

TRICERATOPS GULCH PROJECT

2026 INFORMATION GUIDE



WELCOME TO TRICERATOPS GULCH

The **Triceratops Gulch Project (TGP)** is a hands-on paleontology field program that invites participants to contribute directly to active museum research in Wyoming's Upper Cretaceous Lance Formation. Operated collaboratively by the **Morrison Natural History Museum** and the **Glenrock Paleontological Museum**, the program emphasizes real-world field skills, scientific literacy, and authentic discovery.



Participants work alongside museum professionals to prospect, excavate, document, and interpret fossils that have remained undisturbed for more than 66 million years. All discoveries are permanently curated at the Glenrock Paleontological Museum, ensuring scientific and public access.

The 2026 season offers structured **Greenhorn** and **Excavation** programs, a refined schedule, updated emergency protocols, and expanded itineraries designed to balance rigorous fieldwork with education, safety, and flexibility. **This guide serves as a comprehensive reference for program structure, expectations, logistics, schedules, and policies.** Through appendices offer itineraries, a packing list, and helpful advice.

A Note from the Curator

If you are thinking about joining us, chances are you are already curious about fossils, deep time, or how paleontology actually works outside of movies and museum exhibits. That curiosity is exactly where this program begins.

The Triceratops Gulch Project is a hands-on field experience where participants work alongside museum staff in the Upper Cretaceous strata of Wyoming, conserving fossils as data, and contributing directly to real paleontological research. The fossils recovered here are not trophies or props. They become part of permanent museum collections and help us better understand life at the very end of the Age of Dinosaurs. Our goal is simple. We want to make paleontology accessible, honest, and meaningful by inviting people into the process itself.



Before you arrive, it helps to reset expectations. Field paleontology is not fast or glamorous. Most days involve hiking, digging, documenting, and paying close attention to small details under challenging conditions. Progress can be slow, weather can be unpredictable. Cinematic discoveries are rare. That said, the work is real, the discoveries matter, and the experience tends to stick with people long after the dust has settled.

The advice that follows in this guide (see Appendix IV) is not meant to intimidate or discourage you. It is offered to prepare you. If you come ready to work, ready to learn, and open to adjusting how you think about discovery, you will leave with a deeper understanding of extinct life and a genuine connection to the science of paleontology behind it.

Thank you for your interest in our Triceratops Gulch Project. I hope that you will join the crew and myself this summer.

-Matthew T. Mossbrucker

Director & Chief Curator
Morrison Natural History Museum
Morrison, Colorado

Visiting Curator of Paleontology
Glenrock Paleontological Museum
Glenrock, Wyoming

2026 Expedition Highlights

- **Authentic field science**
Participants contribute directly to active paleontological research and museum collections.
- **Two primary program tracks**
 - Greenhorn – a well-rounded introduction combining lectures, workshops, and fieldwork
 - Excavation – an advanced, field-focused program for returning participants
- **Season Opening session**
An invitation-only session for experienced alumni focused on reopening quarries, prospecting, and preparatory fieldwork.
- **2026 season structure**
Programs run from June through September, with both 4-day and extended 5-day options.
 - Youth participation guidelines
Participants must be 14+ and accompanied by a parent or legal guardian if a minor.
 - Discounts for extended participation
Reduced rates for back-to-back programs and private group bookings.
- **All-inclusive field support**
Transportation to field sites, excavation tools, breakfast, lunch, snacks, and refreshments are provided.
- **Flexible daily structure**
 - Main field sessions (daytime)
 - Optional evening workshops or field activities
 - Built-in siesta during daily thermal maximum
 - **Clear safety and emergency planning**
Detailed contingency schedules for heat, storms, rain, and late starts ensure participant safety without sacrificing learning.
- **Extensive appendices**
Detailed daily itineraries, emergency schedules, curator advice, and complete packing lists.



THE DIG: About the Triceratops Gulch Project

The Triceratops Gulch Project (TGP) is a unique fossil expedition, offering a hands-on opportunity to delve into the world of paleontology. A collaborative effort with the Morrison Natural History Museum and the Glenrock Paleontological Museum, TGP is committed to project-based learning, transforming participants from spectators into active contributors. You will receive practical knowledge and expert tutelage directly related to museum research projects and conservation efforts.

You will be immersed in the fundamentals of geology, enabling you to place your discoveries within Earth's vast timeline. We will teach you how to differentiate between fossilized bone and rock and how to effectively prospect for fossils. Your work will directly contribute to the documentation of sites and the collection of specimens that have been undisturbed for over 66 million years.

We believe in involving you every step of the way, helping you cultivate a deep understanding of the science of paleontology. You'll work directly alongside museum professionals, excavating fossil-rich sites within Wyoming's Upper Cretaceous Lance Formation. The thrill of discovery is paramount as you help uncover fossils like dinosaur bones, teeth, and other remnants crucial to reconstructing a long-extinct ecosystem.



Join the Triceratops Gulch Project and put discovery in your hands! We handle all the logistics and necessities, including transport to the dig sites, excavation equipment, and providing both morning and afternoon meals, as well as refreshments. Our core commitment is to guide and educate you throughout the entire journey. Every find you make will be curated into the permanent collection of the Glenrock Museum, allowing you to contribute directly to the world of paleontology. The rest is up to you—come make your own discoveries!



PARTNER MUSEUMS

This innovative and collaborative program is the result of two small, independent museums merging their resources and expertise. Sharing common goals and possessing complementary collections, they have joined forces to offer participants a richer, more comprehensive experience and maximize their impact on the community. TGP is a mission-supporting fundraiser benefiting the Paleon Museum and Morrison Museum.

Glenrock Paleontological Museum (“Paleon”/GPM)

We are a private, educational 501(c)(3) nonprofit organization dedicated to the preservation and education of Wyoming’s paleontological heritage. All fossils recovered through our program are permanently curated at GPM, ensuring scientific and public access.

Morrison Natural History Museum (MNHM)

The museum is a small municipal institution, supported by a 501(c)(3) nonprofit foundation. Its mission focuses on the preservation and education of Colorado’s paleontological heritage. Furthermore, it aids the GPM’s efforts in curating material from the TGP (Triceratops Growth Project).

TGP MISSION

To harness your curiosity and deepen your appreciation of natural history.

Our Goal:

To facilitate a program that creates community scientists by enhancing scientific literacy with firsthand experiences.



CHOOSE YOUR ADVENTURE: The Programs

All programs offer a balance of hands-on excavation, instruction, and educational interaction with experienced paleontologists. Participants will gain insights into fossil collection, identification, and preservation while contributing to scientific research.

We offer specialized programs to fit your goals—personal growth, adventure, new skills, or all three. Recognizing diverse interests, we've created two distinct programs (Greenhorn and Excavation) and a new session, each tailored to individual needs.

TRICERATOPS GULCH PROJECT
 Morrison Natural History Museum 501 CO-8 Morrison, CO 80465
 mnhm.org / curator@mnhm.org

About Programs & Itineraries

Each program offers a detailed itinerary that helps participants to maximize their time at Triceratops Gulch. Before enrolling, we highly recommend a thorough review of the program's full itinerary. This detailed information, provided in the appendix of this guide, is essential to ensure the program meets your expectations, aligns with your interests and physical capabilities, and helps you prepare fully for the experience.

General Itinerary Overview

- **Main Session: (Roughly 8 a.m. - 3/4 p.m.)**
 - The primary activities scheduled for the day take place before the siesta, which is a late afternoon break observed during the hottest part of the day.
 - For Greenhorn programs, the day typically begins with a morning lecture or workshop, followed by fieldwork. In contrast, Excavation programs do not include morning lectures.
 - During the late afternoon break, the field staff will be having their own siesta and getting ready for evening activities. No access to the museum will be available at this time.
- **Optional Bonus Activity: (Roughly 6 p.m. - 8/9 p.m.)**
 - Optional evening programs offer participants a choice between a museum workshop or a field activity. Note that only one activity will be offered per evening.



GREENHORN

The “Greenhorn” program provides a harmonious blend of museum-based lectures and workshops with hands-on fieldwork. Its purpose is to impart essential knowledge and familiarize participants with fieldwork tasks, helping them uncover their unique area of interest for future expeditions like the Excavation program.

Lectures will cover topics ranging from site-specific information, techniques, useful background knowledge, and the paleontology of the Lance Formation. Newfound knowledge will be applied directly to fieldwork, where you will garner a deeper understanding of field paleontology.

The program offers a carefully-crafted curriculum of lectures and workshops designed to support and enrich the overall experience. Although museum-based activities like work in the preparation and casting labs are not included, the nearby Paleon museum is used as a hub of operations to provide site-specific education and introduce armchair and aspiring paleontologists to the reality of paleontology in the field.

If a well-rounded experience is what you’re after, the Greenhorn program might just be the perfect fit. Particularly if you’re a newcomer to the Triceratops Gulch Project or haven’t participated recently, this expedition is tailored for you. Also, those contemplating a future in paleontology will find this program invaluable.

About the Greenhorn:

- This program offers lectures and workshops in addition to fieldwork.
 - If you have not participated in fieldwork before or are new to our program, start with the Greenhorn.
 - If you are seeking a well-rounded program, the Greenhorn is a solid choice.
- Please remember, the itinerary or schedule might fluctuate based on excavation priorities, group dynamics, and the weather.
 - Attendance at evening sessions is at the discretion of the participant.
- The duration of the four-day program is roughly 31 hours.
 - Expect around 19 hours of fieldwork coupled with about seven hours of lectures and workshops.
- The duration of the five-day program is roughly 42 hours.
 - Expect around 29 hours of fieldwork coupled with about seven hours of lectures and workshops.

EXCAVATION

The Excavation program is an advanced, hands-on opportunity for Greenhorn program alumni focusing on the carefully seeking and extracting fossils at an established quarry. Participants will refine their knowledge and skills in specialized excavation techniques, fossil identification, and rigorous documentation through engagement in long-term work at established quarries. A possible component of the program also involves conducting test digs at prospective sites to evaluate their potential for significant fossil discoveries.

The Excavation program provides two options: a traditional Thursday to Sunday schedule, or an extended Sunday to Thursday option that includes an additional full day in the field. The latter program may also offer participants the chance to engage in field jacketing, a specialized process for the protection and transport of large or delicate fossils.

The Excavation program is strictly field-based and focuses only on the primary excavation phase. It does not include preliminary exploration, such as prospecting or test trenching, nor does it cover museum activities like working with collections or in the labs.

