



# Teacher Planning Guide

MOUNT RAINIER INSTITUTE

2024

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**Welcome** to Mount Rainier Institute. We are excited to have and your group visiting us for a fun, exciting, and educational school overnight program. If this is your first visit, we welcome you as the newest members of our growing family of schools. If you have visited before, welcome back!

Mount Rainier National Park is an iconic national treasure with nearly 2 million visitors per year. Encompassing 235,000 acres and offers a wide variety of natural landscapes and educational opportunities for students. Geologic features such as glaciers and volcanic formations, alpine, subalpine and lower elevation western forests, wildlife, wildflowers, and miles of backcountry trails are just a few of its attractions. Together with University of Washington's Pack Forest, the park is a wonderful and exciting "classroom" for Mount Rainier Institute.

While planning for your experience at the Mount Rainier Institute, please use the following guidelines:

- Read the entire **Program Planning Guide**.
- Use the **Program Preparation Checklist** to help you.
- Make copies of all forms and handouts, or use the Google Drive Folder or individual electronic forms sent separately.

The staff at the Mount Rainier Institute is here to ensure that participation in our program meets your goals and exceeds your expectations. When the time comes to depart from the institute, we hope you will share what you have learned and experienced.

Sincerely,

A handwritten signature in black ink that reads "John G. Hayes". The signature is written in a cursive, flowing style.

John G. Hayes

Director

# Program Preparation Checklist

As you look through this guide, you will find many helpful items for planning your program at Mount Rainier Institute. This checklist will help you to ensure that all the critical details are covered. Please review this checklist and have all aspects completed BEFORE ARRIVAL.

## Upon Scheduling:

- Make sure all School District requirements for trip approval are met.**
- Secure dates at the Mount Rainier Institute and return signed agreement.
- Develop a funding plan. If your group contains 5<sup>th</sup> or 6<sup>th</sup> grade public school students, please request Outdoor School for All funds from [Outdoor Schools Washington](#).
- Arrange a teacher/administration orientation visit to Mount Rainier Institute (recommended for first-time groups).
- If needed, arrange a time for Mount Rainier Institute staff to present a virtual presentation to parents at your school.
- Read through Mount Rainier Institute Program Policies & Guidelines.
- Begin informing parents and students about the upcoming program dates and meetings.
- Begin to complete the "Attendance Summary" tab of the shared Group Information spreadsheet. Please double check any dietary restrictions you are aware of and enter them again on this tab. While we assume this information may change slightly, this preliminary information helps MRI ensure adequate staffing and cabin space.**

## 2 to 3 months ahead:

- Sign up and confirm teacher/parent chaperones to provide adult coverage for each trail group, free time, and nighttime cabin supervision. Supply all chaperones the Chaperone Planning Packet, from the google folder MRI shared with you.
- Distribute hand-outs from this Program Planning Guide to students: Student Expectations, What to Bring List for Students, the Dear Parent letter, Student and Adult Health and Permission Form, Participant Dietary Restrictions, and the Center Overview for Parents.
- If you need additional planning support, schedule a meeting with Mount Rainier Institute Staff.

## 2 months ahead:

- Make all transportation arrangements. Most Mount Rainier Institute programs have scheduled arrivals at 10:30 a.m. Departure times may vary, but most groups are scheduled to depart after lunch on the final day (please check your agreement for specific arrival times). ***Because of our busy schedule, Mount Rainier Institute cannot guarantee we can accommodate early arrivals or late departures.***
- Set a date at least four weeks before arrival for all Acknowledgment of Risk and Consent forms (AOR/health forms) to be returned to you and dietary restriction information to be returned to the Mount Rainier Institute. Dietary restriction information is needed at least two weeks prior to your arrival.

#### 4 weeks ahead:

- Review your AOR/health forms for special physical, medical and dietary needs, and note them on the Group Information spreadsheet located in the online shared folder. ALL AOR/health forms MUST BE SIGNED. Bring the forms along on the first day of your program.
- Complete the Group Information spreadsheet in the google folder shared with your group.** This shared document is critical. Contact us if you need a tutorial on how to use this spreadsheet.
- Collect program fees and/or initiate a purchase order or necessary paperwork with the school office for payment. **Mount Rainier Institute will send an agreement which outlines costs prior to your arrival, and invoice shortly after your visit. We prefer a single check as payment.**

