



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE YOURSELF BE A LEADER



## WELCOME TO YOUR EXPEDITION

2018 Outdoor Leadership Summer Programs Handbook  
YMCA BOLD & GOLD - Seattle

# WELCOME FROM THE BOLD & GOLD TEAM!

To Our Old and New Friends,

Welcome to our community! You have taken the first step to discovering what you are truly capable of. BOLD & GOLD is a program that will guide you to find the strength in yourself and the community around you, in the outdoors. Whether it is exploring the old growth forest of North Cascades National Park, backpacking along the wild coastline of Olympic National Park, or even summiting Mount Baker, you will have the opportunity to explore the beauty of nature, overcome challenges, try new things, and create lifelong friendships. We applaud you for taking the first step.

While navigating the challenges of travel in the wilderness, we will help you embrace multicultural leadership by combining your own unique self and our program's values. You now have the chance to live beyond your wildest dreams! Thank you for seizing this opportunity and we look forward to hearing your stories when you return.

In the words of Dr. Seuss:

***"You're off to Great Places!  
Today is your day!  
Your mountain is waiting,  
So... get on your way!"***

See you soon!

- The BOLD & GOLD Team

## CONTENTS

Welcome Letter	2	General Information	7-9
Values	3	General Packing & Equipment List	10-11
Communication	4	Backpacking Trips	12-13
Emergencies	4	Rafting Trips	13
Evacuation Procedures	4	Climbing Trips	14
Payments & Refund Policy	5	Mountaineering Trips	14-15
Staff Training	5	3-Week Trips	16-18
Health & Safety	6-7	Transportation	19
Medications	7	Contact Information	20

## GET READY TO EXPLORE!

This summer, your teen will be embarking on an exciting adventure. This handbook is designed to give your family the information you need to prepare for your child's experience and set them up for success. We're looking forward to a summer filled with confidence-boosting, independence-building fun!

At BOLD & GOLD, we are guided by the mission of the YMCA of Greater Seattle: Building a community where all people, especially the young, are encouraged to develop to their fullest potential in spirit, mind and body.

## EMBRACING YMCA VALUES

### CORE VALUES

The YMCA of Greater Seattle has identified the core values of **respect, responsibility, honesty, and caring** as essential for a teen's character development. We help our youth become multicultural leaders by combining their own unique self and skills with our core values and areas of focus:

**Confidence-** Growing confidence and self-worth by mastering skills, achieving goals, and creating positive relationships.

**Courage-** Developing and acting with courage to empower and create a sense of resiliency to overcome life's challenges.

**Community Awareness-** Respecting and creating an environment where all feel valued for their unique perspective and contribution.

**Emotional Intelligence-** Developing empathy, increasing self-awareness, and creating a stronger relationship with others.

**Wonder-** Having fun, learning to marvel at nature, and feeling a sense of curiosity.

Our approach toward values formation is designed to build on the lessons that families teach their teens every day. Through instructor and peer role modeling, we provide teens with the opportunity to depart from their trips with a better understanding and recognition of these character traits in themselves and in others.

### VALUES AWARDS

In addition to emphasizing these values in daily life on our expeditions, teens who exemplify these values are recognized in the fall at a gathering in Seattle. Values Awards are given to teens who, through words or actions, demonstrate empathy and kindness toward others as well as show an enthusiasm for the outdoors. Staff select recipients within their program who best exemplify each value. Recipients and their families will receive an invitation to the Values Awards Ceremony in the fall.



# COMMUNICATION

## CELL PHONE USE

Electronics, including cell phones, are not permitted on our courses. Cell phones can be secured at the basecamp until your return.

Your instructors will have satellite phones for emergencies and will have scheduled check-ins with their course directors in Seattle. We know it can be challenging to be away from home for a week, or three, but the satellite phone is for instructors only.

## EMERGENCIES

### EMERGENCY PROCEDURES

The safety of participants is our highest concern. Travel in the outdoors always involves risk. The most important thing we do to mitigate risk in our programs is to be certain our instructors follow our safety policies and practices. Expedition protocols have been reviewed by our Risk Management Advisory Board comprised of Y staff and industry leaders.