About the Excavation program:

- This program emphasizes excavation at an established site.
 - If you have not participated in fieldwork before or are new to our program, start with the Greenhorn program.
- The daily schedule may change based on excavation priorities, team needs, and weather.
 - Attendance at evening sessions is at the discretion of the participant.
- The program is nearly 37 hours long spread over four days, including roughly 23 hours out in the field over three days. We also arrange an orientation and briefing lecture on Thursday evening which lasts for an hour.
- The duration of the four-day program is roughly 31 hours.
 - Expect around 27 hours of fieldwork coupled with about one hour of orientation talk and one optional three hour workshop.
- The duration of the five-day program is roughly 42 hours.
 - Expect around 35 hours of fieldwork coupled with about one hour of orientation talk and one optional three hour workshop.

EXPLORATION

Due to insufficient enrollment, the "Exploration" program is... extinct.

SEASON OPENING

The Season Opening session is intended for past participants that have attended multiple past programs. For the 2026 season, this session is by invitation, only. During this fieldwork session, museum crews are getting established for the upcoming TGP programs. Therefore, this session has several aims, ranging from reopening quarries left dormant over the winter to prospecting for new sites. This session may also include some excavation at established quarries or field jacketing.

This program demands more physical endurance due to long-distance hiking, navigating challenging terrains, with shovel-and-pick work and the ability to move heavy pails of debris.

This is a field-based session, consequently, museum-based activities like the work in collections or the labs are not a part of this experience. Please remember that the schedule is subject to change due to excavation priorities, team dynamics, and weather conditions.

ITINERARY OVERVIEW

This program offers more scheduling flexibility than others. Fieldwork is typically concentrated during daylight hours, beginning at 8 a.m. Following a break in the late afternoon, the team may resume work after dinner at 6 p.m. During the late afternoon break, the field staff will be having their own siesta and getting ready for evening activities. No access to the museum will be available at this time.

About the Season Opening session:

- During the day, groups will seek new sites, test excavate, or open quarries.
- Optional evening fieldwork will consist of test trenching potential sites and/or opening and working quarries.

ENROLLMENT

Before You Schedule

Prospective participants are encouraged to review both the program descriptions and its itinerary carefully to ensure the program aligns with their interests and expectations. More detailed information can be found throughout this guide. Specific details regarding daily activities are outlined in each program's itinerary.

2026 Schedule

BLOCK	MONTH	DURATION	DATES	PROGRAM
I	June	8 days	6/25 - 7/2	STAGING (Formerly Exploration)
II	July	4 days	7/9 - 7/12	Greenhorn
II	July	5 days	7/12 - 7/16	Extended Greenhorn
III	July	4 days	7/23 - 7/26	Greenhorn
III	July	5 days	7/26 - 7/30	Extended Excavation
IV	September	4 days	9/3 - 9/6	Greenhorn
V	September	4 days	9/10 - 9/13	Excavation

Booking Considerations

Certain programs are organized into periods of time, called blocks. This allows for participants to reserve back-to-back experiences at a discounted rate. For those seeking a shorter but equally enriching experience, alternative programs are available, running from Thursday through Sunday. The “extended” programs offer an immersive paleontological experience spanning five days, from Sunday through Thursday. The program commences on Sunday evening at 5:00 PM with an orientation session going through Thursday afternoon.

EXTENDING YOUR EXPERIENCE

Back-to-Back Programs

For those looking to maximize their time in the field, we offer the flexibility to combine consecutive programs. This allows you to customize your experience and delve deeper into your paleontological experience.

Cost-Saving Opportunities

We understand the value of extended field time, and we are pleased to offer discounts when you book multiple programs back-to-back. Please note that these discounts apply only to consecutive programs booked together. We encourage you to contact us early to secure your preferred dates and program combinations, as availability may be limited.

Private Groups

Interested in a personalized experience for your family, company, or team? We provide special private programs and offer discounted rates for private group organizers. Private group programs are reserved when the tuition for all twelve participant slots is covered at the discounted rate. Please contact us for more information and to tailor a package that meets your group's specific needs.

Youth Participation

Due to the nature of the program, minors must be at least 14 years of age and accompanied by an enrolled participant parent or legal guardian. Young children risk both discouragement of a pursuit of science and their physical safety in these harsh conditions.

TUITION

Rates & Discounts

- **Thursday - Sunday programs:**
 - \$900/person
- **Sunday - Thursday programs:**
 - \$1100/person
- **Consecutive Program Discounts:**
 - Two consecutive programs:
 - \$1800/person (\$200 discount)
 - Three consecutive programs:
 - \$2600/person (\$300 discount)
- **Private Group Rate & Discounts:**
 - Reserve a private program for your group. Maximum of twelve participants.
 - Thursday - Sunday programs: \$9,900 (\$900 discount -Normal rate \$10,800)
 - Sunday - Thursday programs: \$11,900 (\$1,300 discount -Normal rate \$13,200)

PAYMENT

You have two options for making your payment.

Option 1: Payment Plan (Offline)

You can utilize the payment plan, a separate document, and submit payments to Sarah Miller at the Museum. Payments can be made via phone, mail, or in person.

Option 2: Online Payment

You can choose to pay your initial deposit or the full tuition amount online using the secure link provided to you. Please note that full tuition is due by the program's start date. Any outstanding balance will be charged at that time.

Registration:

Sarah Miller, Deputy Director
 Morrison Natural History Museum
 501 CO 8, Morrison, CO 80465
 Email: s.miller@mnhm.org
 Phone: 303-697-1873

CANCELLATIONS

PROGRAM CANCELLATION

Should the program be canceled in advance of the start date, participants will receive a full refund within thirty days of the cancellation announcement. Notification of cancellation will be sent to the email address on file. Please note that programs in progress will not be canceled due to inclement weather.

PERSONAL CANCELLATION

More than 6 weeks:

Participants may cancel their reservation six weeks (or more) in advance of their program start date, with full refund sans deposit and processing fees. If available, you may reschedule to a later program in the same season with no additional cost.

At 5 Weeks:

Participants who cancel five weeks in advance of their program start date will receive a 50% refund sans deposit and processing fees. If available, you may reschedule to a later program in the same season with no additional cost.

At 4 Weeks or Less:

For any cancellations within four weeks (or less) of their program start date there is no refund available.

ILLNESS

What do you do if you wake up feeling unwell? Before leaving your lodging, text or call Matthew Mossbrucker at 720-693-1964 or Sarah Miller at 303-885-6454.

Dehydration is the primary cause of headaches in the field, and it is entirely preventable. Fieldwork in high, dry, and hot elevations increases the risk of dehydration-related headaches. To ensure a positive experience, maintaining proper hydration is essential. Additionally, avoid consuming alcohol, as it exacerbates dehydration.

Wyoming's intense summer heat necessitates proper preparation to avoid heat exhaustion. Participants should ensure they remain well-hydrated and wear appropriate clothing. To mitigate the risk of heat stress, the team will observe a scheduled siesta, retreating from the field during the hottest hours of the day.

MINOR AILMENTS & OTC MEDICATIONS

Participants often experience body aches during the program, so you may want to pack your preferred pain relief medication.

Dust and pollen in the field can sometimes cause symptoms resembling a common cold; bringing an allergy medicine of your choice is recommended for easy management.

For gastrointestinal comfort, an anti-diarrheal like Imodium AD is a good idea, especially if you plan to eat at local establishments like Taco John's. Some of us have personal experience in this regard.

Important: Our program does not supply OTC medications.





PROGRAM LOGISTICS

TRANSPORTATION

Participants should arrange their travel to Glenrock, Wyoming. The closest airport is in Casper, where rental cars can be secured. The program provides transportation between the Paleon museum and the field area. For inquiries regarding transportation or lodging, please contact Sarah Miller at s.miller@mnhm.org.

LODGING

Program tuition does not cover lodging expenses. For solid rest, we strongly recommend staying at a hotel or motel. Lodging in Glenrock is limited, so please book your room in advance. Glenrock is equidistant from both Casper and Douglas, expect a 30 minute highway drive.

Camping may be available in Glenrock, but it is not recommended. A KOA in Douglas does offer tent camping and RV hookups.

For convenience, we recommend lodging in Glenrock, Wyoming. At Bobbi's Motel, we have a discount rate that can be applied. Please reach out to bobbisclassicmotel@gmail.com to book and receive this discount. If you prefer to text, the number is 307-333-3373.

We also recommend the Higgins Hotel in Glenrock, which is right across the street from the Paleon Museum. Call them to book at 307-277-0865. Secondary lodging is available in Douglas, Wyoming. We recommend the Hampton Inn, which is close to a convenience store and gas stations. Call them to book at 307-358-0707.

NOURISHMENT

We provide breakfast, lunch, and snacks as part of the program meals. Please note that options for special dietary needs are limited due to the rural location in Wyoming (both in terms of grocery shopping and restaurant availability). While we will do our best to accommodate allergies or dietary restrictions, participants must supply their own specialized food items. Please ensure you detail any allergies or restrictions in your registration paperwork and remind staff members in advance.

Breakfast

Breakfast items will include; breakfast bars, granola, cold cereal, toast & jelly, almond milk, 2% milk, hot oatmeal packets, fresh fruit, and coffee.

Lunch

A sack lunch and snack will be provided, offering a selection of items for you to choose from. Lunch options include bread, flour tortillas, deli meats, cheese, and PB&J. For snacks, you can choose from oranges, apples, chips, and granola bars.

We will also provide cold drinks, specifically ice water and Kirkland Signature Sport Drink. Please remember to bring your own water bottle. You are welcome to bring any additional snacks or comfort food you desire.

Supper

Your supper plans are not coordinated by the program, with the exception of a pizza night. Our small Wyoming town has limited dining options. Due to frequent changes at Glenrock's restaurants, dinner this season will be "choose your own gastronomic adventure." We advise participants either plan to travel to Douglas or Casper for a hot supper or take some of the suggestions offered below.

Prehistoric Pizza Party (Meet & Greet):

- On the first evening of each program (Thursday or Sunday), pizza will be served at the museum between talks.
- The source of this pizza is as yet undetermined. Low expectations are advised.

- This is an opportunity to socialize and network with fellow attendees while enjoying a casual meal.

Coordinate Plans with Others:

- Groups are encouraged to dine together and coordinate their plans.
- Local restaurants can accommodate separate checks at a single table, making it easier for groups to dine out together. Local restaurants are dwindling and most are not open through the full weekend.