#### 2 weeks ahead:

- Divide students into trail groups on the Group Information spreadsheet in the shared folder shared with your group. Trail Groups should be co-ed (unless there is some reason that prevents this.) \* *When assigning trail groups, try to keep them roughly the same size (10-13 students). Consider the dynamics between students when assigning trail groups – we want every trail group to be set up for success. Having a whole group of friends in one group may be distracting when they are on trail; likewise, students with a history of interpersonal conflict should be placed in different groups. In the past, some schools have placed all their students with challenging classroom presences in a single group; we advise AGAINST this. If a parent of a student attending is serving as a chaperone, we recommend that parent is assigned to trail group different from their child unless there are specific medical or behavioral reasons why this is necessary.*
- Assign students to cabin groups on the Group Information spreadsheet in the shared folder shared with your group. Make sure all students know their trail and cabin groups before arrival (refer to the shared group information spreadsheet and/or Mount Rainier Institute staff to determine the number of cabins). Cabin Groups are usually single gender. Accommodation for non-binary students can be made in collaboration with the school and their policies. Make sure you have these assignments with you when you arrive for your program.\*
- If possible, schedule a meeting with all chaperones to discuss schedules and responsibilities. Make sure chaperones have been given the Guidelines for Chaperones.

\*Note that when assigning trail and cabin groups, the “Trail Group” and “Cabin Group” tabs of your google sheet will be locked; if you input all this information into the “Master List” tab, the cabin and trail groups will automatically populate\*

#### Day of Arrival:

- Collect and organize all medications from Students and give them to the adult authorized to handle medications for your school. Make certain you have a copy of the AOR/health forms organized to give to Mount Rainier Institute upon arrival.
- Make sure each teacher, chaperone, and student has a sack lunch for their first day at Mount Rainier Institute.**
- Load Busses. **Students and Chaperones should be dressed in outdoor clothing and footwear appropriate for the day's weather conditions. Participants will be outdoors and starting activities before moving into cabins at Pack Forest.**

**After the Trip:**

- If you would like to schedule for next year, please submit **3** possible dates for next year's trip.
- Make sure you have your final payment (check or purchase order) with you to present to the Mount Rainier Institute staff on the first day of your program.
- Submit final evaluation data to John Hayes, Director.
- Return any found Mount Rainier Institute Gear to us via mail.

**If you have any questions, please call us at 253-692-4161.**

## Infectious Disease Prevention

The health and safety of our students and staff have always been our top priority. After carefully reviewing guidance from university, state, county and local health departments, MRI developed policies and procedures aimed at creating a safe and healthy environment for all students, staff, and visitors.

For current information about MRI COVID-19 prevention policies, please visit [University of Washington's Office of the Youth Protection Coordinator](#).

Below policies specific to your time at Mount Rainier Institute:

- 1. Please emphasis to all participants that if they are not feeling well or showing any symptoms, they should stay home. It is possible to join the program the next day.**
- 2. We strongly *recommend* that you test all students before getting on the bus to come to Mount Rainier Institute. Though not perfect, testing is still the best way to ensure participants are not arriving with COVID.**
- 3. MRI will work to ensure all indoor spaces are well ventilated. This includes the use of fans, air purifiers, and open windows. Cabin supervisors are advised to use air purifiers and open windows.**
- 4. If a participant should start to feel ill during the program, it is important we isolate that participant. We recommend administering a COVID test as soon as possible. MRI will have test kits on hand, and the groups should consider bringing their own. We will ask a school representative with proper training and permission from the parents to administer the test (MRI staff do not administer tests). If a participant tests positive, they will remain in isolation until they can be picked up to go home. All other close contacts of infected individuals should be tested.**

For any questions, please contact [Jhayes90@uw.edu](mailto:Jhayes90@uw.edu).



