

# GROUP GAMES

## AND MOUNTAIN PREPERATION DAY

**Who:** You, your group, and your leaders. **When:** 10:00 AM - 2:00 PM  
**Where:** Brown Middle School **What:** The entire mountain equipment list

**QUESTIONS?** 857 205 4723 We're getting ourselves ready

because on Monday we're off to Mt Washington. You need to bring all of the stuff on the attached Equipment List in a big garbage bag. We will give you a pack, pack it, and send it home with you again to bring in at 4:00 AM On Monday. But if you forget anything, you'll have to come in earlier than 4.

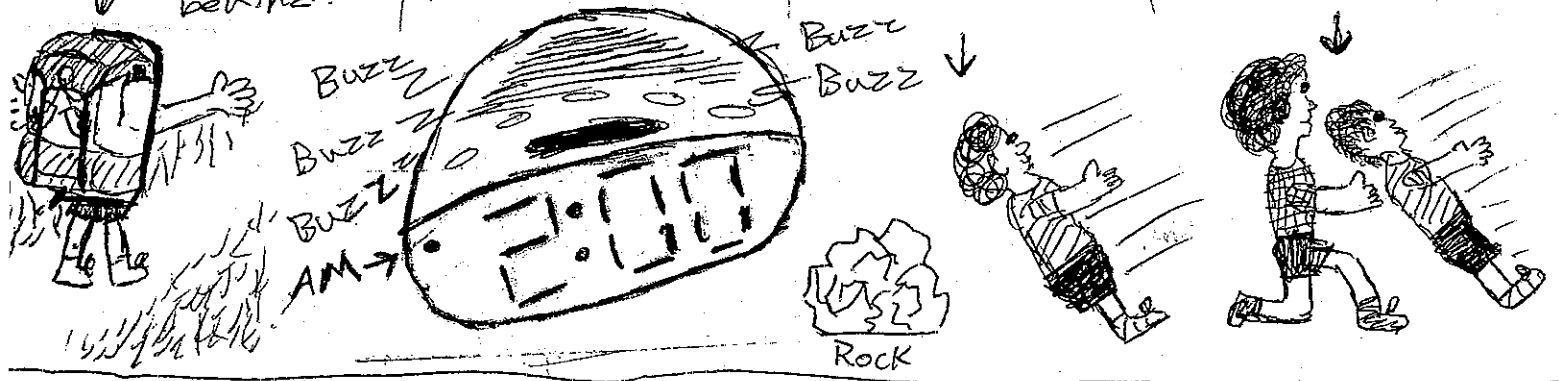
So what sort of group games will we be trying out? Well, that is going to be your surprise. After all, we can't have you practicing before hand. Just trust us that by the end of the day you will have more confidence in your group. "Do you trust me?" <Holds out hand>

Some of you will look like walking framepicks from behind.

Don't forget anything or this could be yours on Monday

The wrong way to do a trust fall

The right way to do a trust fall



In case of emergency your child will be brought to Newton Wellesley Hospital  
This program must comply with the regulations of the Mass Dept health (617) 243-6000  
and must be licensed by the city of Newton Health Dept

# GROUP GAMES

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Some of you will look like walking frampacks from behind.

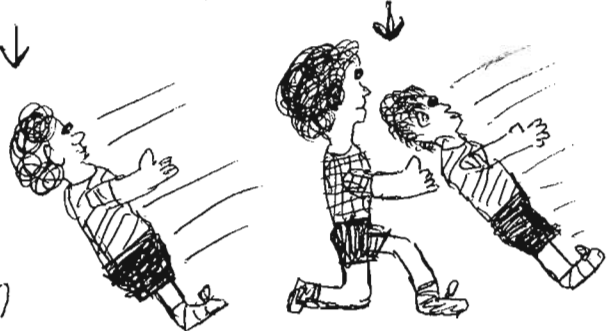
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The wrong way to do a trust fall

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Rock



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# Student Equipment Checklist

Notes

Student:  
name:

Item

Frame pack  
Hiking boots (waterproof)  
Extra bootlaces  
2nd pr footwear for hut  
3 prs heavy socks  
3 prs light socks  
long pants  
long-sleeved shirt  
t shirts  
2 warm layers  
rain coat  
rain pants  
hat  
gloves  
underwear  
flashlight w/ xtra batteries  
toilet stuff  
sleep sack  
food  
field kit (compass + maps, notebook)  
day pack  
bug spray  
sun screen  
1st aid kit  
3 small bags  
3 large bags  
Money for food  
bathing suit, towel  
water bottles

Optional: camera, film, chapstick  
sunglasses, guitars, TP

Questions? Jeff 617-332-3617

Trip slip #17  
July 27, 2001

# MOUNTAIN PREP DAY

+ Group Games!