Dining Alone:

- For those dining alone, options are more limited but still available:
 - The grocery store has a deli counter for grab-and-go meals. They also have a “TV dinner” section in frozen foods for microwaveable meals.
 - Hotel Higgins provides mini-fridges and microwaves in guest rooms for preparing and storing food.
 - Bobbi’s Classic Motel provides microwaves and a full size fridge/freezer in guest rooms for preparing and storing food. They also have a propane BBQ outside for motel usage.
- For those willing to travel, Douglas and Casper offer additional dining options and are approximately 30 minutes away. Please note that travel time may impact your ability to attend evening programming.

Additional Information:

- Bobbi’s Classic Diner has closed its doors. Again.
- Saturday evenings, Fort Diablo is the only restaurant in Glenrock that is open.



FIELD GEAR

EXCAVATION GEAR

All necessary specialized equipment will be provided, entirely eliminating the need for participants to purchase or transport heavy or expensive gear. The Triceratops Gulch Project includes a full range of essential hand tools such as **shovels** for bulk removal of sediment, various sizes of **trowels and hand tools** for detailed digging and scraping, and **soft-bristled brushes** for the careful exposure of fossils.

In addition to the primary excavation tools, the museum will also supply other critical equipment, including **screening devices** (such as sifting screens or sifters) to process excavated matrix and locate smaller specimens, **measuring tools** (tapes and compasses) for mapping and recording, and elemental **safety gear** (e.g., protective eyewear).

While the museum guarantees a **complete set of high-quality tools for full and effective participation**, we understand that many seasoned participants and enthusiasts have personal preferences or a deep familiarity with their own gear. Therefore, participants are absolutely **welcome to bring their own personal excavation tools or safety gear**. Whether it's a favorite geological hammer, a specialized dental pick, or a trusted hand trowel, we encourage the use of personal equipment if it enhances your comfort, efficiency, or overall experience in the field.

PERSONAL GEAR

Dress appropriately. **Loose-fitting, long pants and sleeves are best.** Broken-in, closed-toe **boots** and **moisture-wicking socks** are a must. If you try to wear sandals or flip-flops we will rename you Rattlesnake McSnakebite and laugh at you when you get sharp things in your feet.

DRESS FOR SUCCESS

A note from the curator

The primary reason people enter the profession of paleontology is for *fashion*. Worried you might end up looking like a Wal-Mart Indiana Jones? You'll be in good company if you do. All joking aside, some practical tips for outfitting yourself for a safe and relatively comfortable experience at Triceratops Gulch are included in Appendix V of this guide.

Secrets of Field Fashion

- **Long pants and long-sleeved shirts are very important.** Lightweight cotton or synthetic material tends to work best. Bonus points for pockets and vents. Long-sleeved shirts are suggested, as you can always roll them up while working in a quarry. Some folks prefer short-pants. I don't recommend this unless you have rhino-hide or don't mind bloody knees from crawling around on the ground. Or random scrapes from brush and sharp rocks. Or sunburn. Or insect bites. Or the casual close encounter with a Wyoming buzzworm.
- **Undergarments:** Synthetic fiber works best. Anything marketed for exercise is going to be suitable. Look for anything vented. Avoid cotton.
- **Pick a field hat with a windstrap.** Straw, canvas, and nylon are okay. Felt can also work. Avoid leather and oilskin (an oil treated cotton canvas). Broader the brim, the better. The hat is not only the piece de resistance of your field ensemble, but vital in keeping you cool. You're wearing shade. Baseball caps are better than nothing, but provide no shelter for your ears and neck. Frankly, most people forget to apply sunscreen to those regions. People like... me.
- **Avoid use of sunglasses.** They distort the color of the objects scattered on the ground. The signal of color can be a useful indicator of a bone outcropping from across an arroyo. Your hat will provide some shade for your eyes. If you wear contacts, bring eye drops. Untinted eyeglasses are fine. Bring an eyeglass cloth as they will get dusty every few minutes.

- A **bandana or Buff (nylon neck gaiter)** are important. Bring a couple. You can get them wet to cool your neck (amazing in the late afternoon) and the copious amounts of dust will stay off your skin. There are no windbreaks in our area, and Wyoming is rather famous for its breeze.
- **Boots.** Lots of good brands and I have no favorite. Hightops are best. I wear all leather boots so sharp things don't jab my feet. Downside - my feet sometimes get hot. Plus side, my feet are armored and if cared for properly, the boots will last a very long time. Most importantly - and I cannot stress this enough - is that you need to break them in long before your first dig. They should be as comfortable as possible. Basically, put them on now and don't take them off. Wear them to bed. Wear them to class. Wear them swimming... don't do that, you'll drown, but you catch my drift.
- **Socks.** A medium weight poly-cotton or merino wool sock is as important as your boots. Make sure they have a snug fit to avoid sagging or movement in your footwear. Try and find socks that offer a bit of padding on the heel and toes. Nothing is more luxurious in life than a good pair of socks.
- **Jacket.** A quick-drying jacket or pullover is a must. Layer for warmth, evenings can be cool, particularly in the early autumn. Raingear is nice to have, but usually goes unused. Usually.

APPENDIX I

FOUR DAY PROGRAM ITINERARIES

Field programs can be overwhelming, particularly for new participants. To best serve the curious participants, the Triceratops Gulch Project offers intentional programs, both thoughtfully and rigorously designed with a detailed itinerary to maximize your experience.

These itineraries aim to strike a balance between the educational goals of the program, the individual needs and desires of the participants, and the inherent unpredictability of fieldwork. Therefore, please remember that the schedule is subject to change due to excavation priorities, team dynamics, and weather conditions.

Program Notes

The Triceratops Gulch Project is a field program, therefore museum-based activities like the work in collections and work in the preparation and casting labs are not a part of the programs. That noted, the museum is used as a nearby hub of operations, allowing staff to provide a carefully-crafted curriculum of lectures and workshops designed to support and enrich the overall experience.

Site-specific education enriches the overall experience for participants. A great deal of time and effort has been invested in creating a program that introduces armchair and aspiring paleontologists to paleontology in the field.

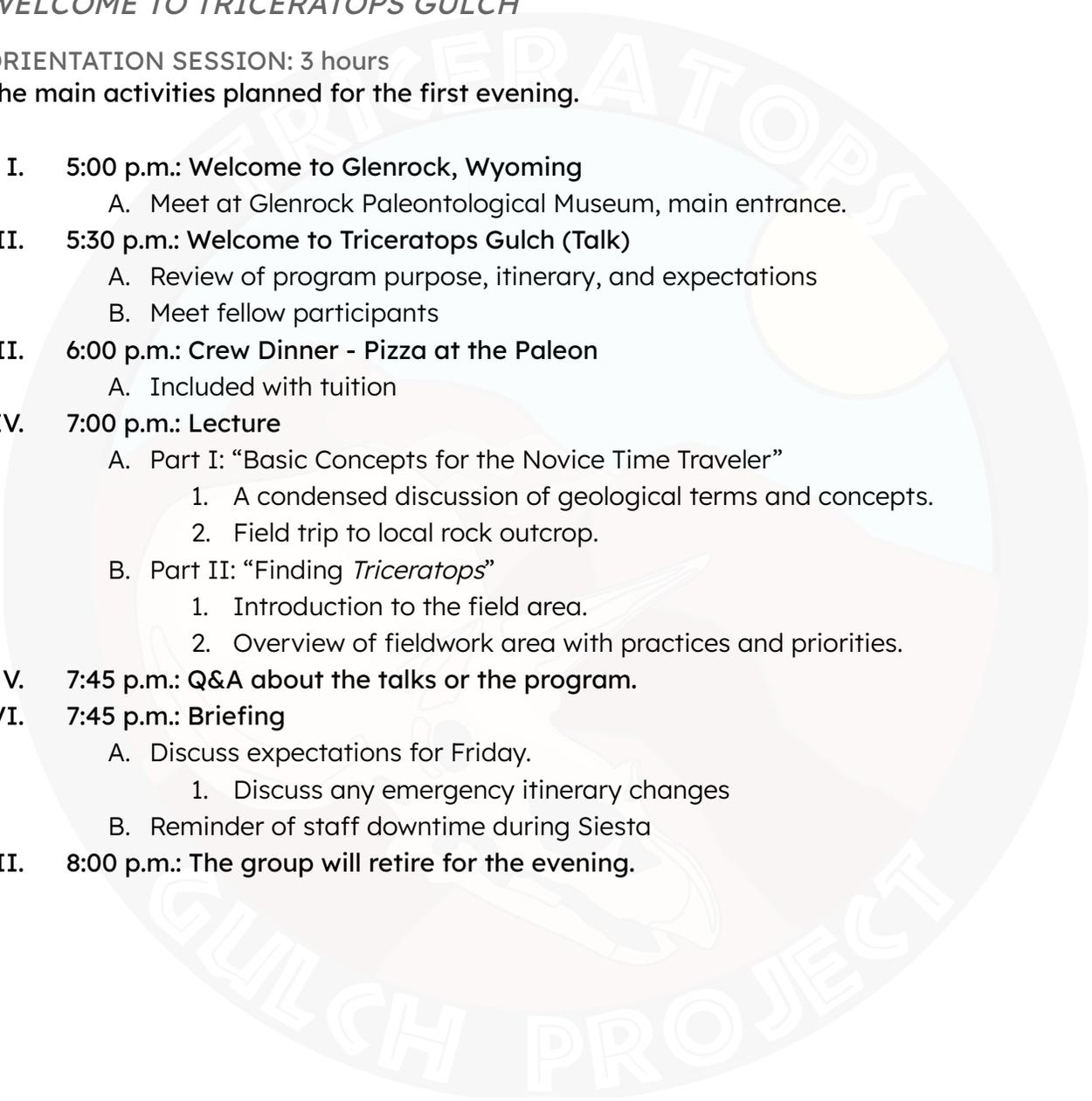
Optional evening activities are planned. Note that word, “optional.” You are free to choose to participate in these activities, either fieldwork or a museum workshop. Or, you may simply decide to rest and prepare for the next day.

The following pages include detailed itineraries outlining daily activities and expectations for both the Greenhorn and Excavation programs.

GREENHORN**THURSDAY EVENING***WELCOME TO TRICERATOPS GULCH*

ORIENTATION SESSION: 3 hours

The main activities planned for the first evening.

