



**MOUNTAIN TRAIL**  
**OUTDOOR SCHOOL**

# Program Planning Guide

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Dear teachers,

Thank you for your interest in Mountain Trail Outdoor School. We hope that the resources on our website and in this Program Planning Guide will provide the information you need to plan your school's educational trip to the mountains.

Mountain Trail Outdoor School (MTOS) is an environmental and adventure education program of Kanuga Conferences, Inc. in Hendersonville, NC. MTOS uses an experiential education model to teach environmental awareness and to promote self-confidence in elementary, middle and high school students. Located in the Blue Ridge Mountains, MTOS uses the natural beauty of our area and Kanuga's 1,400 acres as an outdoor classroom.

Our curriculum combines natural science, team building and adventure activities and can be customized to create a unique program specific to your school's needs. Our science classes meet state standards for many of the surrounding states and our adventure classes provide students the opportunity to challenge themselves and support each other. We will work with you to design a program geared specifically to your goals for your students.

Our instructors are outdoor education professionals. They are college graduates with extensive experience in environmental and adventure education and are positive role models who share a sincere commitment to educating youth about the environment.

A leader in the field, MTOS has been successfully encouraging students to grow and learn in an outdoor environment for 20 years. Staff and teachers witness firsthand the positive impact that our program has on children. We would love to work with you to provide an outdoor education experience for your students. I invite you to explore the website, contact me with questions, and come take a tour of Mountain Trail Outdoor School. I look forward to hearing from you!

All the best,

A handwritten signature in black ink that reads "Meghan Hull". The script is cursive and fluid, with the first name "Meghan" and last name "Hull" clearly distinguishable.

Meghan Hull  
Mountain Trail Outdoor School Director

## Planning Your Trip

### To Book a Trip

1. Discuss the duration of your trip and possible dates with your school. Please determine at least three sets of possible dates. See our website for current trip rates and available dates.
2. Discuss curriculum and program planning with your school. Determine your group's goals for the trip and which courses best fit your group's goals, skills and age.
3. To make the reservation, contact Mountain Trail Outdoor School at [mtos@kanuga.org](mailto:mtos@kanuga.org) or 828-692-9136, ext. 2839, to make a reservation. Please have three possible dates and the estimated number of students and chaperones.

### After Booking

4. Upon booking, MTOS will send you a contract. Return the signed contract with your deposit to confirm your trip.
5. Recruit adult chaperones to supervise the students. Chaperones are generally parents, teachers, or administrators. You will need at least one adult for every 10 students and a balance of male and female chaperones.
6. Arrange transportation to and from MTOS. Directions can be found at [www.kanuga.org](http://www.kanuga.org).

### Before the Trip

7. Prepare students and chaperones for the trip. Share letters and information from this packet and our website with students, parents and chaperones. Generate enthusiasm!
8. Send home and collect the **Health Form** and **Acknowledgement of Risk Form** from each student and chaperone. You may bring these with you, but let MTOS know in advance of any major allergies or dietary concerns.
9. Contact MTOS 60 days in prior to your trip to finalize the group's schedule and numbers for housing.
10. Assign students to activity groups and housings. Bring an extra copy of those assignments for the MTOS administration.
11. Discuss **Chaperone Guidelines** with all chaperones.
12. Set up a plan, such as a phone tree, for parents to verify that the group has arrived at Kanuga and to relay any other important information.
13. Designate an adult with your group to be responsible for the handling and distribution of student medications. MTOS is prepared to carry out first aid during your stay, but does not handle the distribution of daily/routine medications and treatments.

## **Group Booking Policies**

### **Deposit**

MTOS requires a non-refundable deposit of \$10 per person, to be credited to the final bill. Use your best estimate for the total number of participants, including students, teachers and parent chaperones. Please make checks payable to Kanuga Conferences, Inc.

### **Attendance Guarantee**

You may adjust your estimate down until 60 days prior to your arrival date. You may increase your numbers at any time if space is available. Please contact MTOS before increasing numbers to insure availability.

On arrival you may drop your numbers by 20 percent of your revised estimate without penalty. If you bring fewer than 80 percent of your revised estimate total, you will be billed for 80 percent of that total and will not receive any complimentary chaperones.

In the absence of a revised estimate from 60 days prior to your arrival date, MTOS will use the latest estimate.

### **Cancellations**

All cancellations will lose their deposit. Groups that cancel within 60 days prior to the scheduled arrival date will be billed for 50 percent of their scheduled number. Cancellations due to travel advisories and school closures are not subject to the 50 percent payment and deposits may be applied towards a rescheduled trip for up to a year.

### **Cancellation Insurance**

Optional trip cancellation insurance is available for an additional \$5 per person. Groups that choose this option are not subject to the 50 percent charge for cancellation. Insurance must be selected on the original registration contract. If you select this option please remember to take into account an additional \$5 per participant charge for a total deposit of \$15 per participant. Please note that the cancellation insurance does not apply to the final bill.

### **Payment**

One adult is allowed to attend free of charge for every 10 paid participants. Additional adults are charged the participant rate. Groups billed a percentage of their revised estimate do not receive any complimentary adults. Payment terms are net 10 days after the event.

### **Communication**

Please keep us informed of your needs, challenges and changes. We may be able to work with you in extenuating circumstances.