In the event there is an emergency, we have developed an extensive Emergency Action Plan (EAP) that includes communication with Land Managers, such as the National Park Service, and provides support for all of our groups out in the field. All office staff and course instructors have been trained in the EAP. Course instructors are all certified in CPR and Wilderness First Aid, some with additional Wilderness First Responder training. Instructors are the first to provide emergency care and will provide initial medical care to the level of their training. Basecamp has medical staff on-call to provide further assistance when necessary.

### EVACUATION PROCEDURES

In the unlikely event that the YMCA would make the decision to evacuate a BOLD & GOLD trip, we will attempt to contact the

family starting with the lives-with parent/guardian, then the emergency contact person, in that order. At that time, the person we make contact with will be given further instructions as to how the evacuation will proceed. For this reason, it is truly important that we have accurate contact information for parent/legal guardian and emergency contact persons during their expedition. Based on the type of emergency, the YMCA will make a decision on the most prudent way to return teens safely to their homes. Such an emergency may require parent/guardian or contact persons to pick up their teen at a predetermined location. If the need arises, general information regarding evacuation will be listed on the website at [ymcaleadership.com](http://ymcaleadership.com).

### CONTACTING YOUR TEEN IN AN EMERGENCY

If you should need to contact your teen under emergency circumstances, please do so through the BOLD & GOLD office at 206 659 0231. After hours, the Director on Duty may be reached at 206 375 0694.



## PAYMENTS

Final payment must be received in the YMCA Camping & Outdoor Leadership office no later than June 1. After June 1, full payment is required at the time of registration.

**Please contact us if you would like to set up a payment plan.**

### PAYMENT ACCEPTED

Make checks payable to YMCA Camping & Outdoor Leadership and send to 909 Fourth Avenue, Seattle WA 98104. There will be a \$20 charge for returned checks. We also accept Visa, MasterCard, Discover and American Express.

### REFUND POLICY

Deposits are non-refundable. If your teen is unable to attend their program, please notify the Camping & Outdoor Leadership office immediately. To receive a refund, you must notify us prior to June 1. You will be refunded the total fees paid minus the non-refundable deposit. A check or credit card refund will be issued in the manner that you originally paid. Please allow 2 weeks for processing refunds. Any refund requests for cancellations received after June 1 will be at the discretion of the YMCA.

### SPENDING MONEY

Spending money is not needed and strongly discouraged.

## STAFF TRAINING & QUALIFICATIONS

Managing risks - both physical and emotional - are essential components of our program. We carefully select our instructors from a rigorously screened group and train them extensively. Instructors are selected for their level of expertise in the outdoors, their experience with teens and their ability to be positive role models for young people.

In addition to working for BOLD & GOLD, our instructors do everything from teaching middle school math to climbing 1st ascents on big mountains in Alaska.

Regardless of what trip you sign up for, you will be led by outstanding wilderness instructors. All trips are staffed by at least two instructors, who are selected through an application and interview process as outlined by the YMCA of Greater Seattle. Instructors also have the following qualifications:

- All staff must pass a national background screening
- All staff are certified in CPR & Wilderness First Aid
- Most staff have also completed an 80-hour Wilderness First Responder training or a 200-hour Wilderness EMT. (Note: All of our trips will have at least one instructor who is trained as a Wilderness First Responder or a Wilderness EMT.)
- Staff have documented experience and competency in their specific recreational field
- Staff training lasts 14 days and includes sessions on backcountry and trip-specific technical skills, program structure, safety practices, emergency response and values-based programming

In conjunction with a professional expedition staff, we support the program with a seasonal director team who is chosen for their experience working with young people, leading expeditions and their passion for teen programs.



## HEALTH & SAFETY

### IMPORTANT!

The health and safety of your teen is our primary concern. To ensure our instructors have the information necessary in advance, the Health & Safety Packet must be returned to the YMCA Camping & Outdoor Leadership office by the required deadline. **Staff cannot accept health forms at check-in.** It is the parent or guardian's responsibility to provide accident and health insurance. The YMCA does not provide any coverage for members or participants.

