

# CIMI FOX LANDING

## TELEPHONE CONTACT SHEET: (Complete this sheet but do not send it.)

Approximately two weeks prior to your departure, the CIMI Fox Landing Office will contact the attending group leader to discuss details of your trip. Below is the list of information we will cover at that time. Please keep this in a convenient location so that you can give or note any pertinent information.

**Group:** \_\_\_\_\_ **Dates:** \_\_\_\_\_ M – T – W – Th – F – Sa – Su

**Leader:** \_\_\_\_\_ **Grade:** \_\_\_\_\_ **From:** \_\_\_\_\_

**School Phone:** \_\_\_\_\_ **Attended CIMI?** \_\_\_\_\_

**Cell Phone:** \_\_\_\_\_ **Email:** \_\_\_\_\_

### NUMBERS:

Contracted number of spaces		Number of students attending		Number of boys attending		Number of girls attending		Number of chaperones attending	
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### GROUP ASSIGNMENTS: (Should be assigned and told to students prior to arrival.)

**Assigned # of Study Groups:** \_\_\_\_\_ (Limit of 16 students to a group and divide groups evenly.)

**Cabin/Villa Assignments:** \_\_\_\_\_

### BOAT TRANSPORTATION:

The boat terminal is located at **The Queen Mary Catalina Express Terminal**. See the syllabus for directions.

ARRIVAL DAY TO FOX	DAPARTURE 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;"><b>**Boat duration is approximately 2 hours**</b> (Times subject to change to weather or CIMI/ Boat discretion)</p>

**\*\*Have students bring LUNCH on the arrival boat, unless pre-ordering an LOA (\$2.75/student)\*\***

**Luggage Color:** \_\_\_\_\_

**Bringing Lunch**     **LOA**

### IMPORTANT ITEMS TO BRING:

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Daypack, Water Bottle, Flashlight, Watch</li> <li><input type="checkbox"/> Plastic bag for wet items</li> <li><input type="checkbox"/> Warm clothing &amp; rain gear</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Prescription medications if needed!!</li> <li><input type="checkbox"/> Warm sleeping bag and pillow (no heat)</li> <li><input type="checkbox"/> Sunscreen, sunglasses, hat</li> </ul> |
|---|---|

### Store Money:

Hooded Sweatshirts: \$30

Short sleeve T- Shirts: \$15

Baseball Hats: \$12

Beanies: \$12

CIMI water bottles: \$12

Post Cards: \$1

### IMPORTANT DETAILS TO KNOW / REMEMBER:

- Please leave valuables at home (iPods, cell phones, jewelry, etc.)
- Have you mailed the 'Statement of Understanding' and Program Planner?
- Bring ALL students' medical forms (If you need copies, please make them at school ahead of time)
- There is **ALMOST NO CELL** phone service at Fox.

**PROGRAMS:** Confirm program selections on Program Planner you returned.

#### Day Programs:

#### Night Programs:

<input type="checkbox"/> Orientation Snorkel	<input type="checkbox"/> Ocean/Plankton (NO BOAT)	<input type="checkbox"/> Night Snorkel	<input type="checkbox"/> Astronomy
<input type="checkbox"/> Basic Snorkel	<input type="checkbox"/> Marine Labs	<input type="checkbox"/> Marine Mammals	<input type="checkbox"/> Fisheries Awareness
<input type="checkbox"/> Kayak	<input type="checkbox"/> Day Trip (5 Day GOAT)	<input type="checkbox"/> Deep Sea Biology	<input type="checkbox"/> Campfire
<input type="checkbox"/> Hike	<input type="checkbox"/> High/ Low Ropes	<input type="checkbox"/> Squid Dissection	

## MEAL INFORMATION:

Due to the logistics of ordering food on the island, it is difficult for the chef to accommodate last-minute dietary or birthday "surprises" upon the school's arrival. Please assist us by obtaining the information below. The medical release forms should be consulted for food allergies. Please collect these at an early date so that you will have the appropriate information. **The Assistant Program Director will call one week prior your departure for this information. We can offer no assurance after this time. If a student's condition is relatively complex, please have a parent call us.**

- \_\_\_ Number of vegetarians
- \_\_\_ Number of vegans
- \_\_\_ Number of gluten-free
- \_\_\_ Number of non-dairy, lactose intolerant students
- \_\_\_ Dietary allergies (peanuts, eggs, etc):

Birthdays while at camp:

➔ Sack lunches provided on the day of departure.

### ➔ NOTE:

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 are a wise choice for the boat trip over and back.

## MEDICAL INFORMATION:

Please double-check to ensure students have all necessary prescriptions with them!

If this is your first visit and you have any concerns about a student's condition, please call the CIMI Program Office for assistance.

### Medical Forms

- Parents signed the bottom
- Checked **YES** for "*capable of participating in snorkeling and hiking*"
- Asthmatics - **All students with asthma must bring inhalers**
- Fatal Allergies (bee stings, peanuts, poison oak, etc.):
- Epipens:
- Diabetic (may bring snacks):
- Wheel Chairs:
- Broken Bones:
- Other:

## FINAL REVIEW:

- ➔ Chaperones need to be active participants in all activities including snorkeling, kayaking and hiking.
- ➔ Remember to divide the groups and do dorm assignments before arriving at Fox Landing.
- ➔ Students should know group and dorm assignments prior to arrival. A list of these details should be given to your group's personal Program Coordinator (PC).
- ➔ Chaperones are responsible for students during free time
- ➔ Students are discouraged from using the office phone.
- ➔ ARE YOU BRINGING A CHECK?

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