



Santa Barbara  
Middle School  
founded 1976

## **The March Trip: *Spring into the Equinox***

Jan. 20, 2009

Our March Trips will be upon us before we know it! There will be two different schedules for the Winter Trips. Kayaking and Mountaineering will use the nine Friday afternoons before the March Trips for detailed trip preparation. The rest of the trips will use the four Friday afternoons just before the trips for trip prep. We will have clinics and lessons in the details of each particular trip. Training and skill level will increase as a student progresses through their years at SBMS. ***Please note that the Friday trip prep classes are required, not optional.*** The students will be responsible for the information covered. These classes will focus on the following:

- History, culture, flora, and fauna of the environment they will be exploring
- Promoting group cohesiveness and individual responsibility
- Equipment and clothing needs - minimal living
- Efficient packing and self-sufficiency
- Minimal impact camping - *Leave No Trace* ethics
- Map reading skills
- Nutrition and menu planning
- Cooking on a backpacking stove
- Trail first aid
- Training hikes and/or rides

**6TH GRADE** - All of the 6th graders will be going on the **Trek** trip. The Trek involves hiking with a daypack from campground to campground in the Figueroa Mountain area. Camping and cooking gear, and food supplies are shuttled. The Trek is a good introduction to backpacking. It is also a wonderful alternative for those who have backpacking experience.

***IMPORTANT:*** The **Trekkers** will need to have good, supportive trail shoes or boots.

**7TH GRADE** – All of the 7th graders will be going on **Ojai Bikes ‘n BOBs**. They will carry everything they need for their five-day expedition in BOB trailers which will be provided by the school.

### **8<sup>TH</sup> & 9<sup>TH</sup> GRADE OPTIONS (not every trip is open to both grades):**

1) **Ocean Kayaking:** 25-30 miles of paddling along the Gaviota Coast from Refugio to Goleta Beach. Experienced swimmers only! Ocean experience required! **Open to 9<sup>th</sup> grade only!!**

**\*\* Kayaking Students have already signed up. This is for information only.**

2) **Mountaineering:** Mountaineering expedition on Mt. Whitney. **Open to 8<sup>th</sup> grade only!!**

**\*\* Mountaineering Students have already signed up. This is for information only.**

3) **Big Sur Bikes n'BOBs.** A 6-day (Sunday, March 16 – Friday, March 20) mid-level bikes and BOBs trip. Students will carry everything they need for their six-day expedition in their BOB trailers. **Open to 8<sup>th</sup> and 9<sup>th</sup> grades.**

4) **Advanced Bikes 'n BOBs:** A 5-day (Sunday, March 16 – Thursday, March 19). Students will carry everything they need for their five-day expedition in their BOB trailers. The route is at present uncertain as it depends on weather and trail conditions. Total cycling distance will be approximately 40-60 miles. Terrain may be mountainous and challenging. **Open to 8<sup>th</sup> and 9<sup>th</sup> and BOB-experienced 7<sup>th</sup> grades.**

5) **Catalina Backpacking:** An 8-day medium-hard backpacking trip across Catalina Island (Sunday, March 15 - Sunday, March 22). Note: This is an 8-day self-contained trip. There can be no coming late or leaving early due to reservation restrictions and complications getting to our remote campsites. Students backpack across Catalina Island from Two Harbors out to Parson's Landing on the West End, then back to Avalon in the East. Full frame backpacks required. Hikes are 6-11 miles per day. There are two layover days that includes Catalina Island Conservancy lessons about the flora, fauna, and the Chumash culture on the island, guided hikes, and an evening astronomy lesson. A \$90.00 extra charge covers the boat to and from Catalina, the Conservancy talks, fuel purchase, and dinner the fourth night in Two Harbors. SBMS Stoves and Backpacks can be rented from Whit's Warehouse starting Feb 20th. (Our SBMS Stoves are required because they fit the fuel canisters on Catalina Island.) Open to 8th and 9th grades. Trip meetings will go until 5:00 the 4 last Fridays until the trip leaves: Feb 20, Feb 27, March 6th and March 13. **Open to 8<sup>th</sup> and 9<sup>th</sup> grades**

**IMPORTANT:** Students on the backpacking trip will need access to a **backpack with an internal or external frame, padded shoulder straps and padded hip belt, and a backpacking stove.** SBMS has backpacks and stoves for rent. The backpack rental fee is \$25.00. They will also need to have **good, supportive trail shoes or boots.**

### **For the Parents Who Are Approved to Drive by SBMS:**

If you are available to drive a carload of students for one of the trips I'd really appreciate your help. If you want to drive, please check with Lilli at school to see if you are an approved driver, then email Erin at [Erin@SBMS.org](mailto:Erin@SBMS.org). If you are not on the approved list and want to drive, Lilli can get you approved quickly if you have a clear driving record.

Please provide us with the following information:

1. Your name and phone number.
2. How many passengers (including the driver) you can take in seat belts.
3. Which direction(s) and the dates you'd like to drive.

**Below is a list of our driver needs for the winter trips.**

**6<sup>th</sup> Grade Trek:** 9 passenger seats needed

**Monday 3/16:** SBMS to Figueroa Mountain Campground. Depart SBMS at 10:00 am. 2 hours round trip.

**Friday 3/20:** Figueroa Mountain Campground to SBMS. Be there by 12 noon. 2 hours round trip

**7<sup>th</sup> Grade Ojai BOBs:**

One 26-foot Penske/Uhaul truck driver needed Monday and Friday.

**Monday 3/16:** Parent volunteer needed to pick up the rental truck (26ft) at 8:30am, drive it to SBMS for bike loading and then drive it from SBMS to Seacliff exit (departing SBMS at 9:30 am). After unloading at Seacliff volunteer driver would then return the rental truck to the rental shop.

**Friday 3/20:** Parent volunteer needed to pick up the rental truck (26ft) at 11:30am and drive it to Emma Wood State Beach by 12:30 pm for bike loading. Then the volunteer would drive it back to SBMS for unloading and then return it to the rental shop.

**Big Sur Bikes and BOBs:**

2 drivers needed to drive SBMS vans Sunday and Friday

**Sunday 3/15:** 2 drivers needed to drive 2 SBMS van and trailers from SBMS (depart at 9am) to Monterey, drop off riders and bikes and return vans to SBMS.

**Friday 3/20:** 2 drivers needed to drive 2 SBMS van and trailers from SBMS to Morro Bay by 12:30pm, pick up riders and bikes and return to SBMS.

**Catalina Backpacking:**

**Sunday 3/15:** two parent drivers needed to drive two SBMS vans (one with a trailer) to San Pedro, drop hikers and return vans to SBMS. Depart SBMS 8:30am return by about 2pm.

**Sunday 3/22:** two parent drivers needed to drive two SBMS vans (one with a trailer) to San Pedro, pick up hikers and return to SBMS. Depart SBMS by 2pm, pick up backpackers at 4:15, return to SBMS by 6pm.

***Please be sure to check with Lilli first to see if you are an approved driver.***

I will make a list of all of the offers and once I figure out what our driving needs are, I will call and let you know if we can use your kind offer or not. If I can use you to drive, I will get a detailed map to you. Thank you very much!!

Once I tally the students' trip preferences, a trip specific email will be sent that will include the trip your student will be on, an equipment list and what steps you need to take in preparation for the trip. That letter will be sent in the first week of February.

Thank you!

**Erin Finnegan,  
Outdoor Education Coordinator**