# MOUNTAIN TRAIL OUTDOOR SCHOOL

## Your School

Your Town, Your State

Lead Teacher: John Doe

October 8 (lunch) - 10 (lunch), 2012

60 5th graders and 10 adults

Housing Cabins 1&2, 3&4 and 7,8&9

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### Monday, October 8

11:30 Arrive and settle into cabins, MTOS orientation

12:30 Lunch *group 1 hopping*

2:00	1 Cooperation Course	4 Orienteering
	2 Cooperation Course	5 Climbing Tower
	3 Forest Ecology	6 Climbing Tower

5:00 Free Time *supervised by Your School chaperones*

6:00 Supper *group 2 hopping*

7:30 Night Hikes *in activity groups*

### Tuesday, October 9

8:00 Breakfast *group 3 hopping*

9:00	1 Orienteering	4 Cooperation Course
	2 Forest Ecology	5 Forest Ecology
	3 Cooperation Course	6 Orienteering

12:30 Lunch *group 4 hopping*

2:00	1 Forest Ecology	4 Climbing Tower
	2 Orienteering	5 Cooperation Course
	3 Climbing Tower	6 Cooperation Course

5:00 Free Time *supervised by Your School chaperones*  
Bear's Den gift shop open

6:00 Supper *group 5 hopping*

7:30 Campfire

### Wednesday, October 10

8:00 Breakfast *group 6 hopping*  
*Pack and clean cabins before breakfast*

8:45	1 Climbing Tower	4 Forest Ecology
	2 Climbing Tower	5 Orienteering
	3 Orienteering	6 Forest Ecology

11:30 Lunch *group 1 hopping*

12:15 Your School departs after lunch

# Curriculum Planning

## Morning and Afternoon Class Options

Pick a class for each morning and afternoon period of your stay at MTOS. A three-day, two-night trip has four class periods. Note that if you pick half-classes, please indicate how you would like to combine them. Unless otherwise indicated, classes can be either half- or full-classes. A half-day off-property trip will serve as one class, a full-day trip as two classes.

### Environmental Education Courses

- ☐ Forest Ecology
- ☐ Mountain Ecology
- ☐ Animal Ecology
- ☐ Ponds and Streams Study
- ☐ Garden Connections
- ☐ Cherokee Culture
- ☐ Geology half-class
- ☐ Bog Study half-class
- ☐ Web of Life half-class
- ☐ Sustainable Future half-class

### Adventure and Teambuilding Courses

- ☐ Climbing Tower full-class
- ☐ Rock Quarry full-class
- ☐ High Ropes Course full-class
- ☐ Cooperation Course
- ☐ Outdoor Living Skills
- ☐ Orienteering
- ☐ Canoeing half-class

### Off-Property Trips

- ☐ Whitewater Rafting\* full-day
- ☐ Biltmore Estate\* full-day
- ☐ Chimney Rock\* full-day
- ☐ Pisgah National Forest\* full- or half-day
- ☐ Carl Sandburg Home\* half-day

## Evening Program Options

Please pick one evening program for each night of your stay. Some schools opt for a self-led evening program that fulfills their schools need, such as student council elections. Please contact MTOS if you are interested in your own program.

### Evening Programs

- |  |                                       |                                       |
|--|---------------------------------------|---------------------------------------|
| <input type="checkbox"/> Night Hike          | <input type="checkbox"/> Storyteller* | <input type="checkbox"/> Cookout      |
| <input type="checkbox"/> Town Hall           | <input type="checkbox"/> Square Dance | (combined dinner and evening program) |
| <input type="checkbox"/> Naturalist*         | <input type="checkbox"/> Campfire     |                                       |
| <input type="checkbox"/> Appalachian Culture | <input type="checkbox"/> Dance/Social |                                       |

\*Third party vendor fees and/or transportation expenses are associated with these programs. Please contact us to inquire about pricing.

## Environmental Education Courses

Our Environmental Education Curriculum adheres to the standard course of study requirements for 4<sup>th</sup>-7<sup>th</sup> grade in North Carolina, South Carolina and Tennessee and can easily adapt to fit other grade and state requirements. Our courses allow students to experience first-hand the interactions of their environment.

In **Forest Ecology**, students hike to a viewpoint, seeing the inner-workings of trees, the diversity of plants in the Southern Appalachian Mountains and the interconnectivity between plants, animals, decomposers and people.

**Mountain Ecology** classes enjoy a viewpoint hike and learn about the changes in flora, fauna and topography due to sun exposure, erosion, succession, geological forces and human activity.

**Animal Ecology** classes see evidence of wildlife in their habitats as well as native species in our Nature Center to compare and contrast their niches and adaptations.

In **Aquatic Ecology**, students examine macro-invertebrates that they catch as they explore our aquatic bodies to learn about water systems and the organisms that dwell in water.

Students can get their hands dirty helping in the organic garden and see the route food takes from garden to table in **Garden Connections**.

**Cherokee Culture** classes explore the history and civilization of the local tribe through games and discussions.

For a greater focus on geological forces, we offer a **Geology** half-class to discover how the Blue Ridge Mountains formed and continue to change.

In the **Bog Study** half-class, students visit Kanuga's mountain bog and experience the role of wetlands and the unique characteristics of wetland organisms.

Our general ecology class, **Web of Life**, is a half-class that focuses on the interactions and dependencies between living and non-living elements in our Blue Ridge ecosystem.

Our **Sustainable Future** half-class utilizes our solar hot water system, organic garden and ongoing conservation initiatives for students to experience the science of sustainability.



## Adventure and Teambuilding Courses

Our adventure-based courses help students change their assumptions about themselves and each other and to expand their comfort circles. All adventure activities are managed by an American Mountain Guides Association-certified facilitator and boast an impeccable safety record.

