



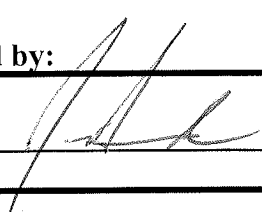
Fridley Public Schools

School Board Approval of Overnight Field Trip

Any staff requesting an overnight field trip activity for students are required to get advance School Board approval before advertising to students and parents.

Completed by Shelley Moses	Subject area All Subject Areas 7 th Grade	Date of request 08/24/2026
Name of school and staff member(s) planning trip Shelley Moses, Karissa Rankin		
Name and address of outside sponsoring group NA	Name of travel agent selected NA	
List fees or expenses that will be paid by the travel agent to the staff member NA	What are the limits of liability by travel agent? (attach copy of insurance statement) NA	
Number of students on trip will depend on sign up-usually 50-100 students	Number of school days missed 3	
Educational objectives of proposed trip The activities that the students experience helps address 7th grade standards around ecological practices aligned with the 7th grade Native American standards		
Location of trip (city, state, country) Long Lake Conservation Center Palisade, MN	Dates of trip October 21-23, 2026	Events (if any) See attached Itinerary
Number of staff attending 11 depending on the amount of kids that sign up	Number of parents attending as chaperones Possibly around 5 or 6 depending on the number of kids that sign up	Who pays for staff and parent expenses? Staff and Chaperones are free
Expenses paid by district Unsure	Will the district provide a substitute? Yes, subs will be needed	How many days? 3
Cost per student \$35/student	Expenses paid by fund-raising or sponsor \$0	Expenses paid by students \$30/student
Special travel and lodging arrangements NA	Itinerary (including dates) Information attached	
Will you include information that will be provided to parents/students for advertising the trip? ☒ Yes ☐ No ☒ Attached	Will you complete parent approval for students to receive emergency needed treatment? ☒ Yes ☐ No ☒ Attached	
Will be brought to School Board for action on what School Board meeting date? September 2026		

Approved by:

Principal 	Superintendent
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Date	9/15/20	Date
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WHAT YOU NEED TO KNOW

FAQs

FREQUENTLY ASKED QUESTIONS

HOW DO I CONTACT LONG LAKE?

Long Lake Conservation Center:

Office Hours: Monday-Friday

8 a.m. - 4:30 p.m.

Phone: 218-768-4653

Email: info@longlakecc.org

Students are not allowed to bring cell phones and adults are encouraged to limit their cell phone use to break times only. Depending on your cell phone provider, service may be limited on campus and/or out in the field. If you need to make a call to work or home, there is a landline available.

WHAT IS THE LODGING LIKE?

Our center is home to two large lodge buildings housing dormitory style rooms for guests: the Marcum House and North Star Lodge. Rooms have eight twin beds (bunk style), a vanity with two sinks, and private bathroom and shower. Keep in mind rooms are designed for youth. If comfort is a concern see the packing list tips for adults! Each lodge offers accessible rooms, large meeting spaces, roaring fireplaces, and modern amenities.

WHAT SHOULD I PACK?

Please make sure to be prepared for outdoor weather conditions. Bring layers! Programs will go on rain or shine! See the packing list for details on what to bring and what not to bring!

WHAT IS THIS TRIP ALL ABOUT?



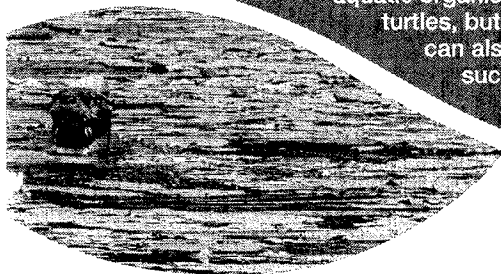
The Long Lake Nature School Adventure is a hands-on, inquiry based, and learner-centered environmental education program. Our knowledgeable staff invite students to be scientists and guide them to explore, to observe, to learn skills, and make new discoveries in nature!

Our curriculum not only focuses on messages on the importance of wise use of resources for future generations, but emphasizes how conservation makes life better TODAY.

Life is better when you tap and collect maple sap and produce your own maple syrup. Life is better when the dinner table is filled with vegetables from your garden, and fish you caught yourself. Life is better when you gaze into an endless ceiling of stars and ponder how big, yet how small we really are. Life is better when you take time to walk through the woods, listen to a loon call, watch a butterfly flutter about, or simply stare into the eye of a lake and let the stress of life wash away. Life is better when we are truly connected with our world.

NATURE FACT

Long Lake's otters eat a variety of small aquatic organisms such as fish, and turtles, but did you know that they can also catch terrestrial mammals such as chipmunks, mice, and young rabbits?