8:30 AM - 12:30 PM

## Equipment

- You! (with your water-proof boots)
- Everything on the mountain equipment list, including Day 2+3 lunches + trail mix/snacks
- If you have them, a bunch of one and two gallon zip lock bags

- Snack (we won't be eating lunch)

Tomorrow, your leaders will be helping you pack all your stuff for our 3 day excursion up the highest peak in the NE, Mt. Washington! If you do not own a frame pack, you can use ours for free! If you are renting, you should have your packs already. **BRING EVERYTHING ON**

**THE LIST INCLUDING FOOD!** You don't have to bring your first day food because it can be spoilt. If you are bringing in your own pack, just toss everything inside. If you are borrowing a pack from us, bring everything in a garbage bag. The leaders will be packing your things! Once we are done, do NOT unpack anything. Remember, if you forget anything, you will have to come earlier than our 4am time on Monday! The more you forget, the earlier you have to be! Call your leaders for answers to any questions... Thumper, anyone?

**GET READY FOR WASHINGTON!**

# MT WASHINGTON PREP DAY

## EQUIPMENT:

- ① YOU!
- ② EVERYTHING ON THE MOUNTAIN EQUIPMENT LIST, INCLUDING DAY 2+3 LUNCHES AND SNACKS!

MT WASHINGTON IS TOMORROW!!

**AT TIMES:**

9AM-12NOON

WOW! OK, SO, TODAY WE WILL BE PACKING YOUR PACKS FOR THE INFAMOUS MT WASHINGTON TRIP. IF YOU DO NOT OWN A FRAME PACK YOU HAVE A FEW OPTIONS. ① YOU CAN RENT A PACK FROM EMS OR REI OR ② YOU CAN USE ONE

OF THE PROGRAM-OWNED PACKS (WHICH ARE BRAND NEW THIS YEAR) FOR FREE! SINCE WE'RE GOING TO BE PACKING ALL OF YOUR STUFF TODAY YOU NEED TO **BRING EVERYTHING ON THE MT. W EQUIPMENT LIST! EVEN YOUR FOOD!** THE FOODS YOU WILL BE BRINGING NEED TO BE ABLE TO LAST 3 DAYS ANYWAY, SO ANOTHER DAY SHOULD NOT MAKE A DIFFERENCE. YOU DO NOT NEED TO BRING YOUR FIRST DAY LUNCH THOUGH, THAT CAN BE SPOILABLE. WE ARE GOING TO BE PACKING YOUR PACK A SPECIAL WAY SO YOU MUST NOT TAKE STUFF OUT AFTER YOU GO HOME THIS AFTERNOON!! IF YOU DON'T HAVE YOUR OWN PACK, BRING YOUR STUFF IN A GARBAGE BAG.



**IF YOU CAN:**

**BRING LOTS OF ZIP-LOCK BAGS IN DIFFERENT SIZES!**

**IF YOU FORGET SOMETHING, YOU'LL NEED TO COME @ 4:15 TOMORROW**

**IF YOU HAVE ANY QUESTIONS PLEASE CALL YOUR LEADER! DON'T CALL TOO LATE THOUGH, WE NEED OUR SLEEP TOO! 😊**

# TRAIL LUNCH RECOMMENDATIONS

- A GOOD TRAIL LUNCH IS UNSQUISHABLE, UNSPOILABLE, LIGHT, TASTY, NUTRITIOUS AND DOESN'T HAVE LOTS OF PACKAGING.