- 
- I. 5:00 p.m.: Welcome to Glenrock, Wyoming
 - A. Meet at Glenrock Paleontological Museum, main entrance.
 - II. 5:30 p.m.: Welcome to Triceratops Gulch (Talk)
 - A. Review of program purpose, itinerary, and expectations
 - B. Meet fellow participants
 - III. 6:00 p.m.: Crew Dinner - Pizza at the Paleon
 - A. Included with tuition
 - IV. 7:00 p.m.: Lecture
 - A. Part I: “Basic Concepts for the Novice Time Traveler”
 - 1. A condensed discussion of geological terms and concepts.
 - 2. Field trip to local rock outcrop.
 - B. Part II: “Finding *Triceratops*”
 - 1. Introduction to the field area.
 - 2. Overview of fieldwork area with practices and priorities.
 - V. 7:45 p.m.: Q&A about the talks or the program.
 - VI. 7:45 p.m.: Briefing
 - A. Discuss expectations for Friday.
 - 1. Discuss any emergency itinerary changes
 - B. Reminder of staff downtime during Siesta
 - VII. 8:00 p.m.: The group will retire for the evening.

GREENHORN**FRIDAY****LECTURES, WORKSHOPS, & FIELDWORK**

MAIN SESSION: 7-8 Hours

The main activities planned for the day that occur prior to the siesta.

- I. 7:45 a.m.: Doors Open (meet at the back door of the museum)
 - A. Breakfast is available for those who would like to eat before the lecture at 8:10. Please arrive by 8 a.m. to get settled for the morning lecture.
- II. 8:10 a.m.: Briefing
 - A. Daily schedule review
 1. Field activities for the day
- III. 8:20 a.m.: Lectures & Workshops
 - A. Part I: “Bone vs. Stone” - lecture and workshop
 1. Learn to identify fossil bone, common rock types, and minerals.
 - B. Intermission
 - C. Part II: “Finding *Triceratops*”
 1. A discussion of fieldwork practices and field safety.
- IV. 9:30 a.m.: Load personal gear and pack lunches
 - A. 9:50 a.m.: Depart for Triceratops Gulch
- V. 10:00 a.m.: Fieldwork
 - A. 10:10 a.m.: Gear introduction; the magical field toilet and other tools
 1. Practice Prospecting
 - B. 12:30 p.m.: Quarry etiquette and techniques workshop
 - C. 3:30 p.m.: Depart fieldwork area for Paleon Museum
- VI. 3:45 p.m.: Briefing - 10-15 minutes in duration
 - A. Daily schedule review
 1. Recap successes, critique of common issues, such as brushing.
 2. Discuss any emergency itinerary changes
- VII. 4:00 p.m.: Siesta
 - A. This period allows for both participants and staff to take a break from the heat, rest, each other, and eat supper.
 - B. Participants may choose to call it a day and rest up for Saturday’s program. Feel free to return to your lodging for some needed rest.

GREENHORN**FRIDAY EVENING****OPTIONAL EVENING ACTIVITY**

MUSEUM WORKSHOP: 1.5 hours

Optional bonus evening programs are available, which consist of either a museum workshop or field-based activities, not both.

Note: Evening programming is weather-dependent. Staff prefer a museum workshop during this evening's program. If inclement weather is forecast, the indoor activity may be replaced with fieldwork.

- VIII. 6:00 p.m.: MUSEUM WORKSHOP
 - A. 6p.m. - 7:30p.m. (1.5 hours)
 - 1. Meet at the museum's back door.
 - B. Return to your lodging for some needed rest.
- IX. 6:00 p.m.: FIELDWORK (Alternate)
 - A. 6p.m. - 9p.m. (3 hours)
 - 1. Meet at the Paleon Museum back door.
 - 2. Depart the museum by 6:15 p.m.
- X. End of Day
 - A. 7:30 p.m.: Museum workshop concludes.
 - B. 9:30 p.m.: Fieldwork concludes

GREENHORN**SATURDAY****LECTURES, WORKSHOPS, & FIELDWORK**

MAIN SESSION: 7-8 hours

The main activities planned for the day that occur prior to the siesta.

- I. 7:45 a.m.: Doors Open (meet at the back door of the museum)
 - A. Breakfast is available for those who would like to eat before the lecture at 8:10. Please arrive by 8 a.m. to get settled for the morning lecture.
- II. 8:10 a.m.: Briefing
 - A. Daily schedule review
 1. Field activities for the day
 2. Discuss any emergency itinerary changes
- III. 8:25 a.m.: Lectures
 - A. “*Triceratops* World: An Overview of Landscapes and Small Fauna.”
 1. A review of the collections census, new finds, and new insight into Lanciaan paleobiology in our fieldwork area.
 - B. Intermission (Coffee Break)
 - C. “*Triceratops* World: The Ornithischian Dinosaurs.”
 1. A review of the collections census, new finds, and new insight into the herbivorous dinosaurs of our fieldwork area.
- IV. 9:30 a.m.: Load personal gear and pack lunches
 - A. 9:50 a.m.: Depart for Triceratops Gulch.
- V. 10:00 a.m.: Fieldwork
 - A. 12:00 p.m.: Lunch
 - B. 3:30 p.m.: Depart fieldwork area for Paleon Museum
- VI. 3:45 p.m.: Briefing - 10-15 minutes in duration
 - A. Daily schedule review
 1. Recap successes, critique of common issues, such as brushing.
 2. Discuss any emergency itinerary changes
- VII. 4:00 p.m.: Siesta
 - A. This period allows for both participants and staff to take a break from the heat, rest, each other, and eat supper.
 - B. Participants may choose to call it a day and rest up for Saturday’s program. Feel free to return to your lodging for some needed rest.

GREENHORN**SATURDAY EVENING****OPTIONAL EVENING ACTIVITY**

EVENING FIELDWORK: 3 hours

Optional bonus evening programs are available, which consist of either a museum workshop or field-based activities, not both.

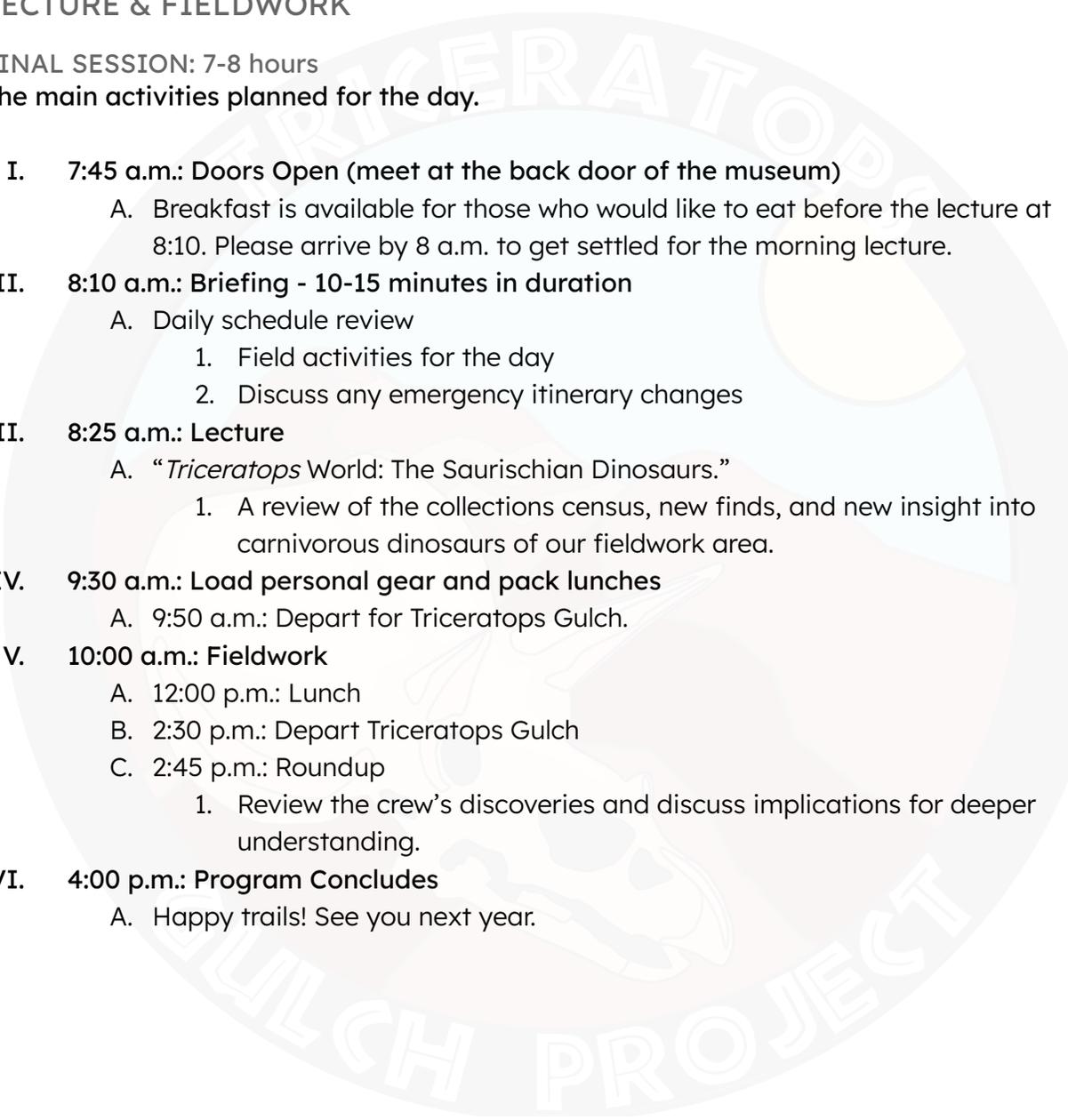
Note: Evening programming is weather-dependent. Staff prefer evening fieldwork during this evening's program. If inclement weather is forecast, the indoor activity may be offered.

- XI. **6:00 p.m.: FIELDWORK**
 - A. 6p.m. - 9p.m. (3 hours)
 - 1. Meet at the Paleon Museum back door.
 - 2. Depart the museum by 6:15 p.m.
- XII. **6:00 p.m.: MUSEUM WORKSHOP (Alternate)**
 - A. 6p.m. - 7:30p.m. (1.5 hours)
 - 1. Meet at the museum's back door.
- XIII. **End of Day**
 - A. 7:30 p.m.: Museum workshop concludes.
 - B. 9:30 p.m.: Fieldwork concludes

GREENHORN**SUNDAY****LECTURE & FIELDWORK**

FINAL SESSION: 7-8 hours

The main activities planned for the day.