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STUDENTS

Packing List

CHECKLIST OF WHAT TO BRING

- ☐ STEP 1 Gather all items from the checklist below
- ☐ STEP 2 Place gear in a *suitcase LABELED with students full name
- ☐ STEP 3 Place sleeping bag & pillow in a garbage bag LABELED with students full name

GEAR FOR DORMITORY

- | | |
|---|--|
| ☐ Sleeping bag and pillow | ☐ Body wash, shampoo, deodorant, hand soap |
| ☐ Towel and washcloth (x2) | ☐ Toothbrush and toothpaste |
| ☐ Pajamas | ☐ Garbage bag for dirty items |
| ☐ Comfy Shoes (tennis/Crocs) | ☐ Book or deck of cards (optional) |

GEAR FOR OUTDOORS (BASED ON SEASON)

Be prepared to be outside rain or shine. You may want to bring extra of these in case they get wet.

- | | | |
|--|---|---|
| ☐ Sweatshirts (x2) | ☐ Snow Pants | ☐ Waterproof Hat |
| ☐ Waterproof Gloves | ☐ Insulated Coat | ☐ Rain Jacket |
| ☐ Scarf | ☐ Rain Pants | |

CLOTHING AND ACCESSORIES (BASED ON SEASON)

- | | | |
|---|--|--|
| ☐ Pants (5+) | ☐ Shirts (6+) | ☐ Long socks (6+) |
| ☐ Underwear (6+) | ☐ Water bottle | ☐ Bug Spray |
| ☐ Sunscreen | ☐ Camera/binoculars/backpack (optional) | |

☐ ADVENTURE SHOES (BOOTS):

Adventure shoes are for the outdoors both on & off trails. They WILL be wet and dirty throughout the trip.

We highly recommend:

- RUBBER BOOTS for fall/spring
- Warm insulated boots for winter

WHAT NOT TO BRING

- Electronics, including phones, music players or gaming devices
- Food/Beverages
- Chewing Gum
- Weapons/Sharp Items
- Fire Starters
- Perfume and body spray
- Hair dryers, irons
- Jewelry or valuables
- Single-use plastic

DONATION DRIVE FOR LONG LAKE

To help participants in need, Long Lake tries to provide items that are hardest to come by. If you feel that after this trip your student will no longer use/need any outdoor gear on this packing list that they bring on the trip, consider leaving them at Long Lake!



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STUDENT

Expectations

STUDENT EXPECTATIONS

GENERAL OVERALL

- Long Lake wants everyone to stay safe and have a positive experience. We will, however, send students home for violating Long Lake or school rules. Long Lake has a zero tolerance bullying and harassment policy. If a student needs to be sent home, the parent/guardian will be contacted for pick up. The school and/or the parent/guardian will not receive a refund.

PLANNING & PREPARING

- Each day we will be outside. It is important that every time we leave the buildings we are properly dressed and prepared for the weather conditions (rain, wind, mud, snow, etc.).
- We will be away from home overnight. We expect all students to be independent and responsible for their own belongings and behavior.
- This school trip is about making discoveries in nature and building positive relationships with peers. We do not tolerate harmful behavior, either physical or verbal.

DURING TRIP

- Be ready each day to explore like a scientist.
- For group safety, attention is required towards the adult in charge, whether that be the Long Lake staff guiding our adventure, classroom teacher giving instructions, or chaperon supervising our table in the dining hall.
- There is no swimming in Long Lake (unless you come back for summer camp!).

- There is no leaving campus boundaries.
- Food, candy, gum, and beverages (besides water) are not allowed to be brought. Long Lake will provide all meals and snacks throughout the trip.
- Cell phones and other electronic devices may not be brought by students to Long Lake.
- In the sleeping lodges we agree that:
 - Personal belongings of others will not be touched without owner's permission.
 - We will not enter another's room without school direction.
 - We will respect Quiet Time which begins at Lights Out time each night and ends at Rise & Shine time each morning (these times are decided by school teachers).
- We will respect Long Lake property including equipment, facilities, and the natural environment.
- Our behavior will be respectful and words positive, to allow for a safe and enjoyable experience for all.

WE ARE EXCITED TO SEE YOU AND SHARE WITH YOU THE MAGIC OF THE NATURAL WORLD. BRING YOUR CURIOSITY, OPEN MINDS, AND POSITIVE ATTITUDES. SEE YOU SOON!

NATURE FACT

Like other amphibians, the tiger salamander is actually poisonous! They have a poisonous substance they secrete that tastes very bad to predators.



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