## THINGS TO AVOID

- MAYO, BUTTER, MUSTARD → THEY GET NASTY
- FRESH FRUIT IS HEAVY, BRUISES & SPILLS EASILY
- NO CANS OR GLASS
- CHEESES LIKE MUNSTER + CHEDDAR - THEY SEPARATE

## GOOD IDEAS

- CHEESES LIKE SWISS, CROUYERE, SMOKED Gouda
- DRIED FRUIT
- GRANOLA OR GRANOLA BARS
- DRINK MIX
- TRAIL MIX
- NUTS
- CRACKERS
- SALAMI OR PEPPERONI
- PEANUT BUTTER
- PITA
- RAISINS
- HUMMUS
- COOKIES
- VEGGIES

TRIP SLIP #13

JULY 20, 2000

QUESTIONS?

CALL SENNY

969-2776

EQUIPMENT:

BOOTS, FIELD KIT,  
RAINGEAR, LUNCH  
H<sub>2</sub>O, GAME IDEAS

# GROUP GAMES DAY

TIMES:

9AM-1PM

... AND MOUNTAIN SLIDE SHOW

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**PARENTS ARE INVITED TO THE SLIDE SHOW @ 9AM**

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"HOLY MOUNTAIN MAYHEM, BATMAN!" BELIEVE IT OR NOT, IT'S TIME FOR THE MOUNTAIN SEQUENCE. TODAY WE'LL HAVE A CHANCE TO DO SOME BONDING WITH OUR MOUNTAIN GROUPS AND PREPARE FOR THE LONGER, MORE CHALLENGING MOUNTAIN TRIPS. PREPARATION IS IMPORTANT BECAUSE IT IS THE BEST WAY TO HAVE A SAFE AND FUN TRIP

**EVERYONE MUST COME OR YOU WILL NOT BE ALLOWED TO COME ON THE MOUNTAIN TRIPS! IF YOU HAVE A PROBLEM, CALL SENNY.**

SO, FIRST WE'LL START THE DAY WITH A FUN-FILLED MT. WASHINGTON SLIDE SHOW FOR THE STUDENTS AND THEIR PARENTS. AFTER THAT WE'LL HAVE A SHORT QUESTION AND ANSWER PERIOD BEFORE WE SEND THE PARENTS HOME AND GET DOWN TO BUSINESS. AFTER THE PARENTS LEAVE (HEH, HEH, HEH...) WE'RE GOING TO PLAY SOME CRAZY, WHACK, FUNKY GROUP GAMES THAT ALL INVOLVE TRUSTING EACH OTHER AND WORKING TOGETHER. WHY, YOU ASK? WELL, THEM, I'LL TELL YA. ON THE MOUNTAINS, TRUSTING EACH OTHER AND WORKING TOGETHER ARE ABSOLUTELY NECESSARY SO EVERYONE'S SAFE AND WELL AT ALL TIMES. SOME PAST ENVISCI FAVORITES, INCLUDE TRUST FALLS, DR. TANGLE AND NO-LEGGED RACES.

😊 GET PSYCHED! 😊

JULY 23, 1996

TRIPSUP #15

# GROUP GAMES DAY

AND Mt. Washington Slide Show - PARENTS ARE INVITED!!

TIMES: 9am - 12:30pm (slide show is at 9am)

EQUIPMENT: Boots, field kit, raingear, lunch, water, and ideas for game

Group Games Day is a chance for us to bond with our Mountain Groups, ask questions about Mt. Washington, and generally prepare for our upcoming longer hikes. This is a very important day because being prepared is the best way to have a safe and fun trip. EVERYONE must come or you may not be allowed on the mountain trips. If you have a problem and absolutely can not come, call MOLLY at 965-1979.

The fun will begin at 9am with a fun + informative slide show for all students and their parents. After a question + answer period we will send the parents home and play some cool games. If know of any good games, bring along your ideas! The day will end a little early so that everyone can rest up for the long-awaited and much anticipated...



MOUNTAIN SERIES!!



TRIP SLIP #15  
Questions?  
Pam  
527-5831

JULY 22<sup>ND</sup>, 1997

# GROUP GAMES DAY

AND

## MOUNTAIN SLIDE SHOW

PARENTS ARE INVITED!!

TIMES: 9am to 12pm (slide show will be at 9am)

EQUIPMENT: Boots, field kit, raingear, water, + ideas for games!

