

Frost Valley Notice

Dear Parents,

Our trip to Frost Valley Environmental Education Center is approaching fast! Medical forms are due by **FRIDAY 1/31**. The form **MUST** be signed by your doctor in order to administer any over-the-counter or prescription medication.

Linens (**not towels!**) will be supplied by Frost Valley. Please remember that the weather during March in upstate New York is very fickle. Your child should plan to wear several layers of clothing such as tee shirts, sweatshirts, winter coats, hat, gloves and other inclement weather gear. All of our outdoor activities are rain, snow or shine. We recommend bringing a backpack and water bottle because we do not go back to the cabins in between activities.

REMINDER—Cell phones will **NOT** work at Frost Valley. If you wish for your child to call you during the trip, please provide your child with a long-distance calling card. Access to the phones are limited so please discuss with your child your expectations on communication before the trip. You will receive a connect-ed to let you know that we arrived safely. No news is good news!

Please check the Sagamore Website for any additional information!

Our itinerary for the trip:

Wednesday

6:00 am arrive at Sagamore
8:00 am arrive at Sloatsburg rest stop
11:00 am arrive at Frost Valley
12:00 pm Lunch
1:30 pm Class #1
3:30 pm Class #2
5:00 pm Dinner
7:00 pm Evening Program and Snack
8:15 pm Naked Eye Astronomy
10:30 pm LIGHTS OUT

Thursday

8:00 am Breakfast
9:30 am Class #3
12:00 pm Lunch
1:30 pm Class #4
3:30 pm Class #5
5:00 pm Dinner
7:00 pm Evening Program and Snack
10:30 pm LIGHTS OUT

Friday

8:00 am Breakfast
9:30am Class #6
11:00 Depart
3:00 HOME!

Regards,
Laura Marek



Due to elevation, expect the temperature at Frost Valley to be about 10-15 degrees colder than it would be at home during the same season. Bear in mind that our activities are “rain or shine” or “snow or shine” so several changes of clothes and footwear are recommended.

Suggested “Bring Along” List

Necessary

Towel
Warm Shirts
Light shirts
LOTS of socks
Warm pants
Heavy sweatshirt
Coat
Gloves and hat
4 changes of socks/underwear
Pajamas
Sneakers
Comb or brush
Toothbrush and Toothpaste
Soap
Shampoo/Conditioner



Optional

Snowpants
Sunglasses
Chap stick
Camera
Hiking Boots/Snow boots
Extra pair of sneakers
Calling card (to call home)

Not permitted

Candy or gum
Food
Hair dryers/straighteners
Matches

Mobile devices such as cell phones or tablets are the responsibility of the student. Frost Valley or Sagamore are not responsible for lost or damaged devices.

NOTE: Students should be limited to **ONE** suitcase or duffle bag. All items should be marked with your name.

*****Reminder***** There is **NO** cell phone reception at Frost Valley.