### BEHAVIORAL EXPECTATIONS

We expect teens to maintain a positive attitude and behave responsibly while in our programs. We have a few simple, non-negotiable rules for teens at camp:

- Follow all directions from staff
- No alcohol, tobacco, electronic cigarettes or non-prescribed drugs/medications.
- No exclusive relationships. Every person in the group has something to contribute to the experience.
- No violence, threats of violence towards oneself or others, or bullying.
- Take care of the equipment and places we travel (Leave No Trace, see page 9)

If teens are unable to follow these rules, they will be removed from the program and parents/legal guardians will be asked to pick up their teen at a predetermined location. Parents/legal guardians are responsible for all expenses incurred by removing a teen from a program, and program fees will be forfeited.

### BULLYING POLICY

It is our intent to make our trips a safe and welcoming space for all. To ensure the emotional and physical well-being of all participants, we have a zero tolerance policy for our BOLD & GOLD trips. Our staff training covers anti-bullying and abuse

prevention. We ask that families talk to their participants about bullying before their trip begins. Encourage them to tell their instructor if they are having problems, and be respectful of other participants.

### BULLYING DESCRIPTION

Bullying is intentional aggressive behavior. It can take the form of physical or verbal harassment and involves an imbalance of power. For instance, a group of children can gang up on another child, or someone who is physically bigger or more aggressive can intimidate someone else. Bullying behavior includes teasing, insulting someone (particularly about their weight or height, race, sexuality, religion or other personal traits), shoving, hitting, excluding someone, or gossiping about someone. Bullying can cause a child to feel upset, afraid, ashamed, embarrassed, and anxious. It can involve children of any age, including younger grade-schoolers. Bullying behavior is frequently repeated unless there is intervention.

### HEAD LICE

Head lice can become an issue anytime you gather youth together at school, day care, or camping trips. It is not indicative of uncleanliness and anyone can get them. Because lice are easily transmitted and require several steps to eliminate, we ask you to help ensure that all participants have a positive experience on trip. **It is your responsibility to check your participant for head lice before the course begins.** If nits or head lice are found, you must do a thorough treatment of the hair and all personal belongings to remove all nits and lice before your participant arrives at check-in. Information on treatment can be found online or via the health department.

Thank you for helping us keep all kids healthy.

## COMMUNICABLE DISEASES, FRACTURES, BREAKS & STITCHES

Teens with communicable diseases will not be allowed to attend a course until they are free of the disease or no longer contagious, as determined by a doctor. Teens with recent injuries, such as: sprains, strains, fractures, breaks or stitches must have written permission from their physician to attend their scheduled trip, as well as permission from YMCA Camping & Outdoor Leadership. If you have any questions about your teen's ability to participate in an expedition trip due to a recent injury, please contact our office at 206 659 0231.

## IMMUNIZATIONS

When youth and staff are camping in close quarters, they share stories, laughs, and life lessons. Unfortunately, they may also share germs. To reduce the risk of our staff sharing germs, we strongly encourage all staff working in our programs to have up-to-date MMR, Tdap and Varicella vaccinations. We do not currently require participants to have these vaccinations, but being up to date on these will help your child stay healthy when they are out in the wilderness. To learn more about recommended vaccination schedules for youth, visit <http://www.doh.wa.gov/YouandYourFamily/Immunization/PreteensandTeens>. You can access Washington immunization records for your child at [www.wa.myr.net](http://www.wa.myr.net).

## MEDICATIONS

### PREPARING MEDICATION

If you are on any medication, prescribed or over the counter, we need to know about it. Please indicate it in your admissions packet. Please bring enough medication to last the entire length of the expedition. Prescription medication should be in the original packaging/ bottle that identifies the prescribing physician, the name of the medication, the dosage, and the frequency of dispensation. Prescription medications must be in the participant's name. If you use an inhaler, please bring an extra in case one is lost or broken. If you require epinephrine, please bring TWO epi-pens with you. No loose pills/vitamins in Ziploc bags.

All medications must be turned in to staff at check-in, where it will be given to the course instructors. Participants are not allowed to self-administer medicine. All medication should be placed in a Ziploc bag labeled with the student's name.

### "MEDICAL HOLIDAYS"

We strongly discourage families whose teens are on medication throughout the year from putting them on "medical holiday" while they are out in the field. It is not always in the teen's best interest to take time off from his/her medication. We will be as accommodating as possible with your physician's recommendation.