## School Responsibilities

Thank you for your partnership in this exciting adventure. Together we can provide your students with a challenging and fun learning experience. To make the program work smoothly, your group must:

- Designate a Group Coordinator who serves as the authorized representative of the Group and who is responsible for organizing and supervising their Group's participation in the Program. MRI staff will work closely with the Group Coordinator to plan and organize the trip. *Our goal is to make this as easy as possible for you.***
- Provide all transportation of Participants to and from MRI. Note: Bussing has become challenging in recent years. Make sure you organize buses as soon as possible. Let us know if you need assistance with this.**
- Be responsible for any loss of or damage to MRI property, equipment and facilities caused by your group's students. This is extremely rare, but there have been things broken windows caused by rowdy students. Just know you may be charged for those repairs.**
- Discourage participants from bringing any unnecessary items or property to the MRI. We do provide a packing list to help you plan for your trip.**
- Be familiar and comply with other MRI Program Policies and Guidelines outlined in this Program Planning Guide.**

## Supervision Responsibilities

- Ensure that all personnel with youth supervisory, custodial, chaperone, or caregiving responsibilities, or with unsupervised access to youth:**
  - **Have successfully completed [criminal background checks](#),**
  - **Are sufficiently trained to provide safe and developmentally appropriate care for youth,**
  - **Abide by UW [standards](#) for safely interacting with youth, and**
  - **Report to the proper authorities, in accordance with state and federal laws and regulations, any suspected child abuse, neglect, or other behaviors of concern.**
- Provide at least one School Teacher, Administrator or Group Leader on site *at all times*.**
- Provide at least one teacher or adult chaperone for each Learning Group (Trial group) during the program day.**
- Assume full responsibility for the overnight supervision and safety of all participants.** It is recommended that each lodging group have at least one adult chaperone per lodging space if students are minors (*this may vary with upper-middle and high school aged students*). Most MRI lodging spaces contain eight beds; therefore, the recommended ratio of students to chaperones is 7 to 1. This ratio may vary if lodging other than eight-bed cabins are used. Lodging such as the Dining Hall Dorms may require fewer chaperones.
- Your group may find it useful to create a group chat with all teachers and chaperones at Pack Forest to facilitate communication.**



- Assume full responsibility for the safety and supervision of all Participants during all designated “free times.” Designated “free times” are outlined on the program schedule and highlighted during the initial adult chaperone orientation meeting.**

*Each day there may be “free times” where there are no specific activities scheduled. Mount Rainier Institute staff are preparing for the next set of activities. School staff and chaperones provide supervision during their free time. There are many ways of approaching this time. We recommend that students Do NOT stay in their cabins during their free time. However, if the school decides rest in cabins is necessary, please ensure students are properly supervised.*

- Assume full responsibility for the safety and supervision of any Participant who is required to remain on the MRI Campus during the Program due to injury or illness.**

- Notify MRI staff before removing participants from any program-related activity. The Group shall assume full responsibility for the Participants and the risks associated with any non-program-related activity.**

*It has been our observation that most conflict between students (or between schools, when there are multiple schools at MRI simultaneously) occurs during times where students are NOT in their trail groups. The end and beginning of the day (9 pm – 7:30 am) tend to be times that students are moving around campus in groups and can be a bit more chaotic. Making sure chaperones are dispersed throughout the cabins and any areas that students may be using.*

*In the event that there are multiple schools at MRI simultaneously, we will share contact information so lead teachers can begin a conversation about how both their groups can be successful during their time at MRI. We will also make in-person introductions on the first day of the program, and if the schools have a similar arrival time will conduct a shared adult orientation.*

### **Student Health, Safety, and Conduct Responsibilities**

- Deliver to MRI, by no later than the first day of the Program, MRI Participant Acknowledgement of Risk & Consent for Treatment forms signed by each adult Participant, and by the parent or legal guardian of each Minor Participant. The Group understands and agrees that no individual will be allowed to participate in any Program without a signed Assumption of Risk form.**

- Ensure all students and adults show no signs or symptoms of any infectious disease before departing for MRI.**

- Be responsible for knowing any medication requirements and/or any relevant physical or mental conditions or limitations of Minor Participants, and for administering any medication to Minor Participants in accordance with School/Group policies. MRI does not administer any medications.** *Refrigeration is available and a locked medical room can be provided to secure medications if requested. Asthma inhalers and epi-pens should be carried by the students or an adult with that student.*

- Provide at least one vehicle that can transport a student(s) if necessary.

- Work cooperatively with MRI staff to establish conduct and discipline policies that ensure a safe and positive learning environment for all students. Where appropriate, MRI will adopt school conduct and discipline policies during the MRI Program. If no such policies are predetermined, MRI's conduct and discipline policy will be used.

# Outdoor School Operational Policies and Guidelines

**These policies are designed to make your visit to Mount Rainier Institute safer and more pleasant for teachers and students.**

## 1. **Minimum/Maximum Numbers:**

There are 10 cabins that house 8 people, and some overflow housing above the dining lodge. We have a **maximum group size of 85 students** plus adults. Larger groups can easily be split into two separate programs. Additional students must be approved by the Mount Rainier Institute prior to the visit. All cabins are gender specific unless a gender-neutral cabin(s) is requested.