- 
- I. 7:45 a.m.: Doors Open (meet at the back door of the museum)
 - A. Breakfast is available for those who would like to eat before the lecture at 8:10. Please arrive by 8 a.m. to get settled for the morning lecture.
 - II. 8:10 a.m.: Briefing - 10-15 minutes in duration
 - A. Daily schedule review
 - 1. Field activities for the day
 - 2. Discuss any emergency itinerary changes
 - III. 8:25 a.m.: Lecture
 - A. “*Triceratops* World: The Saurischian Dinosaurs.”
 - 1. A review of the collections census, new finds, and new insight into carnivorous dinosaurs of our fieldwork area.
 - IV. 9:30 a.m.: Load personal gear and pack lunches
 - A. 9:50 a.m.: Depart for Triceratops Gulch.
 - V. 10:00 a.m.: Fieldwork
 - A. 12:00 p.m.: Lunch
 - B. 2:30 p.m.: Depart Triceratops Gulch
 - C. 2:45 p.m.: Roundup
 - 1. Review the crew’s discoveries and discuss implications for deeper understanding.
 - VI. 4:00 p.m.: Program Concludes
 - A. Happy trails! See you next year.

EXCAVATION

THURSDAY

WELCOME BACK TO TRICERATOPS GULCH

ORIENTATION SESSION

The main activities planned for the first evening.

- I. 5:00 p.m.: Welcome to Glenrock, Wyoming
 - A. Meet at Glenrock Paleontological Museum, main entrance or back door.
- II. 5:30 p.m.: Talk
 - A. “Welcome to Triceratops Gulch”
 1. Review of program purpose, itinerary, and expectations
 2. Meet fellow participants
- III. 6:00 p.m.: Crew Dinner - Pizza at the Paleon
- IV. 7:00 p.m.: Lecture
 - A. “Finding *Triceratops*”
 1. Introduction to the field area.
 2. Overview of fieldwork priorities.
 3. Fieldwork Practices
 4. Safety in the Field
- V. 7:45 p.m.: Q&A about the talks or the program.
- VI. 7:45 p.m.: Briefing
 - A. Discuss expectations for Friday.
 1. Discuss any emergency itinerary changes
 - B. Reminder of staff downtime during Siesta
- VII. 8:00 p.m.: The group will retire for the evening.

EXCAVATION

FRIDAY

FIELDWORK

MAIN SESSION

The main activities planned for the day that occur prior to the siesta.

- I. **7:45 a.m.: Doors Open (meet at the back door of the museum)**
 - A. Breakfast is available for those who would like to eat before the lecture at 8:10. Please arrive by 8 a.m. to get settled for the morning lecture.
- II. **8:10 a.m.: Briefing**
 - A. Daily schedule review
- III. **8:30 a.m.: Refresher Workshop**
 - A. Specimen identification and field techniques
- IV. **9:30 a.m.: Load personal gear and pack lunches**
 - A. 9:50 a.m.: Depart for Triceratops Gulch
- V. **10:00 a.m.: Fieldwork**
 - A. Gear introduction; the magical field toilet and other tools
 - B. Quarry Etiquette and Techniques Workshop
 - C. 3:30 p.m.: Depart fieldwork area for Paleon Museum
- VI. **3:45 p.m.: Briefing - 10-15 minutes in duration**
 - A. Daily schedule review
 1. Recap successes, critique of common issues, such as brushing.
 2. Discuss any emergency itinerary changes
- VII. **4:00 p.m.: Siesta**
 - A. This period allows for both participants and staff to take a break from the heat, rest, each other, and eat supper.
 - B. Participants may choose to call it a day and rest up for Saturday's program. Feel free to return to your lodging for some needed rest.

EXCAVATION

FRIDAY EVENING

OPTIONAL EVENING ACTIVITY

MUSEUM WORKSHOP: 1.5 hours

Optional bonus evening programs are available, which consist of either a museum workshop or field-based activities, not both.

Note: Evening programming is weather-dependent. Staff prefer a museum workshop during this evening's program. If inclement weather is forecast, the indoor activity may be replaced with fieldwork.

- XIV. **6:00 p.m.: MUSEUM WORKSHOP**
 - A. 6p.m. - 7:30p.m. (1.5 hours)
 - 1. Meet at the museum's back door.
 - B. Return to your lodging for some needed rest.
- XV. **6:00 p.m.: FIELDWORK (Alternate)**
 - A. 6p.m. - 9p.m. (3 hours)
 - 1. Meet at the Paleon Museum back door.
 - 2. Depart the museum by 6:15 p.m.
- XVI. **End of Day**
 - A. 7:30 p.m.: Museum workshop concludes.
 - B. 9:30 p.m.: Fieldwork concludes

EXCAVATION

SATURDAY

FIELDWORK

MAIN SESSION

The main activities planned for the day that occur prior to the siesta.

- VIII. **7:45 a.m.: Doors Open (meet at the back door of the museum)**
 - A. Breakfast is available for those who would like to eat before the lecture at 8:10. Please arrive by 8 a.m. to get settled for the morning lecture.
- IX. **8:10 a.m.: Briefing**
 - A. Daily schedule review
- X. **8:30 a.m.: Load personal gear and pack lunches**
 - A. 8:45 a.m.: Depart for Triceratops Gulch
- XI. **9:00 a.m.: Fieldwork**
 - A. Gear introduction; the magical field toilet and other tools
 - B. Quarry Etiquette and Techniques Workshop
 - C. 3:30 p.m.: Depart fieldwork area for Paleon Museum
- XII. **3:45 p.m.: Briefing - 10-15 minutes in duration**
 - A. Daily schedule review
 - 1. Recap successes, critique of common issues, such as brushing.
 - 2. Discuss any emergency itinerary changes
- XIII. **4:00 p.m.: Siesta**
 - A. This period allows for both participants and staff to take a break from the heat, rest, each other, and eat supper.
 - B. Participants may choose to call it a day and rest up for Saturday's program. Feel free to return to your lodging for some needed rest.

EXCAVATION

SATURDAY EVENING

OPTIONAL EVENING ACTIVITY

EVENING FIELDWORK: 3 hours

Optional bonus evening programs are available, which consist of either a museum workshop or field-based activities, not both.

Note: Evening programming is weather-dependent. Staff prefer evening fieldwork during this evening's program. If inclement weather is forecast, the indoor activity may be offered.

XVII. 6:00 p.m.: FIELDWORK

A. 6p.m. - 9p.m. (3 hours)

1. Meet at the Paleon Museum back door.
2. Depart the museum by 6:15 p.m.

XVIII. 6:00 p.m.: MUSEUM WORKSHOP (Alternate)

A. 6p.m. - 7:30p.m. (1.5 hours)

1. Meet at the museum's back door.

XIX. End of Day

- A. 7:30 p.m.: Museum workshop concludes.
- B. 9:30 p.m.: Fieldwork concludes

I.

EXCAVATION

SUNDAY

FIELDWORK

MAIN SESSION: 7-8 hours

The main activities planned for the day.

- I. **7:45 a.m.: Doors Open (meet at the back door of the museum)**
 - A. Breakfast is available for those who would like to eat before the lecture at 8:10. Please arrive by 8 a.m. to get settled for the morning lecture.
- II. **8:10 a.m.: Briefing**
 - A. Daily schedule review
 1. Field activities for the day
 2. Discuss any emergency itinerary changes
- III. **8:30 a.m.: Load personal gear and pack lunches**
 - A. 9:50 a.m.: Depart for Triceratops Gulch
- IV. **8:45 a.m.: Fieldwork**
 - A. Lunch
 - B. 3:30 p.m.: Depart fieldwork area for Paleon Museum
- V. **3:45 p.m.: Roundup**
 - A. Field activities
 1. Review the crew's discoveries and discuss implications for deeper understanding.
- VI. **4:00 p.m.: Program Concludes**
 - A. Happy trails! See you next year.

APPENDIX II

EXTENDED PROGRAMS ITINERARY

The extended five-day programs provide participants with an additional day in the field, utilizing itineraries comparable to those of our four-day programs.

If you are new to the Triceratops Gulch Project, we suggest beginning with the Greenhorn program before moving on to Excavation. Both Greenhorn and Excavation are primarily field-based programs; therefore, neither includes museum activities in collections or labs, apart from dedicated classroom instruction time.

The Excavation program is centered on sustained fieldwork. This includes long-term excavations at existing quarries and progressive test digs at new locations, potentially involving field jacketing. It is important to note that this program focuses on established fieldwork and does not encompass initial activities such as prospecting or test trenching.

Bear in mind that the daily schedule is subject to change based on excavation priorities, team dynamics, and weather conditions. Evening activities are at your discretion.

The following pages offer detailed itineraries for both the five-day Greenhorn and Excavation programs.

Program Notes

- **For New Participants:** The Greenhorn program is the recommended starting point if you are new to fieldwork or our specific program.
- **For a Comprehensive Experience:** The Greenhorn program is a strong choice for those seeking a well-rounded experience.
- **Important Schedule Note:** The program schedule is subject to change based on excavation needs, the group's composition, and weather conditions.
- **Evening Sessions:** Evening sessions are optional but are provided to enhance your overall experience.

GREENHORN**SUNDAY EVENING****WELCOME TO TRICERATOPS GULCH**

ORIENTATION SESSION: 3 hours

The main activities planned for the first evening.

- VIII. 5:00 p.m.: Welcome to Glenrock, Wyoming
 - A. Meet at Glenrock Paleontological Museum, main entrance.
- IX. 5:30 p.m.: Welcome to Triceratops Gulch (Talk)
 - A. Review of program purpose, itinerary, and expectations
 - B. Meet fellow participants
- X. 6:00 p.m.: Crew Dinner - Pizza at the Paleon
 - A. Included with tuition
- XI. 7:00 p.m.: Lecture
 - A. Part I: "Basic Concepts for the Novice Time Traveler"
 - 1. A condensed discussion of geological terms and concepts.
 - 2. Field trip to local rock outcrop.
 - B. Part II: "Finding *Triceratops*"
 - 1. Introduction to the field area.
 - 2. Overview of fieldwork area with practices and priorities.
- XII. 7:45 p.m.: Q&A about the talks or the program.
- XIII. 7:45 p.m.: Briefing
 - A. Discuss expectations for Friday.
 - 1. Discuss any emergency itinerary changes
 - B. Reminder of staff downtime during Siesta
- XIV. 8:00 p.m.: The group will retire for the evening.

