

## FOX PRE TRIP CHECK IN

**Group:** \_\_\_\_\_ **Trip Dates:** \_\_\_\_\_

**City, State:** \_\_\_\_\_ **Has your school attended CIMI?:** \_\_\_\_\_

**Lead Chaperone:** \_\_\_\_\_ **Telephone #:** \_\_\_\_\_

### NUMBERS

**Grade:** \_\_\_\_\_

# Female students: \_\_\_\_\_ + # Male students: \_\_\_\_\_ + # Non-binary students: \_\_\_\_\_ = # Total students: \_\_\_\_\_

# Female chaps: \_\_\_\_\_ + # Male chaps: \_\_\_\_\_ + # Non-binary chaps: \_\_\_\_\_ = # Total chaperones: \_\_\_\_\_

Cabin/Villa Assignments (6 bunks = 12 beds total per cabin/villa): \_\_\_\_\_

### ACTIVITY GROUP ASSIGNMENTS (should be assigned and told to students prior to arrival)

# of Activity Groups: \_\_\_\_\_ (no more than 16 students per group; please divide students evenly into each group)

### BOAT TRANSPORTATION

The Catalina Classic Cruises boat terminal is located at **1046 Queens Hwy, Long Beach, CA 90802**. Arrive at the terminal at least one hour prior to departure time.

ARRIVAL DAY TO FOX	DEPARTURE DAY FROM FOX
<ul style="list-style-type: none"> <li>● 8: 30 - Check-in @ Queen Mary Catalina Terminal</li> <li>● 9: 00 - Board @ Queen Mary Catalina Terminal</li> <li>● 9: 30 - Departure</li> <li>● 12: 00 - 12: 30 —Arrive Fox Landing</li> </ul>	<ul style="list-style-type: none"> <li>● 12: 30 - 1: 30 —Depart Fox Landing</li> <li>● 2: 30 - 3: 30 —Arrive Long Beach</li> </ul> <p style="text-align: center;">**Boat duration is approximately 2 hours**</p> <p>(Times subject to change to weather or CIMI/ Boat discretion)</p>

Assigned luggage color: \_\_\_\_\_

Circle one: Bringing Lunch / Lunch on Arrival (LOA)

### ACTIVITIES

Please confirm the selections that you made in the Online Program Planner:

Day Programs (select 4 for 3 day, 8 for 5 day)		Night Programs (select 2 for 3 day, 4 for 5 day)	
<input type="checkbox"/> Orientation snorkel	<input type="checkbox"/> Day Trip (5 day only, takes 2 spots)	<input type="checkbox"/> Night Snorkel	<input type="checkbox"/> Astronomy
<input type="checkbox"/> Basic snorkel	<input type="checkbox"/> Fish/Shark/Invert/Algae	<input type="checkbox"/> Marine Mammals	<input type="checkbox"/> Discovering Sharks
<input type="checkbox"/> Kayak	<input type="checkbox"/> Vinewalk/Low Ropes	<input type="checkbox"/> Deep Sea	<input type="checkbox"/> Campfire (School Led)
<input type="checkbox"/> Hike	<input type="checkbox"/> Rockwall/Hike/Low Ropes	<input type="checkbox"/> Squid Dissection	<input type="checkbox"/> Night Rockwall
<input type="checkbox"/> Plankton/Tidepool/X	<input type="checkbox"/> Giant Swing/ Low Ropes or Hike	<input type="checkbox"/> Environmental Awareness	<input type="checkbox"/> Astronomy/Campfire

### MEAL INFORMATION

Due to the logistics of ordering food on the island, it is difficult for the chef to accommodate last-minute dietary needs or birthday "surprises" upon a school's arrival. Please assist us by obtaining the information below. The Student Health Forms should be consulted for food allergies. **If any information arises after you talk with the Assistant Program Director, please call the office at 510-310-1890. We can offer no assurance unless we have at least one week's advance notification. If a particular student's needs are relatively complex, have a parent call us.**