A session of **Rock Climbing** shows students that their capabilities far exceed their own expectations. Many groups choose to climb at our forty-foot-high Climbing Tower, but smaller groups may also choose the natural rock face at our Quarry.

The **High Ropes Course** also provides an empowering realization of mind of matter, though the challenge here is more emotional than physical. With six elements in two courses, students can choose their own challenges and work with our staff to overcome their fears.

In our **Cooperation Course**, students work together to overcome a series of challenges, thereby honing their decision-making, communication and cooperation skills and growing together as a group.

Our **Outdoor Living Skills** class equips students for successful experiences in the outdoors with minimal impact on the environment.

**Orienteering** introduces various methods of navigation, notably compasses and topographic maps and allows students to then use their new skills as they work through our orienteering course.

Students learn the terminology and techniques of proper canoeing and explore Kanuga Lake in our **Canoeing** half-class.

## Off-Property Trips

Mountain Trail Outdoor School expands beyond its 1,400-acre property with trips to natural and cultural attractions in the area. Schools can enhance their experience by taking advantage of all that Western North Carolina has to offer.

The Nantahala Outdoor Center provides qualified and safe commercial guidance for MTOS groups to enjoy **Whitewater Rafting** on the French Broad, Nantahala or Nolichucky rivers. Both full- and half-day trips are available.

School groups can also add trips to the **Biltmore Estate** for educational tours of America's largest estate and French-style gardens.

Groups can also choose to visit **Chimney Rock State Park** for hiking and a magnificent view of the Blue Ridge Mountains.

For groups of 8<sup>th</sup> graders or older students, MTOS offers **Expeditions** in Pisgah National Forest. Students hike, climb and camp for one or more nights while they build positive community and learn Leave No Trace principles.

Groups of younger students and those who do not choose a multi-day expedition can also enjoy Pisgah National Forest with Mountain Trail. Day trips include hikes to the stunning overlook at **John Rock**, feeding fish and visiting the aquarium at the **Fish Hatchery**, and touring the **Cradle of Forestry**.

Down the road from the Mountain Trail Outdoor School is the **Carl Sandburg Home**, a national historic site that includes the Pulitzer Prize-winner's home place, museum and dairy goat herd.

Some off-property programs require additional fees. Please contact us to inquire about pricing.

## Evening Programs

To enhance the selection of day programs, schools can choose from a variety of MTOS evening programs or opt to run their own evening activities. Many of our offerings provide pure entertainment and relaxation, while others allow students to experience lessons learned in school.

On a **Night Hike**, students in small groups learn the wonders of nightlife in the forest, from the adaptations of nocturnal animals to the workings of the human eye in the absence of light. Exploring the night forest without flashlights, students use their senses to discover another world.

In a **Town Hall**, students act as different community interest groups to debate the economic, ecological and social advantages and disadvantages of allowing theme park development in their town.

Mountain Trail Outdoor School is lucky to have Carlton Burke of Carolina Mountain Naturalists present **Naturalist\*** programs. With either “Animals We Love to Hate” or “Appalachian Wild,” students meet and learn about animals through a dynamic presenter.

**Appalachian Culture** allows students to experience the rich culture through candle making, biscuit roasting, storytelling, square dancing and other activities.

We also offer a full **Storyteller\*** program with either Steph Crooks or Michael “Badhair” Williams, each of whom engages various age groups with traditional folk tales from Appalachia and the world.

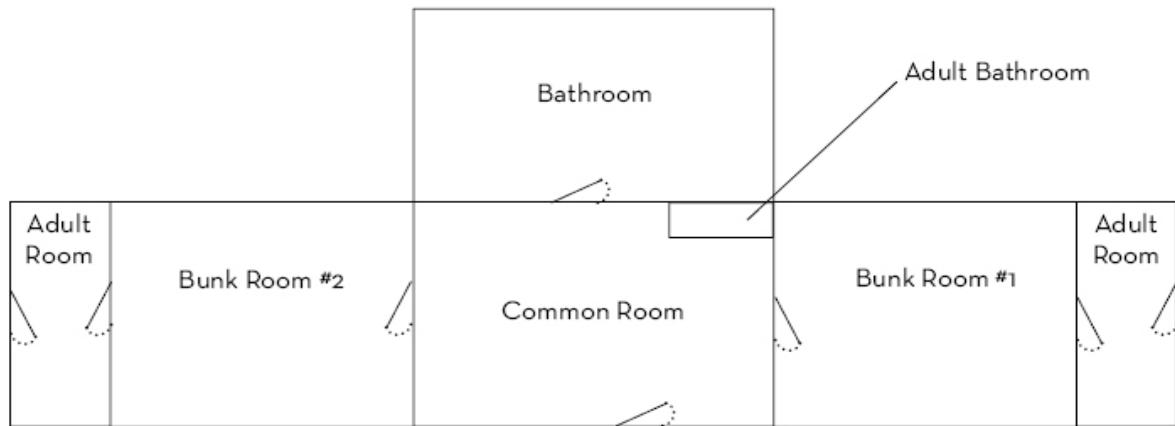
Students and chaperones get to do-si-do, swing and reel at a **Square Dance** where MTOS staff teach and call traditional steps and dances.

Student activity groups gather around a **Campfire** for skits, activities and, for groups who opt for them, s’mores.

School groups may also choose to chaperone their own **Dance/Social** or other evening program.

\*Third party vendor fees are associated with these programs. Please contact us to inquire about pricing.

