



Dear Parent/Guardian,

Welcome to *A Mountain Classroom*, the Appalachian Mountain Club's residential school program. In operation since 1990, we currently serve over 3,500 students per year with our hands-on, environmental education curriculum. Our programs are based out of AMC facilities in New Hampshire, northern Maine, western Massachusetts, New York and New Jersey. All are in spectacular locations that provide plentiful opportunities to learn and explore in an outdoor setting.

Our experienced instructors lead hikes, lessons, and activities designed to engage students in the natural world, increase environmental literacy, and facilitate personal growth and foster a sense of community. Your child's teacher will choose curriculum themes to compliment what students are learning in the classroom; these can include watershed studies, forest ecology, geology, climate and meteorology, and map and compass. Instructors are certified in first aid and trained to manage their groups in wilderness situations.

Your child will be hiking on the trip. This is a physically demanding but incredibly rewarding experience, and our instructors are committed to helping all students succeed. The weather in the mountains can be very unpredictable and sometimes winter conditions occur in the spring and fall. Our lessons are geared to the outdoors regardless of the weather. We have included an equipment list of required items for your child to bring. Many can be borrowed from friends or family members, or the AMC can provide some items such as backpacks or sleeping bags (see the equipment list for details). If your child will need equipment, please discuss this with the teacher in charge of the trip and they will contact us. Hiking boots may well be the most important item on the clothing list. Students will be hiking on rocky and potentially wet or snowy trails, which may ascend or descend steeply. Your child's teacher should explain the trip itinerary.

Please be advised that according to the Centers for Disease Control and Prevention (CDC), Northern New Jersey, Long Island, NYC area, Connecticut, Rhode Island, Coastal Maine and Massachusetts have the highest risk for Lyme disease along the East Coast. Black Legged Ticks (commonly called the deer tick) in the East may transmit Lyme disease. Typically, deer ticks need to be embedded in your skin for at least 36 hours before they transmit Lyme disease. As your child's program will be led in a high risk area, the AMC recommends the following tips for prevention:

- Wear long pants, long shirts, and boots/closed toed shoes—not sandals—when travelling through tall grasses or tight forest.
- Tuck in shirts and pull socks over pant legs to minimize the chances of ticks finding skin.
- Avoid wearing bright colors or floral prints and opt for light colors like khaki, beige, and olive to better see ticks on your clothing.
- Each participant should conduct a full body tick check every 12 hours for the duration of the program/trip. Ticks are often found in dark, moist places; be sure to check hair line, armpits, waist, groin, behind the knees, etc.
- Find and remove ticks from gear. Examine gear, including outer clothing layers, packs, and tent flies. Ticks can ride home on clothing and/or gear, and attach to a person later.

You have received Medical/Release, Acknowledgment of Risk, and Photo/Media Release forms. **It is absolutely necessary for you to complete these forms for your child to attend.** Please return them to the organizing teacher as soon as possible. Although injuries are rare, there is an inherent risk to outdoor activities. Should a medical emergency arise we will need the information on these forms. Also, please be advised that your child will be away from immediate hospital access and wilderness evacuations may take hours. If you have any questions about the equipment list or forms, direct them to your organizing teacher who will forward them to us if necessary. We look forward to making your child's trip an exciting and memorable learning experience!

Sincerely,

The AMC's Essential Eligibility Criteria (EEC) is a list of the physical and cognitive requirements of activities sponsored by the AMC. The AMC's EEC are intended to be a resource for anyone considering participating in an AMC-sponsored activity, and are not intended to be exclusionary. A Mountain Classroom will happily work with your classroom teacher to accommodate all students to the best of our ability. For more information regarding the AMC's EEC, please follow the link below.

AMC Headquarters: 10 City Square • Boston, MA 02129-3740 • 617-523-0636 • outdoors.org

Training & Equipment Center: 6 Spice Street • Boston, MA 02129-3740

Regional Headquarters: Pinkham Notch Visitor Center • 361 Route 16 • Gorham, NH 03581-0298 • 603 466-2721

Additional Offices: Amherst, MA • Bethlehem, PA • Bretton Woods, NH • Greenville, ME • New York, NY • Portland, ME



https://www.outdoors.org/wp-content/uploads/pdf/amc_eec.pdf

We look forward to making your child's trip an exciting and memorable learning experience!
Sincerely,

Andrea K. M. Muller
North Country Youth Education Director

Rachel Freierman
Program Manager

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