- |                      |                          |                            |
|----------------------|--------------------------|----------------------------|
| ● Vegetarian: _____  | ● GF & Vegetarian: _____ | ● Peanut allergy: _____    |
| ● Vegan: _____       | ● GF & Vegan: _____      | ● Tree nut allergy: _____  |
| ● No pork: _____     | ● Dairy free: _____      | ● Shellfish allergy: _____ |
| ● No red meat: _____ | ● DF & Vegetarian: _____ |                            |
| ● Gluten-free: _____ | ● DF & GF: _____         |                            |

Additional Dietary Needs: \_\_\_\_\_

**Note:** Schools have always been satisfied with the quality and quantity of food from our kitchen. Please discourage extra snack foods as they usually go to waste or get eaten by the native fauna of our island. Saltines and anti-sea sickness foods, however, are a wise choice for the boat trip over and back.

**Birthdays:** \_\_\_\_\_

## MEDICAL INFORMATION

Please double-check to ensure students have all necessary prescriptions with them! We are located 30 minutes via **BOAT** from the nearest and only pharmacy.

If this is your first visit and you have any medical concerns about any of your students, please call the CIMI Program Office for assistance.

### Medical Information:

- Asthmatics: \_\_\_\_\_
- EpiPens: \_\_\_\_\_
- Diabetics (may bring snacks; mini-fridge in First Aid Room for insulin): \_\_\_\_\_
- Wheelchairs: \_\_\_\_\_
- Broken bones: \_\_\_\_\_
- Other: \_\_\_\_\_

### Student Health Forms – Please check the following:

- Parent signature on the bottom
- All students with 'asthma' marked on their form **must** bring their inhalers
- All students with prescribed EpiPens **must** bring them to camp

## IMPORTANT ITEMS TO BRING

- Warm sleeping bag & pillow (no heat)
- Warm clothing & rain jacket
- Closed toed shoes
- Small backpack
- Water bottle
- Sunscreen/Sunglasses
- Plastic bag (wet items on travel home)
- Flashlight
- Prescription medications
- EpiPens/Inhalers
- Sack lunch if did not order LOA

## CIMI STORE

Cash or Check only- made out to Guided Discoveries.

- T-shirts, Hats, Beanies - \$15
- Hooded sweatshirts - \$40
- Postcards - \$1

## IMPORTANT DETAILS TO KNOW/REMEMBER

- Leave all valuables at home (electronics, jewelry, etc.)
- Bring hard copies of the Student Health Forms with you – We will need to keep these. If you need your own copies, please bring duplicates with you)
- There is no cell phone service, but we have (slow) wireless internet available to chaperones. A phone is available in the First Aid Room for any necessary communications with parents and school administrators.

## FINAL REVIEW

- Chaperones must be active participants in **all activities**, including snorkeling, kayaking, and hiking.
- Chaperones are responsible for students during meals and free time.
- Campfire activity is led by the group/school – we will light the fire and provide marshmallows.
- Remember to assign students to their **cabins** and activity groups prior to your arrival in camp. Students should know this information prior to arrival at camp to facilitate moving into their **cabins** and an easy start to afternoon activities.
- Students are discouraged from calling home (except for medical situations and family emergencies)
- Many students will get seasick on the boat crossing. Suggest fresh air, ginger ale and saltines, and that they sit still.

**REMEMBER!** ASTHMATIC STUDENTS WITH AN INHALER PRESCRIPTION WILL NOT BE ALLOWED TO PARTICIPATE WITHOUT AN INHALER. **YOU** WILL BE RESPONSIBLE FOR COORDINATING WITH PARENTS, DOCTORS, AND PHARMACISTS TO GET INHALERS/ EPIPENS TO THE ISLAND. DO NOT FORGET TO DOUBLE CHECK – THIS CAN BE A LIFE & DEATH ISSUE!