## Cabins 1 and 2 (Barr-West Cabin)



### Cabin #2 Left Side

Bunk Room  
8 Bunks (16 beds)

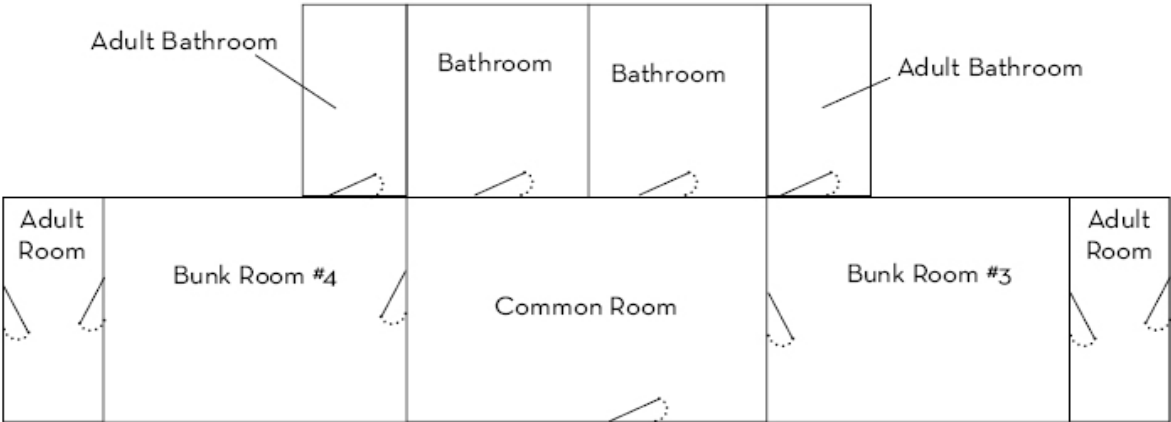

Adult Room  
2 Bunks (4 beds)


### Cabin #1 Right Side

Bunk Room  
8 Bunks (16 beds)


Adult Room  
2 Bunks (4 beds)


# Cabins 3 and 4 (Jones Cabin)



## Cabin #4 Left Side

Bunk Room  
8 Bunks (16 beds)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Adult Room  
2 Bunks (4 beds)

_____	_____
_____	_____

## Cabin #3 Right Side

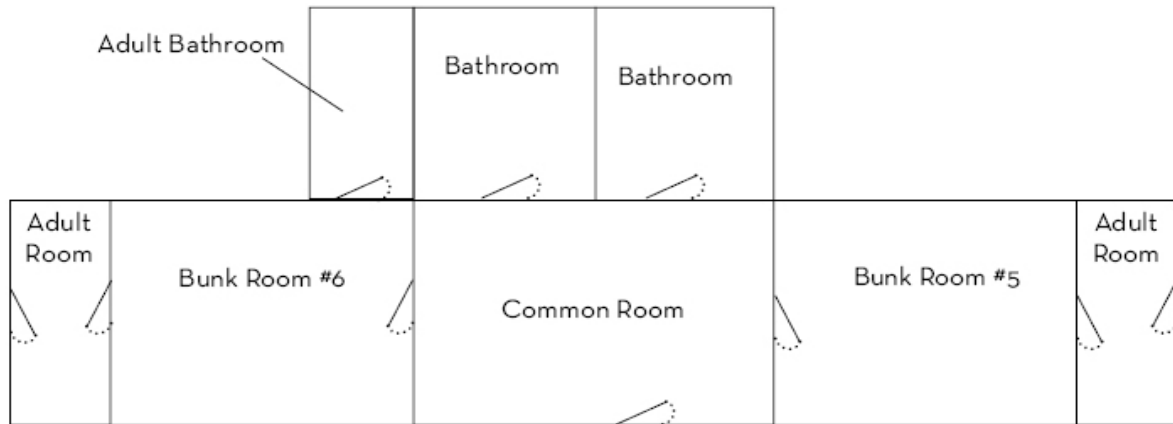
Bunk Room  
8 Bunks (16 beds)

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Adult Room  
2 Bunks (4 beds)

_____	_____
_____	_____

## Cabins 5 and 6 (Todd Hall Cabin)



### Cabin #6 Left Side

Bunk Room  
8 Bunks (16 beds)