GREENHORN**MONDAY****LECTURES, WORKSHOPS, & FIELDWORK**

MAIN SESSION: 7-8 Hours

The main activities planned for the day that occur prior to the siesta.

- XX. 7:45 a.m.: Doors Open (meet at the back door of the museum)
 - A. Breakfast is available for those who would like to eat before the lecture at 8:10. Please arrive by 8 a.m. to get settled for the morning lecture.
- XXI. 8:10 a.m.: Briefing
 - A. Daily schedule review
 - 1. Field activities for the day
- XXII. 8:20 a.m.: Lectures & Workshops
 - A. Part I: “Bone vs. Stone” - lecture and workshop
 - 1. Learn to identify fossil bone, common rock types, and minerals.
 - B. Intermission
 - C. Part II: “Finding *Triceratops*”
 - 1. A discussion of fieldwork practices and field safety.
- XXIII. 9:30 a.m.: Load personal gear and pack lunches
 - A. 9:50 a.m.: Depart for Triceratops Gulch
- XXIV. 10:00 a.m.: Fieldwork
 - A. 10:10 a.m.: Gear introduction; the magical field toilet and other tools
 - 1. Practice Prospecting
 - B. 12:30 p.m.: Quarry etiquette and techniques workshop
 - C. 3:30 p.m.: Depart fieldwork area for Paleon Museum
- XXV. 3:45 p.m.: Briefing - 10-15 minutes in duration
 - A. Daily schedule review
 - 1. Recap successes, critique of common issues, such as brushing.
 - 2. Discuss any emergency itinerary changes
- XXVI. 4:00 p.m.: Siesta
 - A. This period allows for both participants and staff to take a break from the heat, rest, each other, and eat supper.
 - B. Participants may choose to call it a day and rest up for Saturday’s program. Feel free to return to your lodging for some needed rest.

GREENHORN**MONDAY EVENING****OPTIONAL EVENING ACTIVITY**

MUSEUM WORKSHOP: 1.5 hours

Optional bonus evening programs are available, which consist of either a museum workshop or field-based activities, not both.

Note: Evening programming is weather-dependent. Staff prefer a museum workshop during this evening's program. If inclement weather is forecast, the indoor activity may be replaced with fieldwork.

- XXVII. 6:00 p.m.: MUSEUM WORKSHOP
 - A. 6p.m. - 7:30p.m. (1.5 hours)
 - 1. Meet at the museum's back door.
 - B. Return to your lodging for some needed rest.
- XXVIII. 6:00 p.m.: FIELDWORK (Alternate)
 - A. 6p.m. - 9p.m. (3 hours)
 - 1. Meet at the Paleon Museum back door.
 - 2. Depart the museum by 6:15 p.m.
- XXIX. End of Day
 - A. 7:30 p.m.: Museum workshop concludes.
 - B. 9:30 p.m.: Fieldwork concludes

GREENHORN**TUESDAY****LECTURES, WORKSHOPS, & FIELDWORK**

MAIN SESSION: 7-8 hours

The main activities planned for the day that occur prior to the siesta.

- VIII. 7:45 a.m.: Doors Open (meet at the back door of the museum)
- A. Breakfast is available for those who would like to eat before the lecture at 8:10. Please arrive by 8 a.m. to get settled for the morning lecture.
- IX. 8:10 a.m.: Briefing
- A. Daily schedule review
 1. Field activities for the day
 2. Discuss any emergency itinerary changes
- X. 8:25 a.m.: Lectures
- A. “*Triceratops* World: An Overview of Landscapes and Small Fauna.”
 1. A review of the collections census, new finds, and new insight into Lanciaan paleobiology in our fieldwork area.
 - B. Intermission (Coffee Break)
 - C. “*Triceratops* World: The Ornithischian Dinosaurs.”
 1. A review of the collections census, new finds, and new insight into the herbivorous dinosaurs of our fieldwork area.
- XI. 9:30 a.m.: Load personal gear and pack lunches
- A. 9:50 a.m.: Depart for Triceratops Gulch.
- XII. 10:00 a.m.: Fieldwork
- A. 12:00 p.m.: Lunch
 - B. 3:30 p.m.: Depart fieldwork area for Paleon Museum
- XIII. 3:45 p.m.: Briefing - 10-15 minutes in duration
- A. Daily schedule review
 1. Recap successes, critique of common issues, such as brushing.
 2. Discuss any emergency itinerary changes
- XIV. 4:00 p.m.: Siesta
- A. This period allows for both participants and staff to take a break from the heat, rest, each other, and eat supper.
 - B. Participants may choose to call it a day and rest up for Saturday’s program. Feel free to return to your lodging for some needed rest.

GREENHORN**TUESDAY EVENING****OPTIONAL EVENING ACTIVITY**

EVENING FIELDWORK: 3 hours

Optional bonus evening programs are available, which consist of either a museum workshop or field-based activities, not both.

Note: Evening programming is weather-dependent. Staff prefer evening fieldwork during this evening's program. If inclement weather is forecast, the indoor activity may be offered.

- XXX. **6:00 p.m.: FIELDWORK**
 - A. 6p.m. - 9p.m. (3 hours)
 - 1. Meet at the Paleon Museum back door.
 - 2. Depart the museum by 6:15 p.m.
- XXXI. **6:00 p.m.: MUSEUM WORKSHOP (Alternate)**
 - A. 6p.m. - 7:30p.m. (1.5 hours)
 - 1. Meet at the museum's back door.
- XXXII. **End of Day**
 - A. 7:30 p.m.: Museum workshop concludes.
 - B. 9:30 p.m.: Fieldwork concludes

GREENHORN**WEDNESDAY****LECTURES, WORKSHOPS, & FIELDWORK**

MAIN SESSION: 7-8 hours

The main activities planned for the day that occur prior to the siesta.

- I. 7:45 a.m.: Doors Open (meet at the back door of the museum)
 - A. Breakfast is available for those who would like to eat before the lecture at 8:10. Please arrive by 8 a.m. to get settled for the morning lecture.
- II. 8:10 a.m.: Briefing
 - A. Daily schedule review
 1. Field activities for the day
 2. Discuss any emergency itinerary changes
- III. 8:25 a.m.: Lectures
 - A. “*Triceratops* World: An Overview of Landscapes and Small Fauna.”
 1. A review of the collections census, new finds, and new insight into Lanciaan paleobiology in our fieldwork area.
 - B. Intermission (Coffee Break)
 - C. “*Triceratops* World: The Ornithischian Dinosaurs.”
 1. A review of the collections census, new finds, and new insight into the herbivorous dinosaurs of our fieldwork area.
- IV. 9:30 a.m.: Load personal gear and pack lunches
 - A. 9:50 a.m.: Depart for Triceratops Gulch.
- V. 10:00 a.m.: Fieldwork
 - A. 12:00 p.m.: Lunch
 - B. 3:30 p.m.: Depart fieldwork area for Paleon Museum
- VI. 3:45 p.m.: Briefing - 10-15 minutes in duration
 - A. Daily schedule review
 1. Recap successes, critique of common issues, such as brushing.
 2. Discuss any emergency itinerary changes
- VII. 4:00 p.m.: Siesta
 - A. This period allows for both participants and staff to take a break from the heat, rest, each other, and eat supper.
 - B. Participants may choose to call it a day and rest up for Saturday’s program. Feel free to return to your lodging for some needed rest.

GREENHORN**WEDNESDAY EVENING****OPTIONAL EVENING ACTIVITY**

EVENING FIELDWORK: 3 hours

Optional bonus evening programs are available, which consist of either a museum workshop or field-based activities, not both.

Note: Evening programming is weather-dependent. Staff prefer evening fieldwork during this evening's program. If inclement weather is forecast, the indoor activity may be offered.

- XXXIII. 6:00 p.m.: FIELDWORK**
- A. 6p.m. - 9p.m. (3 hours)
 - 1. Meet at the Paleon Museum back door.
 - 2. Depart the museum by 6:15 p.m.
- XXXIV. 6:00 p.m.: MUSEUM WORKSHOP (Alternate)**
- A. 6p.m. - 7:30p.m. (1.5 hours)
 - 1. Meet at the museum's back door.
- XXXV. End of Day**
- A. 7:30 p.m.: Museum workshop concludes.
 - B. 9:30 p.m.: Fieldwork concludes

GREENHORN**THURSDAY****LECTURE & FIELDWORK**

FINAL SESSION: 7-8 hours

The main activities planned for the day.

- VII. 7:45 a.m.: Doors Open (meet at the back door of the museum)
 - A. Breakfast is available for those who would like to eat before the lecture at 8:10. Please arrive by 8 a.m. to get settled for the morning lecture.
- VIII. 8:10 a.m.: Briefing - 10-15 minutes in duration
 - A. Daily schedule review
 - 1. Field activities for the day
 - 2. Discuss any emergency itinerary changes
- IX. 8:25 a.m.: Lecture?
 - A. Any postponed talks will be delivered.
 - B. If there are no postponed talks, the group will pack lunches and proceed into the field area.
- X. 9:30 a.m.: Load personal gear and pack lunches
 - A. 9:50 a.m.: Depart for Triceratops Gulch.
- XI. 10:00 a.m.: Fieldwork
 - A. 12:00 p.m.: Lunch
 - B. 2:30 p.m.: Depart Triceratops Gulch
 - C. 2:45 p.m.: Roundup
 - 1. Review the crew's discoveries and discuss implications for deeper understanding.
- XII. 4:00 p.m.: Program Concludes
 - A. Happy trails! See you next year.

EXCAVATION

SUNDAY EVENING

WELCOME BACK TO TRICERATOPS GULCH

ORIENTATION SESSION

The main activities planned for the first evening.

- VIII. 5:00 p.m.: Welcome to Glenrock, Wyoming
 - A. Meet at Glenrock Paleontological Museum, main entrance or back door.
- IX. 5:30 p.m.: Talk
 - A. “Welcome to Triceratops Gulch”
 1. Review of program purpose, itinerary, and expectations
 2. Meet fellow participants
- X. 6:00 p.m.: Crew Dinner - Pizza at the Paleon
- XI. 7:00 p.m.: Lecture
 - A. “Finding *Triceratops*”
 1. Introduction to the field area.
 2. Overview of fieldwork priorities.
 3. Fieldwork Practices
 4. Safety in the Field
- XII. 7:45 p.m.: Q&A about the talks or the program.
- XIII. 7:45 p.m.: Briefing
 - A. Discuss expectations for Friday.
 1. Discuss any emergency itinerary changes
 - B. Reminder of staff downtime during Siesta
- XIV. 8:00 p.m.: The group will retire for the evening.

