



**SAMPLE ITINERARY**

5 day/4 night stay

**School name**

**Trip dates**

**(Up to) 33 students, 3 teachers/chaperones**

**Date (Low tide of m @ )**

Time	Urchin group	Crab group	Sea Star group
13:30	Arrive at BMSC, check in with BMSC staff at the Whale Lab. Unload bags into Rix Centre, bathroom break & regroup after travel		
14:00	Tour of the facilities and safety orientation (Meet outside Rix Centre, dress for today's weather)		
15:00	Move luggage over to accommodations, find assigned rooms. Get organized for afternoon activities (for boat trips, dress warm and head to docks 10 minutes early)		
15:30	<u>Field trip:</u> Temperate rainforest ecology (Meet in traffic circle, wear boots)		<u>Boat trip:</u> Oceanography in Grappler Inlet (Meet at docks)
17:30	Time to de-mudify before dinner		Time to warm up/change before dinner
18:00	Dinner		
19:00	<u>Lab:</u> Reproductive strategies in marine animals (Whale Lab)		<u>Lab:</u> Reproductive strategies in marine animals (Rix lower level)
20:00	<u>Optional excursion:</u> Bioluminescence from the BMSC docks (group leaders to speak with BMSC staff for safety plan and pro tips on viewing bioluminescence) or <u>Video:</u> Your choice of episode from BBC's Blue Planet II or Planet Earth II. (Rix A)		
21:00	Relax after a long day of travel		

**Date (Low tide of m @ )**

7:30 Breakfast

Time	Urchin group	Crab group	Sea Star group
08:30	<i>*Check on your embryos!</i> Souvenir Store Open: your chance to purchase BMSC t-shirts, hoodies, postcards, etc. (Whale Lab)		<u>Field Trip:</u> Visit K'iixin, former village site of the Huu-ay-aht First Nations. Guided by <i>Na siis mis uk sup</i> , Stella Peters.
9:30	<u>Field trip:</u> Intertidal explorations at Eagle Bay (Meet at docks, shuttle to West Bamfield by boat, walk ~15 minutes to the beach)		

12:30 Lunch





Time	Urchin group	Crab group	Sea Star group
13:30	<u>Boat trip:</u> Oceanography in Grappler Inlet (Meet at docks)	<u>Field trip:</u> Life under the docks (Meet at docks)	<i>*Check on your embryos!</i>  13:45 <u>Lab:</u> Marine invertebrate diversity in Barkley Sound (Whale Lab) <i>End lab at 15:15 to allow prep for boat trips</i>
14:15		<u>Boat trip:</u> Dredging aboard the Alta (Meet at docks)	
15:30	<u>Lab:</u> Marine invertebrate diversity in Barkley Sound (Whale Lab) <i>*Check on your embryos!</i>		<u>Boat trip:</u> Dredging aboard the Alta (Meet at docks)  <u>Field trip:</u> Life under the docks
16:45			
18:00	Dinner		
19:00	<u>Slideshow:</u> Marine mammals of the west coast (Rix A)		
20:00	Homework time / optional video of your choice (Rix Atrium/ classroom A)		

**Date (Low tide of m @ )**

7:30 Breakfast

Time	Urchin group	Crab group	Sea Star group
08:30	<u>Field Trip:</u> Visit K'iixin, former village site of the Huu-ay-aht First Nations. Guided by <i>Nasiiis mis uk sup</i> , Stella Peters.		<i>*Check on your embryos!</i> Souvenir Store Open: your chance to purchase BMSC hoodies, postcards, etc. (Whale Lab)
9:30			<u>Field trip:</u> Intertidal explorations at Eagle Bay (Meet at docks, shuttle to West Bamfield by boat, walk ~15 minutes to the beach)

12:30 Lunch

Time	Urchin group	Crab group	Sea Star group
13:30	<u>Workshop:</u> Ocean plastics. Using seabirds as indicators of ecosystem health (Ross Hall)		<u>Workshop:</u> Marine Conservation Case Studies (Rix A)
15:30	<u>Recess!</u> Take a short break between labs		
16:00	<u>Workshop:</u> Marine Conservation Case Studies (Rix A)		<u>Workshop:</u> Ocean plastics. Using seabirds as indicators of ecosystem health (Ross Hall)

18:00 Dinner

19:00	<u>Lab part 1:</u> Introduction to experimental biology (Rix A)		
20:00	Homework time / optional video of your choice (Rix Atrium/ classroom A)		



**Date (Low tide of m @ )**

7:30 Breakfast

Time	Urchin group	Crab group	Sea Star group
08:30	*Check on your embryos (Whale Lab)		Assemble in Rix Atrium until Whale Lab is free
08:40	Head to docks, prep for shuttle to West Bamfield		*Check on your embryos (Whale Lab), then head to docks
08:50	Field trip: Explore beautiful Brady's beach . (Meet at docks, shuttle over to West Bamfield by boat, hike ~20 minutes to the beach)		

12:30 Lunch

Time	Urchin group	Crab group	Sea Star group
13:30	Lab part 2: Experimental marine biology (Whale Lab)		Lab: Seaweed identification, ecology, and human uses (Seaweed Lab)
15:30	Recess! Take a short break between labs!		
16:00	Lab: Seaweed identification, ecology, and human uses (Seaweed Lab)		Lab part 2: Experimental marine biology (Whale Lab)

18:00 Dinner

19:00	Workshop: Reflection on the Bamfield experience co-led by teachers and BMSC staff (Rix Atrium or Rix classroom A)		
20:00	Homework time / optional video of your choice (Rix Atrium/ classroom A)		

**Date (Low tide of m @ )**

7:00 Pack up and move out of accommodations. Stow bags in foyer of Rix or Main Building.

7:30 Breakfast, build a bag lunch

Time	Urchin group	Crab group	Sea Star group
08:30	Field trip: Life under the docks (Meet at docks)	Boat trip: Oceanography in Grappler Inlet (Meet at docks)	*Check on your embryos one last time (Rix lower level)
09:15	Boat trip: Dredging aboard the Alta (Meet at docks)		Lab: Microscopic examination of plankton and discussion of oceanographic data (Rix lower level)
10:00			Field trip: Temperate rainforest ecology (Meet in traffic circle, wear boots)
10:30	*Check on your embryos one last time (Rix lower level), then Lab: Microscopic examination of plankton and discussion of oceanographic data		
12:00	Wrap-up and prepare to depart BMSC		Time to de-mudify and pack up for departure

12:30 Depart BMSC with bag lunches.