Group Games Day is the first chance you'll have to **BOB** with your mountain group!! It's also a day to see slides of the mountains, and questions about the mountains, especially Mt. Washington, and to generally prepare for the longer hikes. Being prepared is VERY important because preparation is the best way to have a safe + fun trip. EVERYONE must come or you will not be allowed to join us on the mountain trips. IF you ABSOLUTELY cannot come, please call Pam at 527-5831 + we'll work it out.

We'll begin with a slide show for students + parents... It's also a chance to see Envi-Sci history! After a short question period, parents will go home while we play fun group games! Bring any game ideas! Envi/Sci favorites include Dr. Tangle + Trust falls! The day ends early so you can rest + get excited for the Mountain Series!

# GROUP GAMES DAY

- we finally made it! Trip slip # 15

↓ ↓  
what to bring: ←  
you must bring all ←

9:00 AM - 1 PM  
July 21<sup>st</sup> 1993

much of the equipment listed as possible (not including foods) all these items must be things that you will be able to leave at Newton South until Monday July 26<sup>th</sup>.

## WHAT WILL WE BE DOING

first you will get into your Mountain Groups!

Your leaders will go over the equipment list with you and check out what you do have.

On Monday we will be having a final pack check. At this time all items on equipment list must be in. If you do not have a frame pack, one will be provided for you (this is part of what today is for).

Then we will be playing a number of group games, and trust exercises!

**WHY?** - you may ask, well I'll tell you.

In the mountains it is absolutely necessary for you to work as a group and trust one another because safety is important in the

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Also: on Monday July 26<sup>th</sup> there will be a slide show and an opportunity to ask questions. All parents are invited to join as well from 9:00 AM to 10:00 AM.

TRIP SLIP #13  
DATE: THURS. JULY 18, 1991

# MOUNTAIN PREP & GROUP GAMES DAY



TIMES:  
\* → 9am - 1:00pm \* \* \*

BRING IN YOUR EQUIPMENT FOR MT. WASHINGTON

Joe Hiker →

AT  
NEWTON SOUTH

## EQUIPMENT:

- Field Kit
- Lunch AND
- Equipment for mountains including
  - frame pack
  - xtra boot laces
  - 2-3 pair heavy socks
  - 2-3 pair light socks
  - Complete change of all clothing
  - Small Towel
  - Warm Hat
  - gloves or mittens
  - Long sleeve shirt
  - Rain pants & coat
  - Long pants
  - Xtra Canteen
  - Slippers/sneakers
  - flashlight/xtra battery
  - insect repellent
  - 3 small plastic bags
  - 3 garbage bags.

Yo Joe and hey Bros! It is time to begin our long awaited mountain sequence - the final (sniff) <sup>trudging</sup> phase of the program. However, before we can sally forth to the Blue Hills, Mount Monadnock, and (aah, oo) Mount Washington, we must spend a day together at Newton South preparing for our grand excursions. This Thursday, therefore is none other than MOUNTAIN PREP & GROUP GAMES DAY! (Something I know you have all been waiting for with great anticipation, baited breath even. Now look at you, you're turning blue! I told you not hold your breath. Might IN, OUT, much better.)

Anyway, from 9-10 we will watch a slide show and talk about the mountains. Your parents are invited to this part, so please bring them along. Then we will check your Mt. Washington equipment. Remember, what you bring in will be left here until next Tuesday! This is really important, **SO DON'T FORGET** to bring in everything on the left hand side of this page.

For the rest of the day we will do some super-latively excellent group games with your mountain group. Trust me, these are really keen and swell cooperation excercises like no-legged racing and trust falls. **SO GET PSYCH-ed and PREP-ed!!!**

# MOUNTAIN PREP DAY !!

Trip slip  
#15

July 24,  
1995

Times: 9am - 12:30pm

Where: Brown Jr. High

\*\* There will be a slide show and question/answer time at 9am for Students and PARENTS. Please come + join us! \*\*



Today we will be checking your Mt. Washington equipment and packing your packs. We have PLENTY of extra packs, so do not worry if you don't already have one. You can also rent a pack from EMS or REI (I can get you info.), but ours are free! Since we are going to be packing all of your stuff today, you need to bring EVERYTHING on your Mt. Washington <sup>equipment list</sup>... even your food. The foods you will be bringing need to ~~be brought~~ last you 3 days, so it is o.k. to bring it all on Monday. The one exception is you don't need to bring your 1st day lunch. It is important to bring everything on your list because after we pack your stuff on Monday, you won't be able to add or take away anything. We will help you pack your stuff in a special way, so we won't want you to move your things around afterwards. If you don't have your own pack, bring your stuff in a plastic bag. 😊

# GROUP GAMES DAY

what to bring: ←  
you must bring ~~all~~ ←

most of the equipment listed as possible (not including foods) all these items must be things that you will be able to leave at Newton South until Monday July 26<sup>th</sup>.