In an effort to maximize participation in Mount Rainier Institute Programs, your school may be scheduled with another school at the same time. To **exclusively** reserve Mount Rainier Institute, schools must pay for at least 60 students.

## 2. **Reservation Agreements:**

A signed Reservation Agreement must be received to hold your dates. Upon receipt of the 25% Booking Deposit (unless waived) and this Agreement signed by a duly authorized representative of the Group, MRI will confirm the Group's reservation. If MRI does not receive a signed agreement, dates may be lost to another group.

## 3. **Changes to Reservation Agreement:**

A signed Reservation Agreement must be received to hold your dates.

- **The Group may decrease the number of Participants by up to a maximum of 15% of the original number of Participants within ninety (90) days of the Group's Program Start Date without charge.**
- **A decrease in the number of Participants greater than 15% within ninety (90) days prior to the Program Start Date will result in a forfeit charge of 85% of the Total Program Fee listed above.**
- **Increases in Participant numbers are subject to availability. MRI must be notified of increases no less than ten (10) days prior to the Program Start Date.**
- **If the Group cancels within ninety (90) days of the Program Start Date, 85% of the original program fee will be charged, and must be paid within thirty (30) days of the cancellation.**
- **If Mount Rainier Institute must cancel the program, and an alternative date cannot be scheduled, the Groups will receive a full refund.**
- **Mount Rainier Institute reserves the right to assign cabins and facilities and to schedule other unused facilities to separate participating groups.**

## 4. **Deposits:**

*Unless Deposit is "WAIVED" as noted in Cost Estimates section of the agreement,* the Group is required to provide a program deposit representing 25% of the total cost of the Program based on the estimated number of Participants. The Deposit must be remitted to MRI by the date noted on the attached invoice to secure dates. The Deposit is nonrefundable and if an alternate program date cannot be found, is not transferable to other Programs or dates.

## 5. **Adult Chaperones & Teacher fees:**

One teacher per 30 students is free of charge. Aides (teachers, paraeducators, sign language interpreters, special educators, etc.) specifically assigned to assist students with disabilities are free of charge. The required number of adult chaperones are charged a reduced fee to cover food & lodging. Any adult chaperones beyond the required number are charged at the full tuition amount.

## 6. **Final Payment:**

A final invoice will be sent to the Designated Group Coordinator. Payment in full is due sixty (60) days after the receipt of the final invoice.

## 7. Tuition Assistance

**All Washington public schools serving 5-6th grade must request funding from Outdoor Schools Washington before requesting funds from MRI.** MRI will work directly with the Designated Group Coordinator to determine the amount of Tuition Assistance based on need and the availability of funds. The amount of Tuition Assistance may be based on the number of participants attending. If the number of participants decreases, the amount of Tuition Assistance will decrease proportionately. MRI Tuition Assistance funds are extremely limited. Our goal is to spread them out to as many students in need as possible. Please help us achieve this goal by ensuring any requests are truly needed.

## 8. Discipline:

Mount Rainier Institute will work cooperatively with teachers and administrators to ensure a safe and positive learning environment for all students. This includes adopting school discipline policies while in residence at Mount Rainier Institute. If no such policies are predetermined, then Mount Rainier Institute's discipline policy is as follows.

### **Any event of unacceptable behavior will result in the following:**

Warning 1 -Mount Rainier Institute staff or teacher or adult chaperone talks to student.

Warning 2-The student and the adult issuing the strike talks to the lead teacher and Mount Rainier Institute's Director. A phone call to the parent/guardian is made to inform them of the situation.

Warning 3-The student is withdrawn from activities, and the school or parents must arrange for transportation to return the student home.

### **Serious infractions such as fighting, having weapons, or illegal substances will result in immediate dismissal and possible prosecution.**

The warning policy is Mount Rainier Institute's basic discipline policy. However, we advise all teachers and chaperones to ensure students and their parents read and understand the **MRI code of conduct** prior to visiting the Mount Rainier Institute.

Teachers, please review this policy with parents, chaperones, and students before attending Mount Rainier Institute.

