



Seventh Grade

Catalina Island Marine Institute-Cherry Cove
2/19 –2/21

Goals for attending Catalina Island Marine Institute (CIMI)

- Provide exciting science activities on Catalina Island
- Give students an opportunity to discover and understand ecosystems
- Live, share and appreciate living organisms
- Participate in hands on lab and field activities
- Have fun!

Student Expectations

- Safety first
- Listen carefully
- Participate fully
- Follow directions
- Be on time

Parents

- Thank you for your attendance morning and supporting this exciting trip!
- Thank you for reading through the packet and following all directions for filling out and bringing forms back by February 10th!
- Thank you for your hard work in organizing and volunteering at fundraisers!

Wednesday Morning

- Arrive at Mt. Carmel by 5:15am
- Check in with teacher and drop off medications
 - Make sure medications are in plastic bag with instructions and clearly labeled with student name
 - Inhalers and epi-pens must be on the student at all times
- Stay with your luggage until ready to load and board bus.
- Bus leaves for Long Beach at 5:30am

Preparations for Trip

- Prescription and Over the Counter Medications
- Packing Wisely
- Completed forms:
 - Student Activity Permission slip
 - Tylenol Release Form
 - Student Health Form
 - CIMI Rules/Outdoor Education Behavior Contract

Backpack

(to be carried aboard the bus and boat)

- Breakfast/Snack/Lunch and water bottle
- Inhalers/Epi-pens
- Hat and sunscreen
- Other (book, cards, pen and notepad)



Duffle Bag and Sleeping Bag

- Warm clothes and rain gear
- Dress in layers
- Warm sleeping bag
- All gear must have name/I.D. tags and ribbons

Things to Leave at Home

- Fashion attire and expensive clothes
- Anything of value (cell phones/electronics)
- Candy or gum
- See packing guide

Cruising to Catalina

- Catalina Express leaves the Queen Mary dock at 9:30am
- Two hour channel crossing
- If students get seasick, try to stay outside with eyes on the horizon.
- Seabands, Bonine, and Dramamine are recommended.
- Saltine crackers and ginger ale helps.



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Arriving at Camp

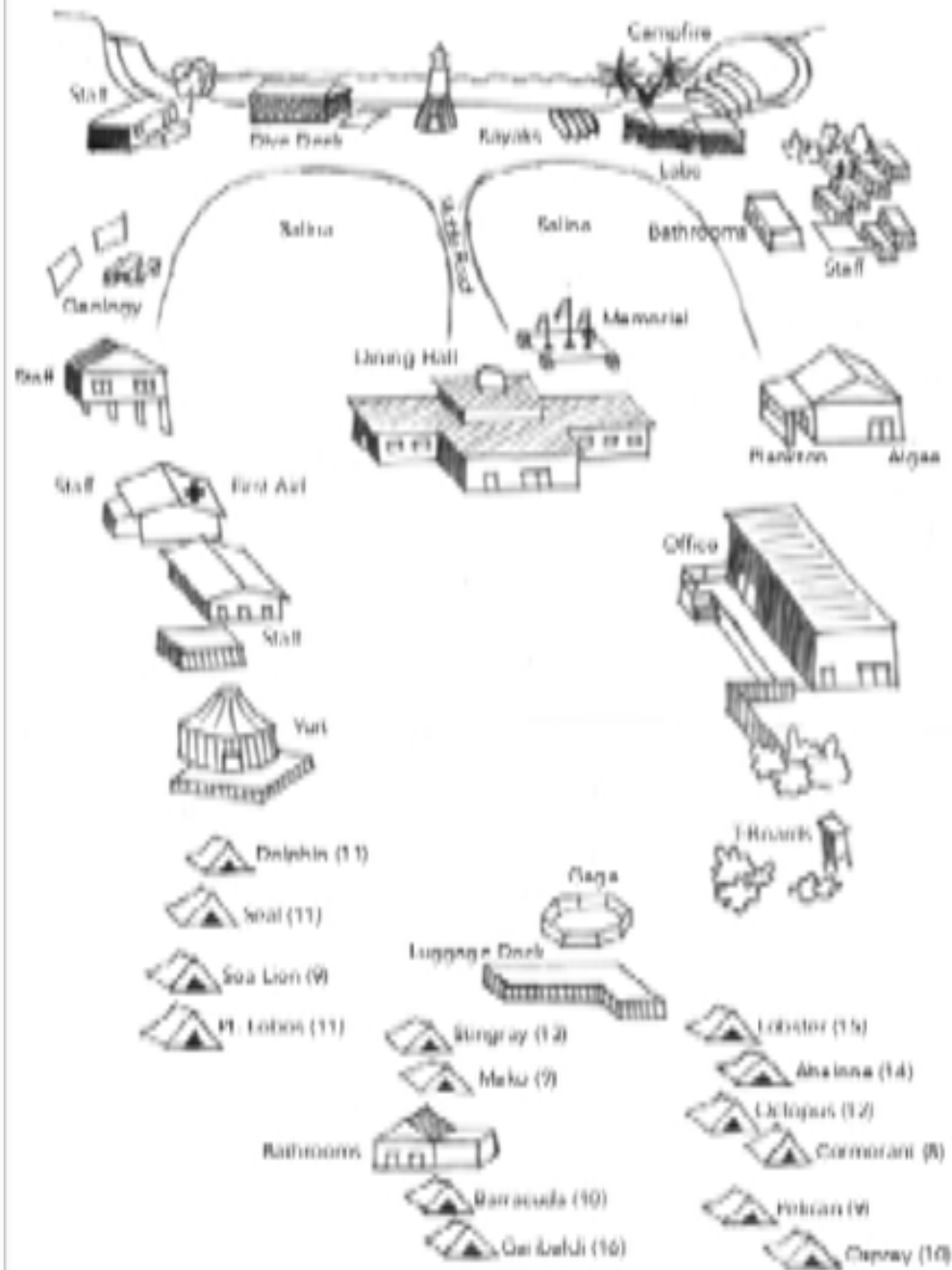
- Expected to arrive at CIMI – Cherry Cove at 11:30am.
- Hiking into camp - students drop off gear and walk in 1 ¼ miles
- Tents and small groups assigned