On Monday we will be having a final pack check. At this time all items on equipment list must be in. If you do not have a frame pack, one will be provided for you (this is part of what today is for).

so: on Monday July 26<sup>th</sup> there will be a slide show and an opportunity to ask questions. All parents are invited to join as well from 9:00 to 10:00

- we finally made it! Trip slip #15

July 21<sup>st</sup> 1993  
9 AM - 1 PM

## WHAT WILL WE BE DOING

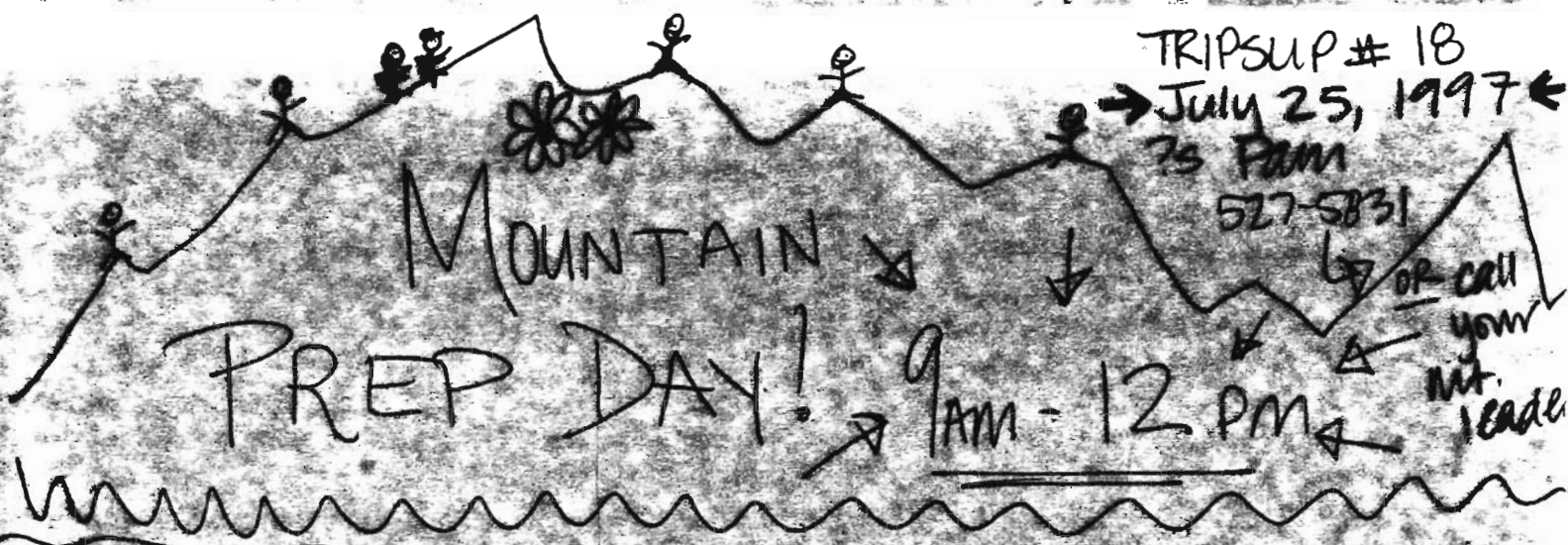
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**EQUIPMENT:**

Plain + simple - you need : ① YOU ② all the equipment on the Mountain Equipment list, including DAY 2 + DAY 3 lunches (we want to be sure you packed enough food!)