## GENERAL INFORMATION

### FORMS

All teens are required to have a Health & Safety Packet on file in the Camping & Outdoor Leadership Office. The packet is due upon receipt, or with registration if after May 1. For the safety of your teen, NO participant is allowed onto the bus without this information. We will not be prepared to accept Health & Safety Packets at check-in. This information is needed prior to check-in to allow us to prepare in advance for your participant's care.

### MEALS

All meals are provided by BOLD and GOLD. Our instructors create a meal plan based on the dietary needs of all participants. Instructors are sure to bring food that is suitable for a wilderness expedition. All students will get the opportunity to learn how to cook and prepare wilderness meals.

### TYPICAL WILDERNESS TRIP MEAL PLAN

- Breakfast - oatmeal or hot cereal
- Snack - dried fruit
- Lunch - PB&J, summer sausage, tuna and bread (pita, tortilla or bread)
- Snack - energy bar
- Dinner - pasta with pesto, vegetables and a hot drink

### SPECIAL DIETARY NEEDS

In the admissions packet you will have the opportunity to alert us of any special dietary requirements. Our staff work hard to provide well-balanced, healthy meals during your adventure. At every meal there is a vegetarian option. Additionally we can accommodate lactose intolerance, pork-free diets and common food allergies, such as gluten and nuts. However, if you have special dietary needs beyond the aforementioned situations, please contact us to make arrangements at 206 659 0231.

### WATER

On our backcountry courses we will purify our drinking water using a combination of filtration and chemical methods, and we boil water used for cooking. Your instructors will teach participants how to properly treat water before drinking.

### GEAR

Having the right gear for your adventure will make your experience more enjoyable. General packing lists for trips are listed on the next few pages of this handbook. BOLD & GOLD will provide all of the technical and group gear. If you have questions about gear, or if you'd like to rent any items from our extensive library, please contact our admissions team at 206 659 0231.

### SEATTLE BASE CAMP UPKEEP

Participants are responsible for cleaning group gear and personal gear when they return from trip. The instructors will help students clean and return gear.

### PERSONAL PROPERTY & STORAGE

While on trips, teens can leave some personal items stored in secured lockers in the Cascade People's Center. Space is limited, so please bring only necessary items.

### LAUNDRY FACILITIES

Laundry service is not available due to the remote nature of our courses.

### LOST & FOUND

BOLD & GOLD is not responsible for any lost, damaged or stolen items. Please label all of your child's belongings with their name. We will attempt to reunite lost items with owners if items are labeled.

### PERMITS

The YMCA of Greater Seattle and BOLD & GOLD trips are permit holders for the areas in which we will travel. All groups operate within the rules of the permits.

## CAMPSITES

All of our adventures travel by mini-bus to their destinations. On backpacking expeditions the group will be dropped off at a trail head; for some base camp adventures there will be a mini bus with the group to travel to hiking and/or climbing destinations. While on expedition trips, groups stay at developed campsites using advance reservations whenever possible.

## LEAVE NO TRACE

Leave No Trace refers to a set of outdoor ethics promoting conservation in the outdoors. It is built on seven principles:

- Plan ahead and prepare
- Travel and camp on durable surfaces
- Dispose of waste properly
- Leave what you find
- Minimize campfire impacts
- Respect wildlife
- Be considerate of other visitors

While on a BOLD & GOLD expedition, we expect every participant to uphold and practice the Leave No Trace principles.

## REST DAYS

At least one day per week teens have a “layover or rest day”. This is a chance for the group to camp in the same spot two

nights in a row without having to pack up everything and hike to a new location. The activities on this day vary, but popular ones include: sleeping in, leisurely exploring the area or day hiking.

## SLEEPING ARRANGEMENTS

We provide light weight pyramid-shaped shelters called mega-mids. There are typically 3–4 students in each shelter. You will use a ground tarp, sleeping pad, warm sleeping bag, and you’ll learn how to make a pillow out of your clothes! And don’t worry, the instructors will be sleeping in their tents close by. Privacy takes a new meaning when you are sharing a tent with three other people. Although you will be in close quarters for most of the time efforts will be made to provide privacy for changing clothes, etc.

## SHOWERS

When out on trips, shower facilities are not available. On rock climbing trips participants may be able to take a shower and on backpacking trips they can choose to take “camp showers” which involve bathing in a stream or lake. Instructors will inform participants of bathing options when appropriate, and explain more about hygiene upon your arrival.