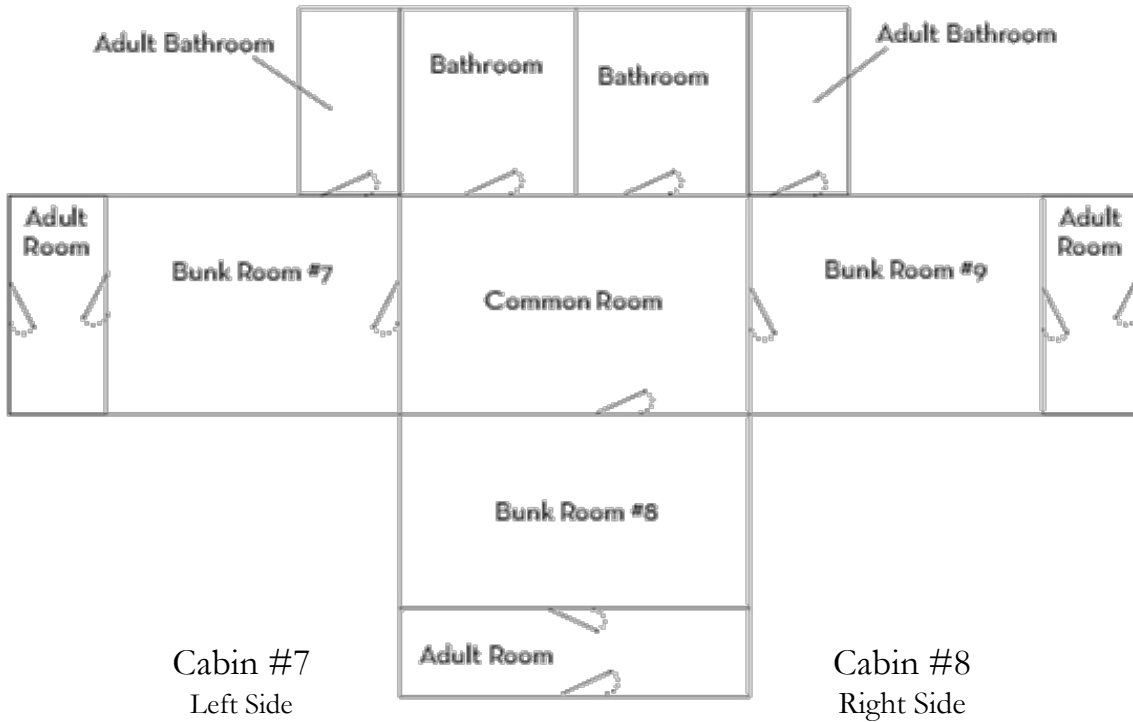

Adult Room  
2 Bunks (4 beds)


### Cabin #5 Right Side

Bunk Room  
8 Bunks (16 beds)


Adult Room  
2 Bunks (4 beds)


## Cabins 7,8 and 9



Bunk Room  
8 Bunks (16 beds)


Adult Room  
2 Bunks (4 beds)


Bunk Room  
8 Bunks (16 beds)


Adult Room  
2 Bunks (4 beds)


Cabins 7,8 and 9

Cabin #9

Left Side

Bunk Room

8 Bunks (16 beds)


Adult Room

2 Bunks (4 beds)




## Forms and Information Checklist

### Teacher Planning

- ☐ Planning a Trip
- ☐ Curriculum Planning Worksheet
- ☐ Cabin Assignment Sheets
- ☐ Designate an adult with your group to handle the administration of all routine medication and medical treatment (we can assist with storage of medication as needed).\*

### Distribute to Students

- ☐ Student Letter
- ☐ What to Expect
- ☐ What to Pack
- ☐ Child Acknowledgement of Risk Form
- ☐ Health Form

### Distribute to Parents

- ☐ Parent Letter
- ☐ What to Expect
- ☐ What to Pack

### Distribute to Chaperones

- ☐ Teacher and Chaperone Guidelines
- ☐ Adult Acknowledgement of Risk Form
- ☐ Health Form

### Tell MTOS before Arrival

- ☐ Final numbers of students and chaperones with gender breakdown
- ☐ Any dietary concerns or major health concerns

### Give to MTOS Administrators on Arrival

- ☐ All student and chaperone Health Forms
- ☐ All student and chaperone Acknowledgement of Risk Forms
- ☐ Group List

\*Due to the variability of medical policies throughout the schools that attend our program, MTOS is prepared to handle first aid during your stay yet does not maintain a medical professional on staff. Should any student/adult arrive ill or become ill during his/her stay, MTOS reserves the right to request he/she be sent home to ensure the health/wellness of other participants.



Dear students,

We're glad that you're interested in Mountain Trail Outdoor School (MTOS).

At Mountain Trail Outdoor School, we teach by doing, so students explore our ponds, forests, streams and bog during class. We teach a variety of science classes and adventure-based courses, so a school's trip might include holding snakes, climbing a tower, hiking to a peak or canoeing across a lake. Whether your school chooses to focus on science or on adventure, you're in for an action-packed experience.

Our staff members are fully-trained outdoor professionals. Many have worked in camps and as classroom teachers, and all love working with students in the outdoors.

Please check out the *What to Pack* and *What to Expect* pages that you can find at [mtos.kanuga.org](http://mtos.kanuga.org). Your teachers may give you this information as well.

We continuously hear from previous students about their memorable MTOS trips, and we even have staff members whose interest in the field began when they were students on a field trip here. We look forward to providing that same experience for you.

See you soon!

A handwritten signature in black ink that reads "Meghan Hull". The script is cursive and fluid.

Meghan Hull  
Mountain Trail Outdoor School Director



# MOUNTAIN TRAIL OUTDOOR SCHOOL

Dear parents,

Thank you for your interest in Mountain Trail Outdoor School (MTOS). We hope that the resources on our website and that your child's teacher has will help you prepare for your child's educational trip to the mountains.

Mountain Trail Outdoor School is an environmental and adventure education program of Kanuga Conferences, Inc. in Hendersonville, NC. MTOS uses an experiential education model to teach environmental awareness and to promote self-confidence in elementary, middle and high school students. Located in the Blue Ridge Mountains, MTOS uses the natural beauty of our area and Kanuga's 1,400 acres as an outdoor classroom.

Our curriculum combines natural science, team building and adventure activities. Your child's teachers have customized the curriculum to fit the school's needs and goals for the trip. A leader in the field, MTOS has been successfully encouraging students to grow and learn in an outdoor environment for more than 20 years. Staff and teachers witness firsthand the positive impact that our program has on children. Our instructors encourage parent chaperones to participate as well, and often parents have as much fun as their children on the trip. If you are chaperoning your child's trip, please be sure to look over the *Chaperone Guidelines*, available either on the website or from your child's teacher.

Our instructors are outdoor education professionals. Staff members are college graduates with extensive experience in environmental and adventure education and are positive role models who share a sincere commitment to educating youth about the environment. All instructors are at least first aid, CPR and EPI-trained, and most have either Wilderness First Aid or Wilderness First Responder certifications.