TODAY, we'll be helping you pack your packs! IF you plan to use your own frame pack, please bring it. Otherwise, you can borrow a pack from us for free. Or, you may wish to rent one from EMS or REI, but if you rent one, you MUST have it on Friday with you! You MUST HAVE ALL YOUR GEAR, otherwise you'll have to arrive early (4:30am) on Monday, and that's NO FUN. We'll help you pack your pack + practice walking around with them. If you chose to borrow from us, bring all your stuff in a plastic bag.

Be sure to bring your 1<sup>st</sup> day lunch MONDAY. You'll be taking your gear home today! GET EXCITED! ONLY A FEW SHORT DAYS 'TILL WASHINGTON

it can be so storable  
WASHINGTON

Thursday July 26<sup>th</sup> questions? call Lee @ 527-2763  
Tripslip # 17 or your mountain group leader

# MOUNTAIN PREP DAY! 9-12 AM 12 PM

What do you need to bring? - also bring your regular field kit stuff + a snack!

you must bring everything on the list

that was given to you on Mt. Wachusett

except for any of your lunches. We will

be going over all your stuff to see if you

have the right stuff and we will help you

pack your packs. we will loan you a

pack if you don't have one. At the

end of the day you will be bringing all

this stuff home again.

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WE WILL ALSO BE HAVING A SLIDE SHOW  
ABOUT MT. WASHINGTON - INVITE YOUR  
PARENTS TO COME + SEE FROM 9-9:30!

questions parents have can be answered!

Thursday July 26<sup>th</sup>

Trip slip # 17

questions? call Lee @ 527-2763  
or your mountain group leader

# MOUNTAIN PREP DAY! 9-12

AM 12 PM

What do you need to bring? - also bring your regular field kit stuff + a snack!  
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WE WILL ALSO BE HAVING A SLIDE SHOW ABOUT MT. WASHINGTON - INVITE YOUR PARENTS TO COME + SEE FROM 9-9:30!