## GENERAL PACKING LIST

All participants are responsible for bringing the items on the following list with them to check-in. Please check with your teen that every item is actually going into their pack before leaving home. Please take note of additional items necessary for your specific programs (see pages 12-18). The quality of clothing and equipment can have an enormous impact on the health and happiness of participants. When selecting equipment, size and weight can be important. BOLD & GOLD can provide many of these items, including clothing from an extensive outdoor clothing lending library; please call with any questions or to rent any gear.

### PACKING

Since your teen will be carrying their own equipment as well as a portion of the group's food and gear, choose personal gear that is lightweight, warm and easily packed. All items should be packed in a backpack that has a minimum capacity of 60-70 liters, and should be capable of carrying 25-30 lbs. It should also have adjustable hip and waist belt- internal frame design is recommended. If you will be renting a backpack from BOLD & GOLD, please bring gear in a duffel bag to check-in.

### CLOTHING

Your teen will be living outside, so having the right clothing is important for their comfort and safety. There could be rain, snow, hot sun, or strong winds on your course. Our clothing list reflects the importance of the "layering" principle. Dressing in several light layers rather than one heavy layer allows them more flexibility as the weather and workloads change. Please review this checklist carefully and make sure you have all the required items.

There is limited space on the minibus as well as in personal bags, so please bring only what is on this list. Also please note: clothes may get very dirty, and will get a lot of use during the week- so don't bring anything that is precious or valuable.

Synthetics and wool are warmer, more comfortable and **highly recommended**. Cotton clothing holds water, dries slowly and **will not** provide insulation when wet. Other good fabrics for the outdoors include: fleece, capilene and polypropylene (100% polyester).

### SLEEPING BAGS

A quality sleeping bag is extremely important for comfort on trips. A nylon-shelled synthetic or down filled sleeping bag, with a stuff sack, is important. Small, warm, lightweight bags are essential because teens will carry their bags for the duration of the trip. **Do not bring cotton sleeping bags.** They tend to be bulky, and once wet, tend to stay wet.

### GROUP GEAR

BOLD & GOLD will provide all group camping gear, as well as any trip-specific gear (climbing, rafting, etc.)

### GEAR CHECK:

Your instructors will help check all your gear, they may ask you not to bring something that you've packed or provide you with an alternative to what you have brought; this is done for efficiency, to minimize pack weight, and to ensure that you have the appropriate gear. If we ask you to leave something behind, it will be stored securely at our basecamp.



## ALL COURSES

### REQUIRED ITEMS:

#### HEAD

- 1 sun hat (with a brim)
- 1 warm hat (beanie)
- Sunglasses with a retainer strap (Chums, Croakies)

#### BODY

- Baselayer: 1 pair of long underwear, top and bottom, (wool, capilene or polypropylene)
- Midlayer: 2 pairs of long pants (1 pair non-cotton, synthetic, quick-drying)
- Midlayer: 1 long-sleeved synthetic/wool top
- Top layer: 1 warm fleece, sweater or jacket (wool or synthetic)
- Rain jacket and rain pants (no ponchos)
- Underwear (enough to last through the length of the program, cotton is ok)
- 1-2 pair of shorts (no jeans, no cotton)
- 1-2 short-sleeved T-shirts
- Females: 2 Sports Bras (one can be worn with shorts for swimming instead of a swimsuit)
- 1-2 bandanas (optional)
- 1 swimsuit (optional)

#### FEET

- 1 pair hiking boots (see trip specific items)
- 1 pair of comfortable shoes (such as tennis shoes or sport sandals) to wear at camp sites. **No flip flops**
- 2-4 pairs of socks (wool or synthetic)

#### MISCELLANEOUS ITEMS

- 1 Headlamp & extra batteries
- 2 Water Bottles: durable plastic, wide-mouthed, at least a quart or liter each (Nalgene-type)
- Mess Kit: one spoon, one plastic bowl or Tupperware with lid, and one plastic mug
- Whistle with neck strap: string or cord for the neck strap works fine. To be worn at all times.
- 3-4 Heavy Duty Trash Bags: to keep clothes and sleeping bag dry.
- 2-3 Large Ziploc freezer bags: to waterproof items.