I invite you to explore the website and to contact me with questions. I look forward to hearing from you and to welcoming you and your child to Mountain Trail Outdoor School.

All the best,

Meghan Hull  
Mountain Trail Outdoor School Director

# Teacher and Chaperone Guidelines

Welcome to Mountain Trail Outdoor School! We are excited to have your group visit our school. To ensure a safe, educational, and fun experience, we will need your help in a few areas.

## Cabins:

1. Establish any ground rules with the students that were not covered in the initial orientation. These might include lights out, showers times, etc.
2. Make sure the lights are off and the windows are closed if the heat is on or when you are not in the cabins.
3. Report any maintenance needs to Christine Murawski, MTOS program director. Each cabin should have a plunger, which will take care of many problems.
4. Do NOT allow the students to have any food or drinks in the cabin (other than water).
5. Departing Day: Make sure the linens and towels are piled separately in the common room, students have packed their belongings, the bathrooms are free of toiletry items, the cabins have been swept and the trash has been taken out.

## Programs:

1. Help discipline when needed.
2. Feel free to participate in programs but let the students answer first, especially during the cooperation course.
3. Stay with your activity group for the entire period. You never know when you might be needed.

## Meals:

1. Hopping: If your group is hopping, report to the dining hall 15 minutes before the start of the meal to set the tables. The group will also need to stay after the meal and sweep around the tables.
2. First meal: Have one chaperone per table to help the students with their table manners and clean up
3. There is coffee and tea available throughout the day for adults. Make sure to bring back any coffee cups that leave the dining hall.

## Free Time:

1. Anytime the students are not in class or in the cabins, they are allowed to play in the recreation area (unless otherwise decided by the school). As primary supervisors during this time, the lead teacher will schedule to have a few adults on watch near the basketball courts during free time.
2. Do not allow students to wander out of the recreation area without adult supervision.

## Office:

1. There is a phone in the office for you to use. Do not let students use the phones (unless for emergencies with adult supervision).
2. The MTOS instructors carry extensive first aid kits and can give out any needed items. If there is not an instructor nearby, first aid supplies are left in the labeled cabinets.

## Emergency:

There is always a MTOS administrator on duty and carrying a cell phone. You can reach that person by dialing **828-606-7035** on the office phone.

In the event of an accident or emergency:

1. During working hours (7:45 a.m. - 9:00 p.m.) locate a MTOS instructor or administrator. That person will help with assessment and implementing the emergency action plan.
2. After working hours (9:00 p.m. - 7:45 a.m.) contact a MTOS instructor or administrator. In the small office is a list of phone numbers, start at the top of the list until you reach someone. That person will help with assessment and implementing the emergency action plan.

**Please let us know what we can do to help you while your group is here!**

## What to Expect

Mountain Trail Outdoor School (MTOS) is first and foremost a school, but one without the traditional desks and walls.

Our classes take place outdoors in variable weather conditions, so students and chaperones should prepare to spend 3-hour blocks outside. Each class will begin at Kanuga's Bob Campbell Youth Campus, where groups of 10-12 students and a few chaperones will meet their instructors. From there, we might hike to a peak, delve into a pond or explore a bog somewhere on our 1,400 acres before returning at the end of class.

Review our Sample Schedule, included in this planning guide, for an idea of a typical trip to MTOS.

### Housing

Students and chaperones stay in winterized cabins on the MTOS campus. Each cabin has two or three student bedrooms with sixteen bunked beds in each, two or three chaperone bedrooms with four bunked beds in each, a locker-room-style bathroom and chaperone bathrooms.

The bedrooms join together in a common room with couches and a fireplace. See the housing assignment sheets included in this planning guide for layouts of the cabins.

### Meals

Meals at MTOS are served on campus in Andrew's Dining Hall. We eat family style, so each table will have serving dishes with meal items for the entire table. Breakfast includes a cereal bar, and lunch and supper are accompanied by a salad bar.

Options will be available for vegetarians and those with special dietary concerns.

- **Dietary Restrictions and Allergies:** We have a completely peanut-free dining hall and often have guests with a variety of dietary concerns. If your child has other allergies or dietary restrictions, please contact us at least two weeks prior to your trip so that we can work together to create a meal plan for your child. Please note that the meal plan may include sending the student with supplemental food or entire meals.
- **Table Assignments:** We do not require that students sit at assigned tables. If your group would like to assign seating, we can let you know how many tables your group will have and put numbered placards on the tables in the dining hall. Each table seats eight diners.
- **Hopping:** All students will have an opportunity to participate in hopping duties for the meals at MTOS. Hopping involves arriving at the dining hall 15 minutes before the meal and setting the tables. After the meal, the hoppers stay behind to sweep the dining hall. A MTOS instructor oversees each student group in hopping. Hoppers are not responsible for refilling dishes from the tables or for cleaning their tables. These duties are shared by all diners at the table. Hopping assignments are typically by activity groups, though lead teachers may choose to make hopping assignments in other ways.

## Sample Menu

### **Breakfast**

Scrambled Eggs  
Bacon  
Grits  
Biscuits, Jelly  
Assorted Cereal  
Yogurt, Fresh Fruit  
Juice and Water  
Milk

### **Lunch**

Taco/Tortilla Shells  
Relish Tray  
Refried Beans  
Mexican Rice  
Salad Bar  
Fresh Fruit  
Juice Spritzer and Water  
Milk

### **Dinner**

Fried Chicken  
Mashed Potatoes  
Corn  
Dinner Rolls  
Salad Bar  
Oatmeal Raisin Cookies  
Water  
Milk

## **Bear's Den Gift Shop**

Each group's schedule will include a time that our Bear's Den Gift Shop will be open. The gift shop will only be open during the scheduled time. Usually, the Bear's Den will be open before dinner on the last evening of your trip. If the time scheduled does not work for your group, we can find another that does.