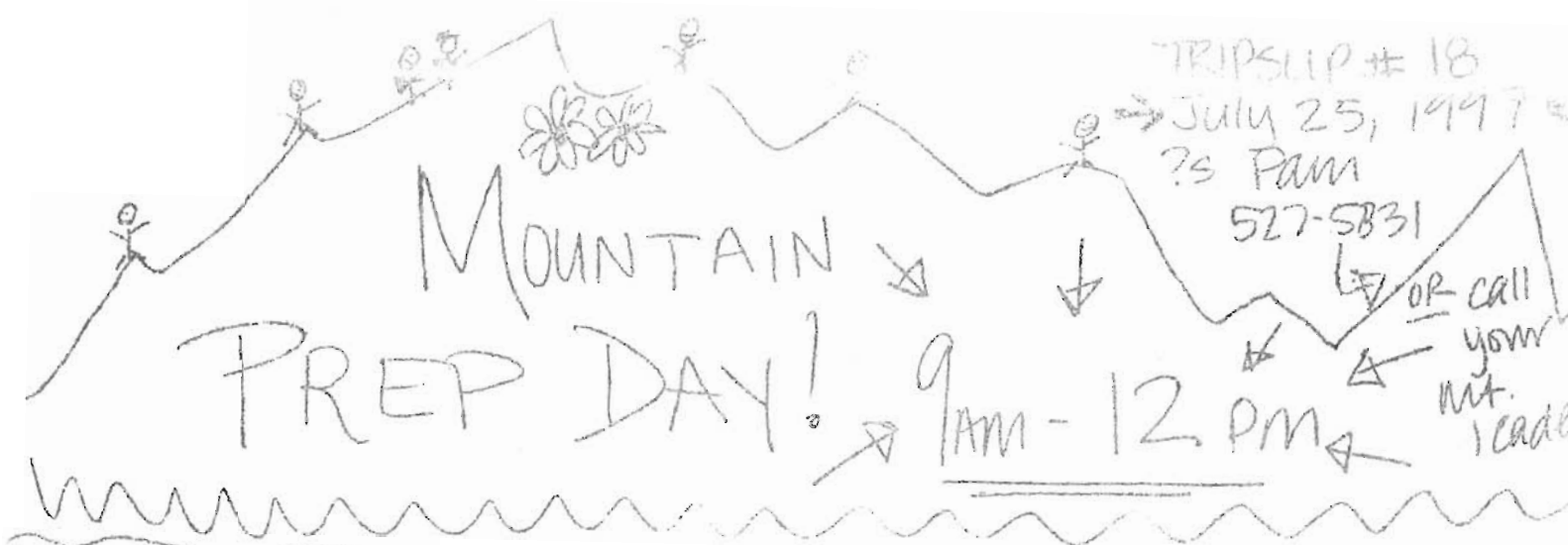
July 26, 1996

Trip slip # 18

# Mt. Washington Prep. Day!!

Oh boy, we are getting close to the best trip of the month... MT WASHINGTON!!! This will be my last MT WASHINGTON trip as a Director, so let's make it an extra good one! Your equipment list for Mt. WASHINGTON Prep. Day is as follows: yourself and all of the equipment on the list we sent home to your parents and also gave to you on Tuesday of this week. THIS INCLUDES FOOD for days #2+3 since we want you to bring foods that will last for a while and not rot too quickly. We are going to help you pack your packs, so you MUST HAVE EVERYTHING on the list. If you do not have a pack, have no fear! We will provide you with one for free. However, you can also rent one from EMS or REI if you would like to. IF YOU DO THIS, YOU MUST BRING THE PACK WITH YOU TO MT WASHINGTON PREP DAY! If you want to borrow one of our packs, bring all of your stuff in a big ole plastic bag, OK? Any questions? Call MOLLY at 965-1979.

START GETTING EXCITED because the fun begins Monday!



EQUIPMENT:

Plain + simple - you need : (1) YOU (2) all the equipment on the mountain equipment list, including DAY 2 + DAY 3 lunches (we want to be sure you packed enough food!)

TODAY, we'll be helping you pack your packs! If you plan to use your own frame pack, please bring it. Otherwise, you can borrow a pack from us for free. Or, you may wish to rent one from EMS or REI, but if you rent one, you MUST have it on Friday with you! You MUST HAVE ALL YOUR GEAR, otherwise you'll have to arrive early (11:30am) on Monday, and that's NO FUN! We'll help you pack your pack + practice walking around with them. If you chose to borrow from us, bring all your stuff in a plastic bag.

Be sure to bring your 1<sup>st</sup> day lunch MONDAY. We'll be taking your gear home today!

GET EXCITED! ONLY A FEW SHORT DAYS 'TILL WASHINGTON!

TRIPSUP #15

Questions?

Pam  
527-5831

JULY 22<sup>ND</sup>, 1997

# GROUP GAMES DAY

AND

MOUNTAIN SLIDE SHOW

← PARENTS ARE INVITED!

TIMES: 9am to 12pm (slide show will be at 9am)

EQUIPMENT: Boots, field kit, raingear, water, + ideas for games!

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We'll begin with a slide show for students + parents. It's also a chance to see Envi-Sol + slides! After a short question period, parents will go home while we play fun group games! Bring any game ideas! Envi-Sol favorites include Dr. Tangle + Trust falls! The day ends early so you can rest + get excited for the Mountain Series!