## 9. Arrival and Departure Times:

The Reservation Agreement will indicate the expected arrival and departure times of your group. Because of our busy schedule, Mount Rainier Institute cannot guarantee we can accommodate early arrivals or late departures.

## 10. Night Hours:

"Quiet Hours" at Mount Rainier Institute are 10:00 p.m. to 7:00 a.m.

Any school-planned activities after the evening program or before 8:00 a.m. must be approved in advance by the Mount Rainier Institute Director. Please note this is particularly important if your school is attending at the same time as another school.

After the evening program, students should return immediately with their teachers and chaperones to the assigned cabins in a quiet manner and prepare for bed. "Lights out" is at 10:00 p.m. or earlier based on the preference of the teacher or chaperone.

Students are not allowed to leave the cabins during "Quiet Hours" except to use the restrooms. Teachers and chaperones will need to devise appropriate strategies that facilitate safe trips to the shower and restroom facilities.

It is suggested that students go with a "buddy."

11. **Smoking/Vaping, and Alcohol:**

Smoking/Vaping is not permitted inside any Mount Rainier Institute building or during lessons. Smoking/Vaping is permitted in designated areas away from sight of the students. Please discard of any used cigarettes in the proper receptacles. Mount Rainier Institute participants (adults, teachers, chaperones, students, visitors, etc.) are **NOT** allowed to have any alcoholic beverages.

**Cannabis**

12. It is a federal crime to possess and use even small amounts of marijuana on or in any University facilities or vehicles. Further, as a recipient of federal funds, the UW must comply with the Safe & Drug-Free Schools and Communities Act and the Drug-Free Workplace Act which require that the UW maintain a drug-free campus. Visit <https://www.washington.edu/admin/rules/policies/APS/13.07.html> to view the University's Drug and Alcohol Abuse Policy.

13. **Cell phones:**

Cell phone reception at Mount Rainier Institute is generally good but can be intermittent depending on your carrier. Please do not use cell phones during programing or in sight of students. ***We STRONGLY discourage students from bringing cell phones because they are a significant distraction during the program. If the school determines that students will be allowed to bring phones, it is the teacher/chaperone's responsibility to make sure phones do not interfere with the day's activities. Pictures/videos can be taken by adults and shared with the rest of the group after the program in accordance with the school's privacy policies. MRI is not responsible for lost or damaged phones.***

## Program and Curriculum Overview

### **Program Description:**

During their stay at Mount Rainier Institute, students examine ecosystem services through the lens of values (economic, ecological, and cultural). They investigate how the diverse ecosystems of the Mount Rainier region affect their daily lives through, science, history, mathematics, and the arts. They explore the lives, relationships, and movements of plants and animals. Students also meet historical characters, play games, and go on hikes. They venture into the forest at night and sing songs by a campfire.

Students are challenged both individually and as a part of a team. They encounter wild and beautiful parts of Mount Rainier National Park and return to their classrooms with memories, data, sketches, and impressions that provide a foundation for continued work in social studies, science, art and language arts. Students return to their home community with a sense of empowerment and responsibility to make a positive difference in the environment in which they live every day.

The program is based at University of Washington's Pack Forest and will travel to Mount Rainier National Park.

**Target Audience:** 4<sup>th</sup> – 12<sup>th</sup> graders: The target audience includes children from all socio-economic groups throughout the region.