You may want to prepare students that we have a gift shop. The Bear's Den has Mountain Trail Outdoor School t-shirts and an ever-changing stock of souvenirs such as stuffed animals, nature guides, bandanas and boomerangs.

T-shirts run in the \$12-\$20 dollar range, and souvenirs start at around \$3.

Please note that students are responsible for any items they purchase from the Bear's Den.

Select items from the Bear's Den may be available online at [shop.kanuga.org](http://shop.kanuga.org).

## What to Pack

The weather at Mountain Trail Outdoor School can vary, even over the course of a day, so bring clothes for cold and warm conditions. Bring clothes that can get dirty.

Please limit your luggage to what you can carry. You will have to carry it several hundred yards to your cabin. Backpacks are better suited for our paths than rolling suitcases are.

MTOS will provide bath towels, washcloths, sheets, pillows, blankets and soap, but guests may wish to bring an extra blanket or particular brand of soap.

## Necessary Items

- |  |   |
|--|---|
| <input type="checkbox"/> A set of clothes for each day, plus a few extra clothes; <i>at least one set of long pants should be included</i> | <input type="checkbox"/> raincoat or poncho |
| <input type="checkbox"/> socks and underwear   | <input type="checkbox"/> water bottle       |
| <input type="checkbox"/> pajamas   | <input type="checkbox"/> toiletries         |
| <input type="checkbox"/> two pairs of closed-toed shoes; <i>one pair that can get wet and one pair of sturdy walking or hiking shoes</i>   | Expecting cold weather?                     |
| <input type="checkbox"/> sweater or jacket   | <input type="checkbox"/> heavy jacket       |
|  | <input type="checkbox"/> stocking hat       |
|  | <input type="checkbox"/> gloves             |
|  | <input type="checkbox"/> long underwear     |

## Optional Items

- |   |                                      |
|---|--------------------------------------|
| <input type="checkbox"/> writing or reading materials | <input type="checkbox"/> sunglasses  |
| <input type="checkbox"/> camera and film              | <input type="checkbox"/> laundry bag |
| <input type="checkbox"/> flashlight                   | <input type="checkbox"/> book bag    |
| <input type="checkbox"/> hat                          |                                      |

## Items to Leave at Home

- |                      |                 |
|----------------------|-----------------|
| • cell phones        | • hair dryers   |
| • electronic devices | • curling irons |
| • knives             | • jewelry       |
| • candy, food or gum |                 |



PO Box 250, Hendersonville, NC 28793  
Phone: 828-692-9136 Fax: 828-696-3589

School/Group:

Dates of  
Attendance:

<b>General Information:</b> Participants Name:	Parent/Guardian:
Home Address:	Home phone of Parent/Guardian:  Daytime phone if different:
Gender: <input type="checkbox"/> Male <input type="checkbox"/> Female  Date of Birth:     /     /	Emergency Contact:  Phone Number(s):

**Medical History and Related Information:** Please list all medical conditions, medications, allergies, restrictions to activity and pertinent past medical treatment. Use back/additional sheets as necessary.

**Immunizations:**

Are the immunizations current for the participant? ☐ Yes ☐ No

Are the immunizations on file with the visiting school? ☐ Yes ☐ No

What is the date of the participant's last tetanus shot? \_\_\_\_\_

<b>Insurance Information:</b> Is the participant covered by an insurance plan? <input type="checkbox"/> Yes <input type="checkbox"/> No	Carrier/Plan name:
Group Number:	Name of Insured:
Carrier Address:	Social Security Number of policy holder or insurance ID number:

**Permission to Provide Necessary Treatment or Emergency Care:** I hereby give permission to the medical personnel selected by Kanuga Conferences Inc. to order X-rays, routine tests, treatment; to release any records necessary for insurance purposes; and to provide or arrange necessary related transportation for my child. In the event of an emergency and an effort to reach me fails, I hereby give permission to the physician selected to secure and administer treatment, including hospitalization, for the participant named above. **Permission for Photo Release:** I give my consent for photographs, audio/video recordings of my child engaged in Mountain Trail Outdoor School programming to be used by Kanuga for its promotion, website and news media coverage.

Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_

*\*This completed form may be photocopied for trips off property.*



**Kanuga Conferences Inc.**  
**Release and Waiver of Liability and Assumption of Risk Agreement**  
**(Child Release)**

In consideration of Kanuga Conferences Inc., a North Carolina nonprofit corporation, its agents, officers, directors, assigns, contractors and/or employees (collectively, "Kanuga"), providing access to and equipment and services related to a variety of outdoor and water recreational activities, to enable my child to participate in recreational activities, I agree as follows:

I \_\_\_\_\_ (PRINT YOUR FULL LEGAL NAME), the undersigned, being an adult (age 18 or older), hereby agree that I am the legal guardian of \_\_\_\_\_ (PRINT CHILD'S FULL NAME) and hereby give my consent to Kanuga to allow my child to participate in the following recreational activities (the "Activities"):

- 1) camping,
- 2) hiking,
- 3) challenge course,
- 4) ropes course,
- 5) rock climbing,
- 6) playground,
- 7) swimming,
- 8) canoeing and other water sports,
- 9) use of recreational equipment related to above, and
- 10) transportation to and from certain activity areas as necessary.