# **MOUNTAIN EQUIPMENT LIST**

## **Items needed for Mt. Washington**

### **To be packed**

- \_\_\_\_\_ Frame Pack (If you don't have one, the program can supply one.)
- \_\_\_\_\_ Hiking Boots
- \_\_\_\_\_ Extra Boot Laces
- \_\_\_\_\_ 3 Pairs of **Heavy Socks (WOOL!)**
- \_\_\_\_\_ 3 Pairs of **Light Socks**
- \_\_\_\_\_ Long Pants (No Jeans, preferably no cotton. Old suit pants work)
- \_\_\_\_\_ A T-Shirt
- \_\_\_\_\_ A Long Sleeved Shirt
- \_\_\_\_\_ 2 Warm Layers
- \_\_\_\_\_ 1 Pair of Shorts
- \_\_\_\_\_ Rain Gear → Top **and** Pants. **NO PONCHOS!**
- \_\_\_\_\_ Gloves or Mittens
- \_\_\_\_\_ Wool Hat
- \_\_\_\_\_ **2** Quart or Liter sized bottles. One may be used for a sugar drink.
- \_\_\_\_\_ Field Kit (Backpack, Notebook, Pencils, 1<sup>st</sup>-Aid Kits)
- \_\_\_\_\_ Flashlight and at least one (1) Extra Set of Batteries
- \_\_\_\_\_ 2-3 Pairs Underwear
- \_\_\_\_\_ Bug Spray & Suntan Lotion
- \_\_\_\_\_ Personal Toilet Articles (Be Prepared)
- \_\_\_\_\_ Lunch For All 3 Days (See The Suggested Food List)
- \_\_\_\_\_ Snacks (GORP, crackers, dried fruit, etc.)
- \_\_\_\_\_ Slipper, Sandals, light shoes for inside the hut. (Optional)
- \_\_\_\_\_ \$ Money for day 1 breakfast and day 3 dinner  
(Around \$20, more for souvenirs)
- \_\_\_\_\_ 6 Small re-closeable Plastic Bags
- \_\_\_\_\_ 3 Large Garbage Bags
- \_\_\_\_\_ Old Bathing Suit and Small towel for (natural water slides)
- \_\_\_\_\_ Sleepsack (A sheet sewn together – NO sleeping bags)
- \_\_\_\_\_ **ANY MEDICATION** or **KNEE/ANKLE BRACES**  
(include dosage instructions)

### **Optional:**

Camera, T.P. or Tissues, Bandana,  
Scarf, Clean Clothes for the last day.

# GROUP GAMES

## AND MOUNTAIN PREPERATION DAY

**Who:** You, your group, and your leaders. **When:** 10:00 AM - 2:00 PM

**Where:** Brown Middle School **What:** The entire mountain equipment list.

**Questions?** 857 205 4723 We're getting ourselves ready

because on tuesday we're off to Mt Washington. You need to bring all of the stuff on the attached Equipment List in a big garbage bag. We will give you a pack, pack it, and send it home with you again to bring in at 4:00 AM the next day. But if you forget anything, you'll have to come in earlier than 4.

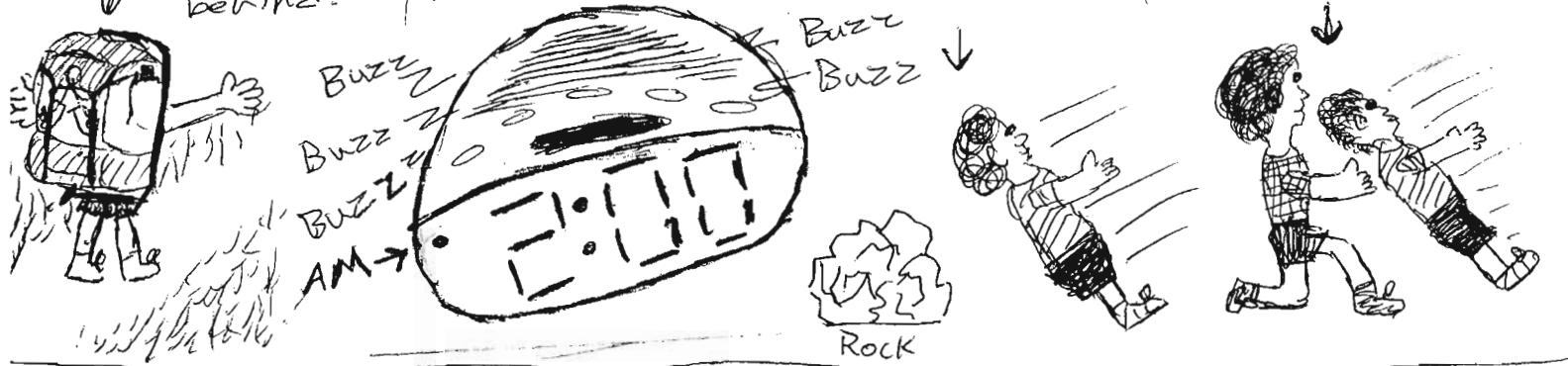
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Some of you will look like walking framppacks from behind.

Don't forget anything or this could be yours on tuesday.

The wrong way to do a trust fall

The right way to do a trust fall



In case of emergency your child will be brought to Newton Wellesley Hospital. This program must comply with the regulations of the Mass Dept Health (617) 243-6000 and must be licensed by the city of Newton Health Dept.