Cherry Cove



Schedule

- 7:00 Wake Up
- 7:30 Breakfast
- 8:00 Housekeeping/Free Time
- 9:00 Morning Program
- 12:30 Lunch
- 1:00 Journaling/Free Time
- 1:30 Afternoon Program
- 5:30 Dinner
- 7:00 Evening Program
- 9:30 Lights Out



Curriculum Focus Areas

- Oceanography
- Marine Biology
- Ecology
- Life Science
- Earth Science

Activities

- Kayaking
- Snorkeling
- Hiking
- Tidepool
- Deep Sea
- Shark Lab
- Squid Dissection



















Meals

- Breakfast: Pancakes, sausages, hash brown, fruit and cereal bar
- Lunch: Pizza, hamburger, salad bar
- Dinner: Lasagna, spaghetti, tacos plus dessert

Apples/bananas/milk/water provided all day

One group will be selected to set up and clean up at each meal. It is simple stuff like set up chairs, get water pitchers, wipe down tables, and sweep up the floor.



Tent Life

- Two to a tent
- Everyone pitches in with tidying up around communal area – emptying trash bins, sweeping the deck, refilling water stations, etc.
- Clothesline to dry swimwear and towels













Safety

- CIMI Instructors : CPR/First Aid Certified
- Certified Lifeguards on duty at all water related activities (life preservers available)
- Pharmacy and a hospital in Avalon
- Baywatch and Life-Flight transport







STORE PRICE LIST

- Hooded Sweatshirts \$30
- T-Shirts \$15

Sizes: Adult small – XX Large

Ball caps \$12

Beanies \$12

Nalgene Water Bottles \$12

If you would like to send mail:

- Student's Name
 - OLMCS 2/19-2/21
 - c/o CIMI @ Cherry Cove
 - P.O. Box 5015
 - Two Harbors, CA 90704
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- Please mail at least one week in advance of student's departure

Morning Sunrise Hike



Coming home

- Boat leaves Catalina around 12
- Lunch on the boat
- Expected to leave Long Beach at 3pm.
- Arrival at school – between 7-8 pm
- Mrs. Simolon will send out updates to parents as bus gets closer.





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