EXCAVATION

MONDAY

FIELDWORK

MAIN SESSION

The main activities planned for the day that occur prior to the siesta.

- XIV. **7:45 a.m.: Doors Open (meet at the back door of the museum)**
 - A. Breakfast is available for those who would like to eat before the lecture at 8:10. Please arrive by 8 a.m. to get settled for the morning lecture.
- XV. **8:10 a.m.: Briefing**
 - A. Daily schedule review
- XVI. **8:30 a.m.: Refresher Workshop**
 - A. Specimen identification and field techniques
- XVII. **9:30 a.m.: Load personal gear and pack lunches**
 - A. 9:50 a.m.: Depart for Triceratops Gulch
- XVIII. **10:00 a.m.: Fieldwork**
 - A. Gear introduction; the magical field toilet and other tools
 - B. Quarry Etiquette and Techniques Workshop
 - C. 3:30 p.m.: Depart fieldwork area for Paleon Museum
- XIX. **3:45 p.m.: Briefing - 10-15 minutes in duration**
 - A. Daily schedule review
 1. Recap successes, critique of common issues, such as brushing.
 2. Discuss any emergency itinerary changes
- XX. **4:00 p.m.: Siesta**
 - A. This period allows for both participants and staff to take a break from the heat, rest, each other, and eat supper.
 - B. Participants may choose to call it a day and rest up for Saturday's program. Feel free to return to your lodging for some needed rest.

EXCAVATION

MONDAY EVENING

OPTIONAL EVENING ACTIVITY

MUSEUM WORKSHOP: 1.5 hours

Optional bonus evening programs are available, which consist of either a museum workshop or field-based activities, not both.

Note: Evening programming is weather-dependent. Staff prefer a museum workshop during this evening's program. If inclement weather is forecast, the indoor activity may be replaced with fieldwork.

- XXXVI. **6:00 p.m.: MUSEUM WORKSHOP**
 - A. 6p.m. - 7:30p.m. (1.5 hours)
 - 1. Meet at the museum's back door.
 - B. Return to your lodging for some needed rest.
- XXXVII. **6:00 p.m.: FIELDWORK (Alternate)**
 - A. 6p.m. - 9p.m. (3 hours)
 - 1. Meet at the Paleon Museum back door.
 - 2. Depart the museum by 6:15 p.m.
- XXXVIII. **End of Day**
 - A. 7:30 p.m.: Museum workshop concludes.
 - B. 9:30 p.m.: Fieldwork concludes

EXCAVATION

TUESDAY / WEDNESDAY

FIELDWORK

MAIN SESSION

The main activities planned for the day that occur prior to the siesta.

- I. **7:45 a.m.: Doors Open (meet at the back door of the museum)**
 - A. Breakfast is available for those who would like to eat before the lecture at 8:10. Please arrive by 8 a.m. to get settled for the morning lecture.
- II. **8:10 a.m.: Briefing**
 - A. Daily schedule review
- III. **8:30 a.m.: Load personal gear and pack lunches**
 - A. 8:45 a.m.: Depart for Triceratops Gulch
- IV. **9:00 a.m.: Fieldwork**
 - A. Gear introduction; the magical field toilet and other tools
 - B. Quarry Etiquette and Techniques Workshop
 - C. 3:30 p.m.: Depart fieldwork area for Paleon Museum
- V. **3:45 p.m.: Briefing - 10-15 minutes in duration**
 - A. Daily schedule review
 1. Recap successes, critique of common issues, such as brushing.
 2. Discuss any emergency itinerary changes
- VI. **4:00 p.m.: Siesta**
 - A. This period allows for both participants and staff to take a break from the heat, rest, each other, and eat supper.
 - B. Participants may choose to call it a day and rest up for Saturday's program. Feel free to return to your lodging for some needed rest.

EXCAVATION**TUESDAY / WEDNESDAY EVENING****OPTIONAL EVENING ACTIVITY**

EVENING FIELDWORK: 3 hours

Optional bonus evening programs are available, which consist of either a museum workshop or field-based activities, not both.

Note: Evening programming is weather-dependent. Staff prefer evening fieldwork during this evening's program. If inclement weather is forecast, the indoor activity may be offered.

- XXXIX. **6:00 p.m.: FIELDWORK**
 - A. 6p.m. - 9p.m. (3 hours)
 - 1. Meet at the Paleon Museum back door.
 - 2. Depart the museum by 6:15 p.m.
- XL. **6:00 p.m.: MUSEUM WORKSHOP (Alternate)**
 - A. 6p.m. - 7:30p.m. (1.5 hours)
 - 1. Meet at the museum's back door.
- XLI. **End of Day**
 - A. 7:30 p.m.: Museum workshop concludes.
 - B. 9:30 p.m.: Fieldwork concludes
- II.

EXCAVATION

THURSDAY

FIELDWORK

MAIN SESSION: 7-8 hours

The main activities planned for the day.

- VII. 7:45 a.m.: Doors Open (meet at the back door of the museum)
 - A. Breakfast is available for those who would like to eat before the lecture at 8:10. Please arrive by 8 a.m. to get settled for the morning lecture.
- VIII. 8:10 a.m.: Briefing
 - A. Daily schedule review
 - 1. Field activities for the day
 - 2. Discuss any emergency itinerary changes
- IX. 8:30 a.m.: Load personal gear and pack lunches
 - A. 9:50 a.m.: Depart for Triceratops Gulch
- X. 8:45 a.m.: Fieldwork
 - A. Lunch
 - B. 3:30 p.m.: Depart fieldwork area for Paleon Museum
- XI. 3:45 p.m.: Roundup
 - A. Field activities
 - 1. Review the crew's discoveries and discuss implications for deeper understanding.
- XII. 4:00 p.m.: Program Concludes
 - A. Happy trails! See you next year.

APPENDIX III

EMERGENCY ITINERARIES

INCLEMENT WEATHER PLANNING

Severe weather, including thunderstorms and extreme heat, occasionally necessitates a retreat to the Paleon. It is common practice to spend an entire day inside the museum when wet field conditions pose a safety risk and compromise our dedication to responsible excavation.

When unexpected interruptions occur, we view them as chances to engage in different activities. These might include cataloging new discoveries, holding anatomy clinics, giving spontaneous lectures, or participating in other valuable experiences. We continue with these alternatives until the weather improves or the day concludes, consistently maximizing our time.

EMERGENCY SCHEDULES

To ensure the safety and well-being of all participants, Program leadership will proactively monitor weather conditions. Timely and sufficient warnings of potentially hazardous weather will be provided to participants via text message and email.

While we strive for timely notification, it's crucial to understand that immediate alerts may not always be possible in rapidly changing, unpredictable weather events like sudden storms or a swiftly rising heat index. To provide clarity and manage expectations during unexpected changes to the regular schedule, we have developed four potential contingency schedules.

About Emergency Schedule Changes:

- Staff prioritize group safety and will make the best decision for each unique situation.
- Please note that the emergency schedule may be adjusted depending on weather conditions and group dynamics.
- We aim for seven or eight hours of programming for every schedule change.
 - Evening sessions may be cancelled during these emergency changes.

EMERGENCY ITINERARIES

SUDDEN STORMS & HIGH HEAT INDEX

Dangerous conditions appear while the crew is in the field.

- **CRITERIA:**
 - High lightning risk - observable storm tracks and the “yellow indicator” on the lightning detector will factor into this decision.
 - OSHA has a 30/30 rule, less than 30 seconds from strike to sound, go indoors for 30 minutes.
 - <https://www.weather.gov/safety/lightning>
 - High temperatures affect health and safety in the field.
 - Temperatures above 95°F
 - Intermittent to no breeze, temperatures above 90°F
 - Group fatigue due to heat stress or poor hydration
- **PROCEDURE:**
 - Decision made in the field with lightning/heat sensor and staff observations
 - Communicated directly to field crew
 - Groups return to the museum
 - If returning later than 2:15 p.m.:
 - Early siesta, or,
 - Possible activities include, a casting lab tour, and visiting the gift shop.
 - If returning earlier than 2:00 p.m.:
 - Museum workshop offered.
 - We adhere to the bonus schedule, regardless of what time we return.

EMERGENCY ITINERARIES

LATE START SCHEDULE

Inclement weather (rain, thunderstorms) the night prior will trigger the Late Start Schedule.

- **CRITERIA:**
 - Evening or overnight rain that soaks the field area making excavation impractical.
 - High lightning risk - observable storm tracks and the “yellow indicator” on the lightning detector will factor into this decision.
 - OSHA has a 30/30 rule, less than 30 seconds from strike to sound, go indoors for 30 minutes.
 - <https://www.weather.gov/safety/lightning>
- **PROCEDURE:**
 - Decision made the night prior by 8p.m.
 - Overnight storm: Decision made in the morning by 6a.m.
 - MTM will assess the field area in person prior to the decision.
 - Communicated via text and email in both cases.
- **SCHEDULE:**
 - Main Session
 - 12p.m. - 8p.m. (8 hours)
 - Lectures (planned for that day, if any)
 - Departure from the field at 7:30p.m.
 - Sack “dinner’ (lunch food) in field
 - No bonus programming
 - Late start will be avoided on final day (Thursday or Sunday)
 - Regular and the early start schedules are the only options.

EMERGENCY ITINERARIES

EARLY START SCHEDULE

Excessively hot weather predicted will trigger the Early Start Schedule.

- **CRITERIA:**
 - 100°F+ temperatures predicted with little to no breeze.
- **PROCEDURE:**
 - Decision made the night prior by 8p.m.
 - Overnight forecast change: Decision made in the morning by 6a.m.
 - Communicated via text and email in both cases
- **SCHEDULE:**
 - Main Session
 - 6a.m. - 2p.m. (8 hours)
 - Lectures (planned for that day, if any)
 - Fieldwork (Departure to museum at 1:30p.m.)
 - 2p.m. - 6p.m.: Siesta
 - Optional Bonus Activity: 6p.m. - ?
 - Bonus programming is not offered on Thursday or Sunday.
 - FIELDWORK: 6p.m. - 8p.m. (2 hours), Saturday, Tuesday, and Wednesday only
 - MUSEUM WORKSHOP: 6p.m. - 7:30p.m. (1.5 hours), Monday and Friday, only

EMERGENCY ITINERARIES

RAINY DAY SCHEDULE

Inclement weather (rain, thunderstorms) the night prior will trigger the Rainy Day Schedule.