**Length of Program:** 4 day / 3 night stay. 3 day/2 night programs are also available.

## Sample Schedule

Mount Rainier Institute Sample Schedule				
Arrival at 10:00am by Bus	Goals: To have hands on life science experiences.			Cabin Assignments
Departure at 1pm by Bus	Classroom inquiry has been: Structured & Guided			
	Group 1	Group 2	Group 3	Group 4
<b>Monday</b>	<b>Welcome</b>			
10:00	Arrive at Pack Forest, move into cabins, orientation, and chaperone meeting			
11:15	Pack Forest	Pack Forest	Pack Forest	Pack Forest
5:00	Free Time on the Field or in Pack Hall			
5:30	Kitchen Patrol report to the Dining Hall (1 from each Cabin)			
5:45	Dining Hall Orientation and Dinner			
7:00	Values of the Past			
8:15 - 9:00	Welcome Campfire			
<b>Tuesday</b>	<b>Pack Forest Field Science</b>			
7:20	Kitchen Patrol report to the Dining Hall (1 from each Cabin)			
7:30	Breakfast and Pack Sack Lunches (Bring all gear for the day to the Dining Hall)			
8:30	Field Study	Field Study	Field Study	Field Study
5:00	Free Time on the Field or in Pack Hall			
5:50	Kitchen Patrol report to the Dining Hall (1 from each Cabin)			
6:00	Dinner			
7:00	Symposium Prep			
7:45 -9:00	Evening Program Varies per Season			
<b>Wednesday</b>	<b>Mount Rainier National Park</b>			
7:20	Kitchen Patrol report to the Dining Hall (1 from each Cabin)			
7:30	Breakfast and Pack Sack Lunches (Bring all gear for the day to the Dining Hall)			
8:30	Mount Rainier	Mount Rainier	Mount Rainier	Mount Rainier
5:00	Free Time on the Field or in Pack Hall			
5:50	Kitchen Patrol report to the Dining Hall (1 from each Cabin)			
6:00	Dinner			
7:00	Evening Program Varies per Season			
8:00 - 9:00	Farewell Campfire			
<b>Thursday</b>	<b>Science Symposium and Culmination</b>			
7:45	Cabin Check out: Please Roll up blinds, sweep, and take trash out to designated can Please wait on an Instructor to check you out of your cabin			
8:00	Breakfast (Must have dropped all luggage at the Pavilion before entering)			
9:00	Symposium Prep	Symposium Prep	Symposium Prep	Symposium Prep
9:30	Research Symposium			
10:30	Culmination on Trail	Culmination on Trail	Culmination on Trail	Culmination on Trail
12:00	Lunch in Dining Hall			
12:50	Group Photo			
1:00	Departure			

# Mount Rainier Institute Mission, Vision, and History

## Mission

Mount Rainier Institute provides outstanding nature-based education experiences that are rooted in science and nurture the next generation of environmental stewards and leaders.

## Vision...

We envision a world with a diverse community of ecologically literate people inspired by the natural world and motivated to be stewards.

## History

In partnership with Mount Rainier National Park, University of Washington created the Mount Rainier Institute and began operations in 2013. Located at University of Washington's Pack Forest, Mount Rainier Institute is a overnight environmental learning center using the natural and cultural resources of Mount Rainier National Park and Pack Forest to achieve its mission.

Mount Rainier Institute provides schools in our region with in-depth, multi-day programs focusing on science/STEM education. Mount Rainier Institute helps connect students and teachers to Mount Rainier National Park and uses the park and Pack Forest as its "classroom." We collaborate with schools to provide experiences that enhance curriculum, enrich science, and build community.

Students from all backgrounds have an opportunity to develop their relationship with the environment through an experiential education program in an excellent location. Creating a multicultural, scientifically, and ecologically literate citizenry that cares about the environment, National Parks and other public lands is essential to an environmentally sustainable future. Programs that foster an appreciation for science and nature, build confidence in being outdoors, connect students to National Parks, and that illuminate potential career paths in the environmental and conservation professions are crucial to this vision.



## Location

### Address:

9010 453rd Street East  
Eatonville, WA 98328  
(253) 692-4161

### From the North

Alternative 1 (I-5 to I-405 -- Through Puyallup): Take I-5 south. Take I-405 North "Renton" exit then take the Hwy 167 Kent exit south. Follow Highway 167 to Puyallup, and exit to Highway 161 (south). Follow Highway 161 (Meridian Street) past South Hill and Graham, and through Eatonville (approximately 28 miles). About 4 miles past Eatonville, you will get to the intersection with Highway 7; take the left turn. The entrance to Pack Forest will be on your left approximately 1/4 mile from the Highway 7: Highway 161 junction.

