

# Westminster Woods Environmental Education

## What to Bring

Dear Parent(s) and Students,

We are excited about our upcoming environmental education field trip. Our program provides a hands-on outdoor learning experience. Be prepared to explore, discover, get dirty, and have adventures in a healthy and safe environment with an experienced staff of teacher naturalists. Westminster Woods is located in the coastal hills of Sonoma County (1½ hours north of San Francisco). Our site of 200 acres is nestled in a redwood forest canyon along Dutch Bill Creek in the Russian River Watershed. We are 8 miles "as the crow flies" from the ocean. Our elevation varies from 200 ft. to 1,000 ft. above sea level. The weather along the coast varies. Mornings can be cold and foggy and storms are unpredictable, so be prepared. If you have any questions please contact your child's teacher.

**What to fill out:**

- Medical and liability and release form, to be **returned to school by** \_\_\_\_\_.

**What to bring:**

- |   |                                   |                                      |
|---|-----------------------------------|--------------------------------------|
| <input type="radio"/> Sleeping bag      | <input type="radio"/> Jacket      | <input type="radio"/> Flashlight     |
| <input type="radio"/> Towel & washcloth | <input type="radio"/> Soap        | <input type="radio"/> Shampoo        |
| <input type="radio"/> Toothbrush        | <input type="radio"/> Toothpaste  | <input type="radio"/> Water bottle   |
| <input type="radio"/> Day pack          | <input type="radio"/> Rain gear   | <input type="radio"/> Clothes        |
| <input type="radio"/> Hiking shoes      | <input type="radio"/> Extra shoes | <input type="radio"/> Pencil and pen |
| <input type="radio"/> Hat               | <input type="radio"/> Sunscreen   | <input type="radio"/> Pillow         |
| <input type="radio"/> Swim suit         |                                   |                                      |

**Optional items:**

- |                                     |                                   |                                  |
|-------------------------------------|-----------------------------------|----------------------------------|
| <input type="radio"/> Camera & film | <input type="radio"/> Alarm clock | <input type="radio"/> Umbrella   |
| <input type="radio"/> Reading book  | <input type="radio"/> Binoculars  | <input type="radio"/> Telescopes |

**Please DO NOT bring:**

- Electronic devices (iPods, radios, games, etc)
- Student cell phones
- Alcohol/Drugs
- Platform or tall shoes
- Knives/weapons
- Fishing gear

**About Westminster Woods Environmental Education Program.....**

We are a private non-profit organization. Please visit our web site at: [www.westminsterwoods.org](http://www.westminsterwoods.org). The **goal of our program** is for students to appreciate, understand and care for the earth.

*Sincerely,*

*David Berman*

*Environmental Education Director*

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