

TIPS & TRICKS FOR PARENT CHAPERONES

GENERAL TIPS FOR ALL PROGRAMS

- First and foremost, please know that you are an integral component to the success of your child's field trip, in as much as you are a positive influence upon the students.
- You are a role model to your child as well as all of the children in your group. Please act accordingly. We ask all chaperones to refrain from using negative or foul language, smoking on the property, leaving the group at any time using cell phones, or being a distraction in any way.
- Please find moments to give praise and acknowledgement to every student in the group. Catching a child doing something good is more rewarding than scolding them for doing something wrong.

TIPS FOR TEAMBUILDING PROGRAMS

- Teambuilding programs are designed to take students out of their comfort zones and present them with challenges that they will only succeed at by working together as a group, therefore most groups fail during their first couple attempts. This can be very hard for most parents to watch, but it is very important that your child is allowed the opportunity to fail, pick themselves up, try again, and finally succeed without you jumping in to help them.
- Your job as a chaperone is to be there to support them safety-wise as instructed, but to step back and let the students accomplish the obstacles by themselves.

TIPS FOR OVERNIGHT PROGRAMS

- During the fall and spring the weather at camp tends to be rather unpredictable. An 85 degree day can easily be followed by a 40 degree night. The better prepared you are for that the happier you will be. Please dress in layers and bring extra warm layers for evening activities.
- Chaperones stay in the cabins with up to 6 students. Generally these students are very excited and for many of them this will be their first time away from home without mom or dad. Therefore, the noise level in the cabin at night can often become an issue. As a chaperone it is important that you are understanding of this, but also know when to help the students settle down to get some sleep or at least get quiet enough to let those who do want to sleep do so. Your lead teacher will generally set a camp wide lights out time.
- In the cabins you will be the first line of defense against homesickness. The easiest way to battle homesickness is just to get the campers mind off of home and thinking about all of the fun things left to do at camp.

TIPS FOR AFTER THE FIELD TRIP

- Ask your child pointed questions such as, "What was your favorite activity? What made it so fun?" or "Tell me about something new you did today." These types of questions will help your child to reflect on their trip and will give you a better understanding of the way they learn.
- If you really enjoyed being a chaperone and being outside with your child you can go to www.naturerocks.org for more ideas and activities you can do outdoors with your family.
- If your child had a particularly good time during their field trip or came home really excited please check out the summer day camp programs we have available for your child's age group. Many of the activities we do during a field trip are similar to the activities campers do every day during the summer.

PACKING LIST - STUDENTS

- BEDDING: Sleeping Bag or Bed-roll**
- Pillow (optional)**
- 3 Changes of Clothes for Outdoors**
- 3 Changes of Underwear**
- 4 Changes of Socks**
- Pajamas**
- 2 Pairs of Shoes**
- 1 pair old sneakers or watershoes for stream study**
- Warm Jacket**
- Hat**
- Rain gear/poncho**
- Insect Repellant (no aerosols)**
- Toiletries**
 - Soap**
 - Shampoo**
 - Toothbrush/Toothpaste**
 - Comb/brush**
 - Washcloth**
 - Towel**
- Pencils/Pen**
- Notebook**
- Camera (optional)**
- Flashlight (optional)**
- Book for personal reading (optional)**
- Fishing Rod (optional)**

PLEASE DO NOT BRING:

- **Radios, cd players, mp3 player/iPods**
- **CELL PHONES**
- **Blow Dryers, curling irons, etc.**
- **Candy, gum, or other snacks (they will just invite scavengers into your cabin!!!)**
- **Jewelry**
- **Pocket Knives**
- **Money**
- **Anything valuable that could get lost or damaged**
- **Anything you are not allowed to have in school**

PACKING LIST - ADULTS

- BEDDING: Sleeping Bag or Bed-roll**
- Pillow (optional)**
- 3 Changes of Clothes for Outdoors**
- 3 Changes of Underwear**
- 4 Changes of Socks**
- Pajamas**
- 2 Pairs of Shoes**
- 1 pair old sneakers or watershoes for stream study**
- Warm Jacket**
- Hat**
- Rain gear/poncho**
- Insect Repellant (no aerosols)**
- Toiletries**
 - Soap**
 - Shampoo**
 - Toothbrush/Toothpaste**
 - Comb/brush**
 - Washcloth**
 - Towel**
- Camera (optional)**
- Flashlight**

Many parents ask, "Do I really need to bring rain gear and stream shoes?" The answer is YES. As a chaperone we will need you to be with the group at all times, including out in the rain and in the stream or in the muck of the wetlands, and if you are prepared for this you will be much happier.

A QUICK NOTE ABOUT SOCKS

Nothing will ruin you or your child's trip faster than wet feet so please be sure to pack plenty of warm dry socks and put them in a separate zip top baggie to keep them dry throughout the stay.