- **CRITERIA:**
 - Evening or overnight rain that soaks the field area making excavation impossible.
 - High lightning risk - observable storm tracks and the “yellow indicator” on the lightning detector will factor into this decision.
 - Decision made the night prior by 8p.m.
 - MTM will assess forecasts prior to the decision.
 - Communicated via text and email
 - Overnight storm: Decision made in the morning by 6a.m.
 - MTM will assess the field area in person prior to the decision.
 - Communicated via text and email
- **SCHEDULE:**
 - Main Session: 8a.m. - 4p.m. (8 hours)
 - 8:10 a.m.: a.m. Briefing - 10-15 minutes in duration
 - Daily schedule review
 - Discuss any emergency itinerary changes
 - 8:25 a.m.: Lecture
 - 9:20 a.m.: Intermission (Coffee Break)
 - 9:30 a.m.: Lecture
 - 10:15 a.m.: Intermission (Coffee Break)
 - 10:30 a.m.: Workshop
 - Fossil sorting/identification workshop - sorting past collections (2 hours)
 - 12:30 p.m.: Lunch
 - 1:00 p.m.: Depart for Tate Geological Museum (Casper, WY)
 - Tour Tate Museum
 - 1:30 p.m. arrival
 - 3:15 p.m. departure for Glenrock
 - 3:45 p.m. arrival to Paleon Museum
 - 4:00 p.m.: p.m. Briefing - Discussion of optional bonus activities
 - 4p.m. - 6p.m.: Siesta
- **RAINY DAY 2: Road Trip to Thermopolis**

APPENDIX IV



ADVICE FROM THE CURATOR

This section offers some straightforward advice for those considering joining the Triceratops Gulch Project, as offered by a seasoned curator and field paleontologist, Matthew T. Mossbrucker.

Welcome to the Cretaceous

If you are considering joining the Triceratops Gulch Project this season, you are likely a passionate enthusiast for extinct life. You may be a dinosaur connoisseur with knowledge of the obscure and mundane. Perhaps you're the lucky chaperone of that aforementioned dino-geek, looking to connect with their interests and make memories.

In both cases, this note is for you. Perhaps the most important piece of advice I can share is for you to calibrate your expectations. Abandon your preconceived notions of what you think paleontological fieldwork is all about. Before you choose to join us, allow me to address preconceived notions and dispel these myths so that you have a better understanding of what to expect from this program.

'Jurassic Park' VS. Paleontology

Popular paleo-media has ignited the passion of enthusiasts for decades. No doubt you have seen countless paleo documentaries, stared at dinosaur movies, and read books about adventures in the field. There are seemingly an inexhaustible number of content creators who opine on all things paleontological. With these influences, you may be harboring some romantic notions of “discovery” and “adventure.” Let’s address some of these preconceived notions, and gently dump a bucket of quarry spoil on your dreams of glory.

Many of you are familiar with the opening scene in the movie ‘Jurassic Park’ where a team of diggers quickly brushes sand away from a perfect, articulated “raptor” skeleton. If this is your expectation for fieldwork, you will be disappointed with the nature of fieldwork. What you’re seeing in reality is a fiberglass panel of a sculpted skeleton set inside a literal sandbox - complete with the play sand you probably dug plastic dinosaurs out of as a kid. Real fieldwork does not entail consistent use of high-tech gadgets like ground-penetrating radar. Skeletons of terrestrial critters are rarely articulated, in fact, associated elements from the same creature are rare in fossil rivers we are exploring.

Movie magic and air-conditioned theaters cannot illustrate the challenges presented by the conditions in the field. The romance fostered by television expeditions quickly turns to the reality of fieldwork. There is little reprieve from the elements. The weather itself will present challenges to those seeking the comfort of our modern world. There will be little to no shade from the blazing summer sun. It will almost assuredly be bone-dry and hot, forcing us to swelter in stagnant air. The wind may howl. Gusts will pelt your hide with grit, sticking to your sweaty skin. But, the cold isn’t out of the question, either. Sudden storms can drop temperatures worthy of a jacket. Thunderstorms could bring rain and wash us out of the field. Lightning could pose a very real danger to our safety. Occasionally, all these weather events occur during the same day! And they do, every field season.

The eroding Cretaceous terrain offers its own challenges. The Gulch is badland-like, more like - *naughtylands*. Overland movement is slow and intentional, both in pickups and on foot. Vehicles will slowly transport us into the field area to a staging area. The dig sites themselves are only accessible by foot, making our own bodies the primary means of conveyance. Gear must then be transported over rough terrain by the crew itself. If we are lucky there might be a crude footpath to the dig sites, called quarries, making overland hiking and bushwacking part of the experience.

Paleontology & You

Picture a stereotypical paleontologist. Do they look like a knockoff of Indiana Jones? Popular culture tends to depict paleontologists as larger than life personas, single-handedly fighting incredible odds to discover, recover, and promote their names into the annals of history. Perhaps Nazis are punched along the way? Social media aids in this echo chamber today, curating the curators into caricatures, reinforcing these tired stereotypes.

The reality is that paleontology benefits from collaboration; different people with varied personalities coming together with a singular purpose. Crews at Triceratops Gulch exemplify the collaborative spirit of modern paleontology. Diggers who choose to support their dig-mates are as valuable as any personal discovery. Collaboration can come in various forms, from hauling gear, to looking after the well-being of your crew mates.

The temperament of a crew member is another vital component for successful fieldwork. Years ago, a seasoned paleontologist once teased an impatient younger me “you just can’t wait for instant gratification” when fossils weren’t tumbling out of the quarry fast enough. Decades later, we live in a world of instant gratification more so now than ever before. Paleontology clashes with impatience. This tension is important to recognize in setting the right expectations for new fieldworkers. Finding fossils, either while prospecting or in a quarry, requires a keen eye, persistence, - and luck. Discovery is a glorious accident, not a reflection of competence.

For example, while prospecting for fossils in a new area, teams of people fan out and find if fossils are exposed. If fossils are absent, this exercise isn’t a failure, but evidence that redirects attention elsewhere. If a crew member chooses a direction that happens to have a fossil in their path, that is a glorious accident.

When excavating at an established quarry, occasionally a digger will find a fossil that’s remarkably complete or uncommon. While the group is quick to either laud, or quietly become envious of that person, most do not think to congratulate the scores of people who carefully moved the overburden leading up to that particular find. This is to say nothing of the influences we bring with us into the field - the teachers, professors, and workers throughout time that have contributed to the recognition and understanding of the new find. Taking a broad view, this chain of actions shows that even the process of personal discovery is in fact a collaborative effort through time and generations.

The Foundation for a Rewarding Experience

Working in tandem with strangers in challenging conditions does not always bring out the brightest part of our own humanity. The ideals of collaboration with self-awareness can melt in the blistering sun when one is hyperfocusing on extracting a delicate fossil. These conditions could even test the resolve of sagacious Epictetus.

While leaders do their best to accommodate the nature of each group, they cannot control the weather, nor terraform the field area to make each dig site comfortable, yet alone easily accessible. Therefore, participants are expected to be able to hike with a daypack from the staging areas to the quarries, shouldering both personal and group gear.

Know that fieldwork is a rigorous endeavor that requires physical and mental stamina. It is a “different kind of tired” as physical limits are pushed and mental capacity is reached. Those considering enrolling in this program should be able to endure long days in challenging outdoor conditions.

With that knowledge, a crew member’s own mindset is the best tool to face these challenges. How each of us reacts to these conditions is vital for your enjoyment of the experience and the morale of the group. To foster a positive and productive experience for all involved, it’s imperative to establish clear expectations from the outset. These expectations encompass the guidelines for respectful communication, constructive feedback, active listening, conflict resolution, and enduring challenging outdoor conditions. By establishing and upholding these standards, we aim to create a collaborative environment where everyone feels valued, respected, and empowered to contribute their best.

Key Elements for a Positive Experience

- **Actively Participate:**
 - Attending scheduled lectures and workshops provide enriching information.
 - Personal instruction by staff will be offered to enhance your experience. Carefully listen, then apply that instruction.
- **Communicate:**
 - Ask questions or for clarification.
 - Advocate for yourself with staff and other participants.
- **Use Resources:**
 - Staff and field volunteers are an important resource, engage with them.
 - Examine fossils on display or the specimens used in the workshops.
 - Take notes and photos to help absorb the wealth of information.
- **Embrace the Conditions:**

- Complaints will not change the weather.
- Wyoming weather is unpredictable! Anticipate heat, cold, insects, and wind - and decide to enjoy the experience.
- **Give Yourself Grace:**
 - Novices tend to have high, often unrealistic, expectations for themselves. These ideas often lead to disappointment and frustration.
 - Therefore, participate, listen, communicate, and embrace what the Cretaceous outcrops hold for you!
 - Shun expectations. Relax and absorb the experience.

Participants will be explicitly reminded of these key expectations during the program and will be held to account, although it is most important that participants hold themselves accountable.

“Is this Program Right for Me?”

A potential participant with the Triceratops Gulch Project would be wise to ask themselves this question. Now that you have read the nature of fieldwork, both the literal struggle with the natural world and the behavioral expectations, do you think you would be a good fit?

Final thoughts

You will suffer for your beloved science. In the end, you will also contribute to paleontology by making your own discoveries and placing them in a public collection for all to marvel. These comments are not sardonic, but honest insight into the reality of this authentic adventure.

APPENDIX V

PERSONAL GEAR

A broad-brimmed hat, bandanna, and gloves are essential, as are fresh clothes and undergarments for each day. Don't forget your favorite insulated water bottle, and sunscreen. A light backpack, notebook, and writing utensils will help you to document and maximize your experience. A packing list is provided below.

PACKING CHECKLIST

- Daypack
- Notebook and writing utensils
- 1 liter INSULATED water bottle
- Insulated lunch box/bag
- Prescriptions
- Pain-relieving medication
- Anti-diarrhea medication (Imodium AD)
- Allergy medication
- Sunblock
- Gloves (gardening/work)
- Field hat with windstrap
- Cap (high winds)
- 3-4 pairs of long pants
- 3-4 pairs of undergarments
- 3-4 long-sleeve shirts
- 3-4 t-shirts
- 4 bandanas/neck gaiters
- Hiking boots (broken-in and comfortable)
- 4 pairs of medium weight hiking socks
- Light jacket (layers for warmth)
- Rain poncho (or sturdy rain gear)
- Comfort snacks or drinks

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