



## Please Be Prepared

### Things to know before your Field Trip to 1000 Islands Environmental Center 1000 Beaulieu Court, Kaukauna, WI 54130 | 920-766-4733

#### How to Dress

**DRESS FOR THE WEATHER OF THE DAY** Remember you will be spending large amounts of time outside. Dress in layers so you can adjust to the changing temperatures during the day.

Wear old clothes and shoes so that you won't have to worry about getting dirty!

For safe walking on the trails, wear closed shoes and socks. Do not wear sandals or slip on shoes.

#### What to Expect

Expect the unexpected! Mother Nature can sometimes force changes to the best-laid plans. Scheduled times, locations or activities may change due to rain, bugs, heat/cold or many other reasons! **Plan to be flexible in case unplanned situations arise.**

Please refer to the behavior matrix for behavioral expectations.

#### What May I Bring? (Check with your teacher and parent first!)

A spare change of clothes, a towel and plastic bag (for wet clothes) for groups going into the creek. Even if you don't plan on getting wet!

Water shoes are great for walking in the creek. If you don't have any, old tennis will do just fine. No flip flops!

Bring rainwear if rain is in the forecast. If you do not have a raincoat, bring a couple of large black trash bags. No umbrellas please.

A bottle for water is recommended-especially on hot days. There will be opportunities to refill them during the day. **We no longer have a drinking fountain in the nature center, but a water bottle filling station is available.**

Pack a good, nutritious lunch. We will be very active all day so you will need to refuel at lunch with healthy food. Avoid excessive junk food.

A small amount of money is allowed if you have permission to make a purchase at our gift shop.

#### Please Do Not Bring:

Electronic devices including cell phones.

Although it is allowed for teachers and chaperones to carry a cell phone on the field trip, as a courtesy, no cell phone use during the field trip unless an emergency warrant.

## 1000 Islands Environmental Center ABC's\*

	All Settings	Nature Center	Trails	Bathroom	Lunch	Using Equipment
<b>Act Respectful</b>	Value everyone's differences Use kindness in words, actions and tone of voice Keep hands, feet and objects to yourself Take care of property Use appropriate voice level	Use "1" or "2" voices Use "walking feet" Be considerate of other visitors Observe the live animals in a safe and respectful manner	Use "0" or "1" voices Allow the naturalist or volunteer lead the way Feet stay on the trails unless given permission	Use "1" voices Give privacy to others Wait politely	Use "1" voices Use polite table manners	Use all equipment as instructed Share equipment with others when needed
<b>Be Responsible</b>	Clean up after yourself Use materials appropriately Report problems/ vandalism to an adult Know the expectations and follow them Be honest	Return markers and clean scavenger hunt sheets when done Touch only objects in the "touch box" or animal pelts	Take only memories, leave only footprints ☺	Flush toilet after use Keep bathroom clean	Eat only your own food Clean up the floor and table area around you	Return equipment neatly in its proper place Report any missing or broken or broken equipment to an adult
<b>Come Ready to Learn</b>	Listen to and follow directions from all adults Use Line and Body Basics Try your best	Complete assigned activities Learn listen and participate	Follow Body Basics while stopped on the trail Learn listen and participate	Use at appropriate time Have a purpose	While cleaning up, sort between compost, recycling and garbage appropriately Talk with friends appropriately	Understand how to use equipment before beginning

- Body Basics:**
1. Sit up or stand tall in your space
  2. Hands and feet quiet
  3. "0" voices
  4. Look at the speaker
  5. Listening ears

- Line Basics:**
1. Face forward in single file
  2. Hands by your side
  3. "0" voices
  4. Quiet walking feet
  5. Keep a safe distance from others

- Voice Levels:**
- 0 – Silent
  - 1 – Quiet Voice
  - 2 – Inside Voice
  - 3 – Outside Voice

\*Adapted from the Kaukauna Area School District Quinney Cougar ABC's