



To Mississippi Rivers Institute participants:

Thank you for being part of Hamline University's Center for Global Environmental Education's Mississippi Rivers Institute. This note should give you all the information you need to get where you need to go when you need to be there with the gear to be safe and comfortable. If you have any questions, don't hesitate to contact me at 651-523-2393 or [pknapp@hamline.edu](mailto:pknapp@hamline.edu).

### **Days and time**

Monday, Tuesday, Wednesday, July 28, 29 and 30, 2008

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

### **Locations**

#### **Monday, July 28**

**Please meet at Hidden Falls Regional Park on the St. Paul side of the Mississippi River.** Click this link for how to find the park. <http://mn-stpaul.civicplus.com/facilities.asp?search=1&CID=1&pagenum=3&RID=42&Page=detail>. **Note** that there are two entrances to the park. We will meet at the picnic shelters near the **north** entrance, opposite the stop sign at Magoffin Avenue and East River Parkway.

We will spend the morning at Hidden Falls. Following lunch, we'll load into buses and head to East River Flats, board voyageur canoes and paddle from the Flats to Hidden Falls.

**Tuesday and Wednesday, July 29 and 30** meet at the visitor's center at Ft. Snelling State Park. **Please note: we are meeting at the State Park, not the historic fort.** Drive all the way through the park, park your vehicle in the lot directly under the Mendota Bridge and walk up to the visitor's center.

### **Parking**

A Minnesota State Park vehicle sticker is required for entry to the state parks. Your daily expense will be \$5 per vehicle per day. If you have an annual State Park sticker, you won't need to pay an additional entry fee. If you don't have a State Park sticker, consider purchasing one for the institute, use it for the next year and support our parks.

### **A note about time**

We have a very full agenda these three days and will move around extensively. ***We begin and end our sessions on time.*** If you pull into the meeting site at 8:30, activities will already have started. Plan to arrive before the listed start times so you are ready to go on time.

### **What you'll get**

Besides a fabulous experience and nourishment, CGEE will provide:

- A spiral-bound notebook to keep a journal during the Institute. The journal will also serve as your sketchbook during the biological illustration session.
- A syllabus for the course
- Mini-grant guidelines
- A check request form for the mini-grant you receive as part of the institute
- A W-9 form to return with the grant request so Hamline can issue your stipend
- Contact information for local watershed-district education resources

### **What to wear**

We will be outside all three days of the institute. Please dress appropriately for weather and activities. No open-toed sandals. On Monday, July 28, dress for canoeing for most of the afternoon, i.e. wear shoes appropriate for slippery, wet conditions.

On Tuesday and Wednesday, July 29 and 30, dress to walk on trails and through forested areas. Again, please no open-toed sandals.

It's often hot, hot and sunny in late July. Plan clothing and protection accordingly.

### **What to bring**

- **IMPORTANT- A full, refillable water bottle. Be sure to start with a full bottle of water. Water to refill bottles throughout the day will be available at parks or from jugs CGEE will provide. We won't provide single use water bottles.** Reduce, reduce, then recycle!
- Light rain gear, head covering, sunscreen, pen and pencil
- Health insurance provider name and number to complete liability waivers
- Bring a small pack, but pack very lightly. You'll carry whatever you bring.

### **What's to eat**

Lunch with a beverage will be provided every day, including adequate vegetarian options. ***If you have specific food requirements, please let us know at least two weeks in advance. We will make every effort to accommodate your needs.*** We prepare lunches to generate the least possible waste trays of sandwiches, shared large bags of chips, whole fruit, etc. along with paper plates, napkins and utensils. CGEE will provide mid-morning and mid-afternoon snacks and opportunities to refill water bottles.

We will appreciate your help to reduce the amount of solid waste generated at meals, snacks and throughout the program. All clever ideas gratefully accepted.

Thanks again for joining us. See you on the river!

Course facilitator

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