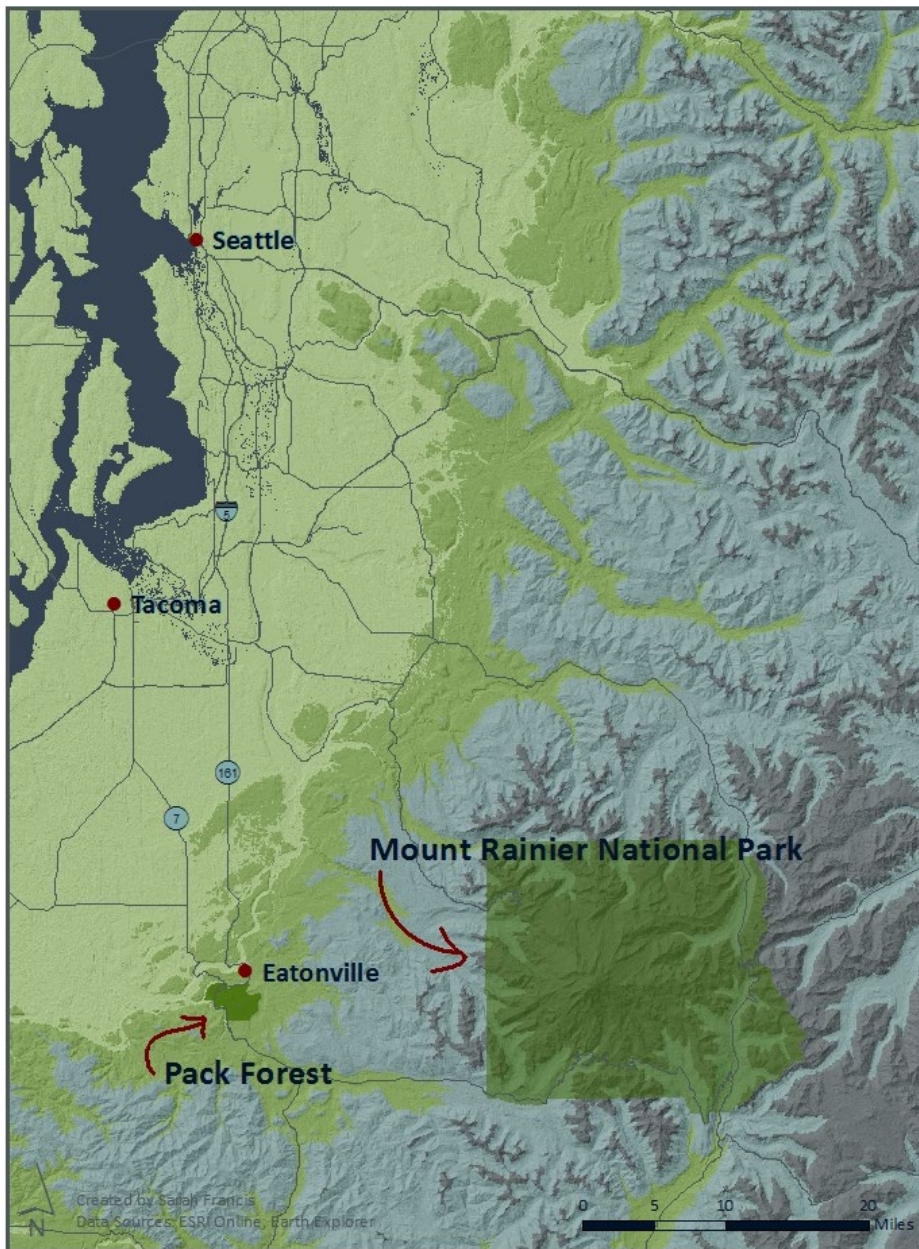
Alternative 2 (I-5 to Highway 7 -- Through Tacoma): Follow I-5 south through Tacoma. Take Exit 127, and follow Highway 512 for about 2 miles, then transfer to Highway 7 (south -- follow the signs to Mt. Rainier). Continue for approximately 5 miles to the junction of Highway 507 and Highway 7. Keep to the left (Highway 7). Stay on Highway 7 for about 22 miles. Watch for the sign "University of Washington Pack Forest." The entrance to Pack Forest will be on your left.

### From the South

Take I-5 North to US Route 12 (Exit 68, about 1 hour north of Longview). Go east, following US-12 through Morton. Turn left (north) on Highway 7. Follow Highway 7 through Elbe, Alder, and LaGrande. Approximately 1 mile north of LaGrande, you will see the entrance to Pack Forest on your right.

### Parking

A large wooden sign marks the entrance to Pack Forest. Pass through the arch. Take the first right for Mount Rainier Institute overnight/bus parking. To park at the administrative and management offices, continue forward.



