cost of the expedition. I also acknowledge that my student will be subject to school discipline as deemed appropriate by Walden administration.

Signature_________________________________ Date__________________

(Parent or legal guardian even if student is 18)
Identified Risks of Participation

High School Walkabout/Timp Lodge Expedition:
September 3rd - September 6, 2019

This is an Informed Consent Form for Minors, which identifies risks of participating in Walden School course or program, and a Waiver and Release for parents/guardians.

It is possible that Injury may result from your participation in the Walden Walkabout/Timp Lodge Expedition. You are expected to familiarize yourself with field trip guidelines and what is required, rules of conduct for the Walden Walkabout Timp Lodge Expedition as well as Walden School of Liberal Arts policies. You are expected to follow proper procedures including safety procedures as outlined by the course/program instructor, plus any directions given by an authorized Walden School of Liberal Arts employee.

I, ______________________________, acknowledge that I have familiarized myself with Walden School Trip Guidelines and what is required, will follow the rules of conduct, will follow procedures, and will follow any directions given by an authorized school employee.

_______________________________
(Signature of student)

The undersigned, the legal guardian of ______________________________ (hereinafter “student”) a student at Walden School of Liberal Arts under eighteen years of age, in consideration of student’s participation in a field trip to Walden Walkabout Timp Lodge Expedition do hereby agree to this waiver and release.

I certify that I have medical insurance or otherwise agree to be personally responsible for costs of any emergency or other medical care that student receives. I agree to release State of Utah, Walden School of Liberal Arts and their agencies, departments, officers, employees, agents, and all sponsors, officials and staff or volunteers from the cost of any medical care that student receives as a result of participation in Walden School of Liberal Arts courses.

I further agree to release the State of Utah, Walden School of Liberal Arts their agencies, departments, officers, employees, agents and all sponsors, officials and staff or volunteers from any and all liability, claims, demands, breach of warranty, negligence, actions, and causes of actions whatsoever for any loss, claim, damage, injury, illness, attorney’s fees or harm of any kind or nature to me arising out of student’s participation in this Walden School of Liberal Arts course/program. This release extends to any claim made by parents or guardians or their assigns arising from or in any way connected with the aforementioned activities.

CONSENT

Consent is expressly given, in the event of injury, for any emergency aid, anesthesia and/or operation, if in the opinion of the attending physician, such treatment is necessary.

I have carefully read and understand the contents of the foregoing language and I specifically intend it to cover student’s participation in the above stated field trip to Walden School.

_____________________________  __________________________
Name________________________________________Date__________________

_______________________________
Signature________________________________________
DRIVING DIRECTIONS TO TIMP LODGE (For Parents on Thursday Morning)

From the school, take University Ave. north and drive into Provo Canyon on highway 189.

Drive up 189 about 8 miles and turn left at the Sundance turnoff (just past the tunnel).

Drive toward Sundance—about 2 miles. You will see the entrance to the resort and a rock that says “Sundance”. Do not enter the resort.

Drive past the resort 1/8 mile. Take the first left on Stewart Road.

Go across the bridge and at the stop sign take the LEFT fork, NOT THE RIGHT.

Follow the road down and around and make a sharp right turn that takes you up a steep hill. Just before you get to a gatehouse, you will see a driveway that hairpins back and up the hill. You are at Timp Lodge!
DRIVING DIRECTIONS TO ASPEN GROVE (For Volunteers on Tuesday)

Aspen Grove Trailhead Provo Canyon

From Salt Lake City, drive south on I-15 and take the first Orem exit, designated as 800 North (also marked as the exit to Sundance).

Turn left from the exit, and drive east on Utah Highway 52 to the mouth of Provo Canyon.

Proceed toward Heber City on U.S. 189 for approximately seven miles, then turn left at the Sundance/Aspen Grove turnoff (just past the tunnel).

Continue on the Alpine Loop road five miles farther and turn left into Aspen Grove.

Aspen Grove is 2.5 miles above Sundance.
TIMP LODGE
OPEN MIC

TUES  SEPT  3RD  8PM
POETRY, MUSIC, COMEDY,
ACTING, DANCE, ETC.

Be a cool cat.