I understand and acknowledge that (a) there are inherent risks, dangers and hazards in my child's participation in any of the Activities; (b) my child's participation in any of the Activities may result in injury, illness or loss, including, without limitation, disease, bodily injury, strains, fractures, partial or total paralysis, disability or death; and (c) these risks may be caused by the negligence of the participants, the negligence of others, accidents, breaches of contract, the forces of nature or unforeseeable risks. (\_\_\_\_) Initial

I hereby assume all risks and all responsibility for any losses and/or damages in any way relating to my child's participation in the Activities. (\_\_\_\_) Initial

I hereby waive, release, and discharge Kanuga from each and every claim whatsoever relating to my child's participation in any of the Activities, except for any claims that are the direct result of the active negligence of Kanuga. (\_\_\_\_) Initial

I understand and agree that (a) the sole proper venue for any dispute in which Kanuga is a party and that may arise out of this Agreement, or otherwise relate to my child's participation in any of the Activities, shall be Henderson County, North Carolina; (b) the dispute shall be decided, at the sole option of Kanuga, by litigation or arbitration. In the event that Kanuga elects litigation, the venue for any action shall be the Superior Court of Henderson County; (c) this Agreement shall be interpreted pursuant to the laws of the State of North Carolina, which shall be controlling in all respects and at all times.

**I HAVE CAREFULLY READ AND UNDERSTAND THIS RELEASE AND WAIVER OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT. BY SIGNING IT I AGREE TO RELEASE AND DISCHARGE KANUGA FROM ANY AND ALL LIABILITY FOR CLAIMS FOR PROPERTY DAMAGE, PERSONAL INJURY, SPECIAL DAMAGES, INCLUDING INDIRECT DAMAGES, AND WRONGFUL DEATH RELATING TO MY CHILD'S PARTICIPATION IN ANY OF THE ACTIVITIES, EXCEPT FOR ANY CLAIMS THAT ARE THE DIRECT RESULT OF THE ACTIVE NEGLIGENCE OF KANUGA.**

\_\_\_\_\_  
Participant Name (print)

\_\_\_\_\_  
Program Date(s)

\_\_\_\_\_  
Parent/Guardian Signature

\_\_\_\_\_  
Today's Date

**Kanuga Conferences Inc.**  
**Release and Waiver of Liability and Assumption of Risk Agreement**  
**(Adult Release)**

In consideration of Kanuga Conferences Inc., a North Carolina nonprofit corporation, its agents, officers, directors, assigns, contractors and/or employees (collectively, "Kanuga"), providing access to and equipment and services related to a variety of outdoor and water recreational activities, I agree as follows:

I \_\_\_\_\_ (PRINT YOUR FULL LEGAL NAME), the undersigned, being an adult (age 18 or older), intend to participate in one or more of the following recreational activities (the "Activities"):

- 1) camping,
- 2) hiking,
- 3) challenge course,
- 4) ropes course,
- 5) rock climbing,
- 6) swimming,
- 7) canoeing and other water sports,
- 8) use of recreational equipment related to above, and
- 9) transportation to and from certain activity areas as necessary.

I understand and acknowledge that (a) there are inherent risks, dangers and hazards in my participation in any of the Activities; (b) my participation in any of the Activities may result in injury, illness or loss, including, without limitation, disease, bodily injury, strains, fractures, partial or total paralysis, disability or death; and (c) these risks may be caused by the negligence of the participants, the negligence of others, accidents, breaches of contract, the forces of nature or unforeseeable risks.  
(\_\_\_\_) Initial

I hereby assume all risks and all responsibility for any losses and/or damages in any way relating to my participation in the Activities. (\_\_\_\_) Initial

I understand and acknowledge that participation in the Activities requires that the participant be of good physical condition, and I hereby advise that I am in good physical condition and able to participate in the Activities. (\_\_\_\_) Initial

I hereby waive, release, and discharge Kanuga from each and every claim whatsoever relating to my participation in any of the Activities, except for any claims that are the direct result of the active negligence of Kanuga. (\_\_\_\_) Initial

I understand and agree that (a) the sole proper venue for any dispute in which Kanuga is a party and that may arise out of this Agreement, or otherwise relate to my participation in any of the Activities, shall be Henderson County, North Carolina; (b) the dispute shall be decided, at the sole option of Kanuga, by litigation or arbitration. In the event that Kanuga elects litigation, the venue for any action shall be the Superior Court of Henderson County; (c) this Agreement shall be interpreted pursuant to the laws of the State of North Carolina, which shall be controlling in all respects and at all times.

**I HAVE CAREFULLY READ AND UNDERSTAND THIS RELEASE AND WAIVER OF LIABILITY AND ASSUMPTION OF RISK AGREEMENT. BY SIGNING IT I AGREE TO RELEASE AND DISCHARGE KANUGA FROM ANY AND ALL LIABILITY FOR CLAIMS FOR PROPERTY DAMAGE, PERSONAL INJURY, SPECIAL DAMAGES, INDIRECT DAMAGES, AND WRONGFUL DEATH RELATING TO MY PARTICIPATION IN ANY OF THE ACTIVITIES, EXCEPT FOR ANY CLAIMS THAT ARE THE DIRECT RESULT OF THE ACTIVE NEGLIGENCE OF KANUGA.**

\_\_\_\_\_  
Participant Name (print)

\_\_\_\_\_  
Program Date(s)

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Today's Date