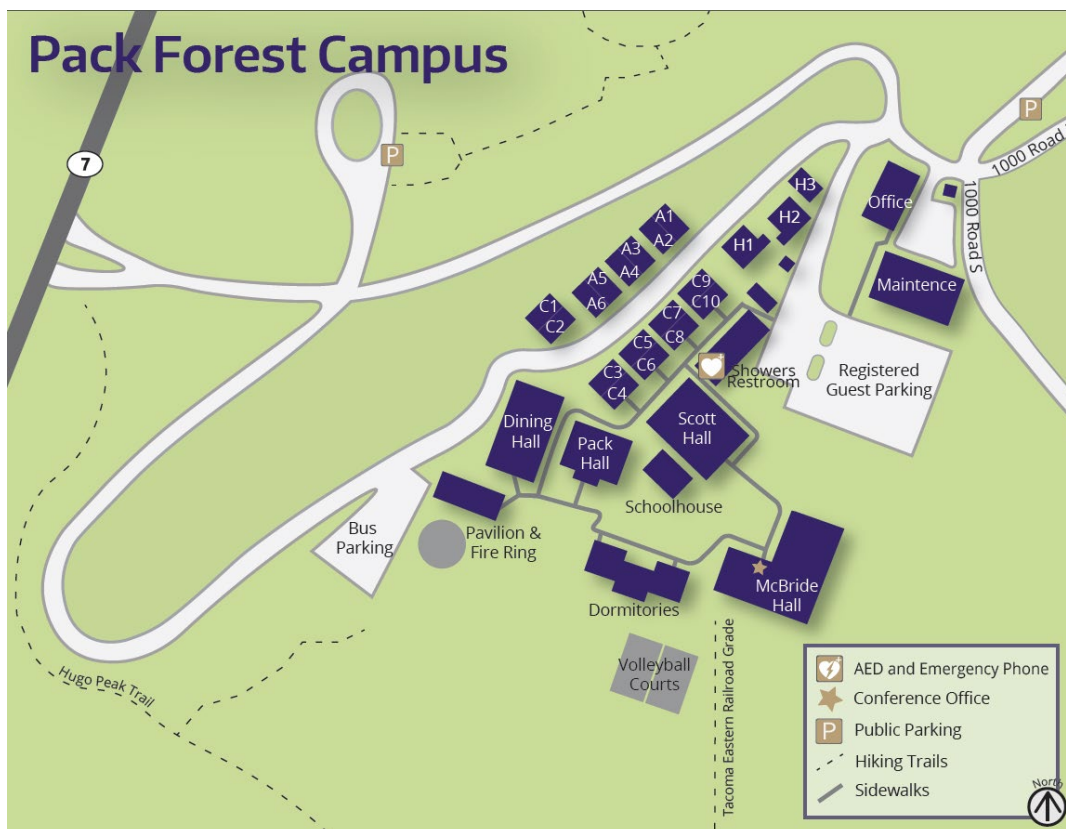
## Food and Lodging

Students at Mount Rainier Institute will be engaged in physical activity in varying weather conditions. A sample menu can be found below, please also keep in mind that any participants with dietary allergies or preferences must indicate those on forms returned to the school as well as submit a dietary restriction form directly to Mount Rainier Institute.

### Sample Menu Items

<b><u>Breakfast</u></b>	<b><u>Lunch</u></b>	<b><u>Dinner</u></b>
Sausage, eggs, hash browns, oatmeal, and fruit	Sack Lunches (most days)-Deli Sandwich, chips, veggies, fruit, and cookies	Pasta, meat/veggie sauce, breadsticks, salad, and dessert
Pancakes, bacon, berries, oatmeal, and fruit	Pizza, salad, fruit, brownies	Burritos, tortilla chips, and dessert
Ham and cheese omelet, oatmeal, and fruit	<b><i>**Students must bring their own sack lunch on the first day of the program.</i></b>	Imperial Chicken, rolls, veggies, salad, and dessert
French toast, sausage, oatmeal, and fruit		Burgers, roasted potatoes, salad, and dessert

**Lodging** We have ten cabins that house eight people each with some overflow housing available above our Dining Hall. Please remember that one adult per cabin is recommended making our student to chaperone ratio 7:1.



## Mount Rainier Institute Forms

**Forms to be completed by school/group organizer- *All school forms can now be completed online in a shard google drive folder designated for your group. Contact [Jhayes90@uw.edu](mailto:Jhayes90@uw.edu) for more information:***

### **Forms to be completed by parents/guardians & adult participants attend the program:**

1. ACKNOWLEDGMENT OF RISK AND CONSENT FOR TREATMENT FOR MINORS
2. ACKNOWLEDGMENT OF RISK AND CONSENT FOR TREATMENT FOR Adults
3. Participant Dietary Restrictions If needed.