

# SOIL BORN FARMS

urban agriculture & education project

Hello! This is a courtesy reminder that your field trip to Soil Born Farms is approaching.

Please review this checklist to ensure your group is prepared for the field trip.

- ◆ **Soil Born Farms Waiver Form**  
Every participant must have a completed waiver form in order to participate in the program. This includes youth, teachers, parents and volunteers.
- ◆ **Wear appropriate clothing**  
Pants and hats are strongly recommended. Layered clothing is a plus. Close -toed shoes only.  
Check the weather forecast prior to the visit and plan accordingly. There is very little shade on the property. The ranch tends to be a very windy place.
- ◆ **Plan on getting dirty**  
We'll be digging in the soil with our hands and getting on the ground to do garden activities. We'll be hiking and exploring in wild places and walking through mud occasionally.
- ◆ **Water bottles**  
Currently, there is one drinking fountain at the ranch. With all the farm activities and walking around, participants will get thirsty. We may be far, far away from the fountain!
- ◆ **Bring a healthy snack (and optional lunch)**  
We typically munch on fresh fruits and veggies from the farm throughout the day. However, depending on the length of the visit, participants may want to bring an additional healthy snack or lunch. We will take some time for a snack break about halfway through the field trip, and classes are welcome to stick around and eat their lunch when the day is all done around noon. Due to Covid-19 however, Soil Born is unable to provide a shared snack beyond samples from the farm at this time. Participants are expected to pack it in-pack it out, "it" meaning their trash. We have limited trash and recycling facilities on site. However, we encourage recycling and composting as much as possible.
- ◆ **Calling all chaperones**  
Please be sure and let your chaperones know that the field trip is an adult participation experience and they should plan on doing everything the kids do. They may be asked to lead activities. Please limit your chaperones to 7-8 adults. Chaperones need to submit a waiver form as well.
- ◆ **Safety first!**  
We will go over safety guidelines with the group upon arrival. Our goal is for all participants to teach and learn from each other in a fun and safe manner.
- ◆ **Have fun!**  
Soil Born Farms is one big outdoor classroom. Participants should bring an open mind and positive attitude. If they are prepared with all of the above information, fun is achievable!

We are excited to have you out to the American River Ranch! If you have questions, comments, or concerns prior to your trip, please do not hesitate to call our main office or email Lacey at [lcarlson@soilborn.org](mailto:lcarlson@soilborn.org).

See You Soon!

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