#### TOILETRIES

- Toothbrush and travel-sized toothpaste, floss, and small comb/brush
- Sunscreen: Minimum SPF 30; waterproof
- Lip Balm: Minimum SPF 15
- Insect repellent: small/personal size (optional)
- 2 pairs Prescription eyewear: (if necessary) don't forget your case, and saline/cleaning solution.
- Females: Feminine Supplies: Changes in diet, altitude, & fitness level can unexpectedly induce menstruation. Instructors have minimal supplies on hand to lend to participants. Please bring a personal supply of pads/tampons – even if you are not expecting your period.

#### OPTIONAL ITEMS

- Camera (waterproof disposables work great)
- Watch (with alarm)
- Small book or journal & pen
- 1 small, quick-dry towel

#### GEAR (ALL CAN BE RENTED)

- Sleeping bag (an easily packable, synthetic bag is preferred, +25 degrees or warmer)
- Sleeping pad (a three-quarter or full-length open or closed-cell foam pad)
- Compression stuff sack for sleeping bag
- Duffel bag or backpack for gear (see backpack description for each trip)

#### PLEASE DO NOT BRING

- Cell phones/pagers/electronic devices
- iPods/MP3 players/radios
- E-Readers/handheld gaming devices
- Alcohol/drugs/tobacco products/electronic cigarettes
- Matches/lighters
- Candy/food
- Make-up or perfume/cologne
- Fireworks
- Weapons (pocket knives & hatchets, etc.)

**\*Note: The itineraries given therein are intended to be a sample schedule of each trip. These may change due to circumstances such as weather and the skill level of participants.**

## ALL BACKPACKING TRIPS

### REQUIRED ITEMS:

- **Items on the General Packing List** (see pages 10-11)
- **Backpack:** Needs to have a minimum capacity of 60-70 Liters, and should be capable of carrying 25-30 lbs. Should have adjustable hip and waist belt- internal frame design is recommended.
- **Day Pack: (BEYOND CITY LIMITS ONLY)** This will be used to carry anything you might need during the day (water, food, layers). You can use your school book bag, or similar sized pack.
- **Light to Medium Weight Hiking Boots:** Boots should be well broken in with solid ankle support and good treads. If you are just buying boots, make sure to do some hiking in the boots well before the trip. Also, feel free to bring them by the office if you want a staff member to ensure they are appropriate for this trip. These boots are critical for your comfort while backpacking
- **Sport Sandals (BACKPACKS & KAYAKS ONLY)** – Tevas, sandals, 'Crocs', water shoes, Chacos, or lightweight sneakers. These shoes will be worn while swimming and rafting, so they need to be securely fastened with a heel strap.

### DAILY TRAVEL TIME

Hiking mileage will vary from trip to trip, but groups will cover between 3-10 miles a day

### \*SAMPLE ITINERARY

**Day 1:** Arrive at base camp, gear check, bus to trail head, hike to first campsite

**Days 2-4:** Hike to new camping destination, explore around their campsite, cook dinner, enjoy team-building activities

**Day 3, 4 or 5:** Layover Day: a chance to camp at the same spot 2 nights in a row. Day hiking, exploring the area, outdoor skills, games

### FOR 1-WEEK TRIPS:

**Day 6:** Final backpacking day

**Day 7:** Return to Basecamp in Seattle, unpack gear, closing ceremony

### FOR 2-WEEK TRIPS:

**Days 6-7:** Participants continue to learn about each other through team-building activities and take turns being "leader of the day" on the trail

**Day 8:** A staff member will meet the group at a front country campsite with a re-ration of food and supplies

**Days 9-12:** Participants will take on more responsibility and leadership, practicing Leave No Trace principles, cooking meals for the group and navigating the terrain. There will be another layover day.

**Day 13:** Final backpacking day

**Day 14:** Return to Basecamp in Seattle, unpack gear, closing ceremony

### 1 WEEK TRIPS:

- **Beyond City Limits**
- **Call of the North Cascades**
- **Cascade Challenge**
- **Fierce & Fabulous**
- **Find Yourself & Go There**
- **Fishing & Backpacking**
- **Make A Scene: Art & Backpacking**
- **Olympic Coastal Backpacking**
- **Olympic Coastal Challenge**
- **Poets & Peaks**
- **She-Nannigans!**

### 2 WEEK TRIPS:

- **American Alps**
- **Backpacking & Leadership**
- **Backpacks & Kayaks\*\***
- **Call to the Summit**
- **Mountain Melodies**

## **\*\*BACKPACKS & KAYAKS: A PUGET SOUND ADVENTURE**

Start your journey at the YMCA BOLD & GOLD headquarters in Seattle, and head out on a 5-day backpacking adventure in the in the North Cascades, then travel to Camp Orkila to embark on a 5-day sea kayaking expedition around the San Juan Islands.

### **SWIM CHECK & SEA KAYAK WET EXITS**

All teens that are kayaking are required to complete a basic swim check and wet exit that requires a team of two to flip, exit and re-enter a double kayak. Teens receive full training prior to the drill to ensure success. It is required of all participants before teens can participate in overnight kayak trips.

### **ALL KAYAKING GEAR WILL BE PROVIDED**

### **DAILY TRAVEL TIME**

Backpack 5 to 8 miles; Kayak 1 to 6 hours

### **\*SAMPLE ITINERARY**

**Day 1:** Arrive at BOLD & GOLD headquarters in Seattle, travel to North Cascades National Park, camp in front country

**Day 2:** Hike into backcountry

**Day 3-5:** Hiking, camping in the National Park

**Day 6:** Hike out and travel by bus to YMCA Camp Orkila

**Day 7:** Swim check and skills instruction, paddle to overnight campground

**Day 8-10:** Paddling around the San Juans, camping at various islands

**Day 11:** Return to Camp Orkila

**Day 12:** Closing and return to B&G basecamp



## **ALL CLIMBING TRIPS**

### **REQUIRED ITEMS:**

- **Items on the General Packing List** (see pages 10-11)
- **Duffle Bag:** All of your gear will be placed into the duffle bag. No hard-sided suitcases please. Try to fit all of your gear into this ONE bag.
- **Day Pack:** This will be used to carry anything you might need during the day (water, food, layers, climbing gear) to the climbing site. You can use your school book bag, or similar sized pack.
- **Light Hiking Boots or Trail Runners:** Climbing trips will primarily be using climbing shoes or camp shoes, so you do not need a backpacking boot. However, you will be doing some day-hiking as well as walking/hiking the approach to the climbs, so a sturdy shoe or boot is recommended. Shoes/boots should have good treads, and be well-broken in.
- **Passport or Enhanced ID (GREAT CANADIAN CLIMBING ADVENTURE ONLY)**

**ALL CLIMBING GEAR WILL BE PROVIDED. If you wish to use your own harness, helmet or shoes, please show instructor during gear check.**

### **1 WEEK TRIPS:**

- **Sea to Summit**

### **2 WEEK TRIPS:**

- **The Great Canadian Rock Climbing Adventure**
- **Rivers & Rocks: Rafting and Climbing in Oregon\*\***

### **DAILY TRAVEL TIME**

Travel will vary from trip to trip.

## \*SAMPLE ITINERARY

**Day 1:** Arrive at base camp, gear check, bus to trail head, hike to first campsite

### FOR 1-WEEK TRIPS:

**Days 2-3:** The first few days will be spent getting comfortable on the rocks. There will be an extensive “ground school” so that common climbing language and techniques are established.

**Day 4 or 5:** Rest Day: a day off from climbing. Participants can spend the day hiking, exploring the area, build on some outdoor skills, and have mini lessons on climbing techniques.

**Day 6:** Final climbing day

**Day 7:** Return to Basecamp in Seattle, unpack gear, closing ceremony

### FOR 2-WEEK TRIPS:

**Days 2-5:** The first few days will be spent getting comfortable on the rocks. There will be an extensive “ground school” so that common climbing language and techniques are established.

**Day 6 or 7:** Rest Day: a day off from climbing. Participants can spend the day hiking, exploring the area, build on some outdoor skills, and have mini lessons on climbing techniques.

**Days 8-11:** Participants continue to learn about each other through team-building activities, setting personal and team goals, and potentially opportunities to climb harder or longer routes.

**Day 11 or 12:** Second group rest day, if needed

**Day 13:** Final climbing day

**Day 14:** Return to Basecamp in Seattle, unpack gear, closing ceremony

## \*\* RIVERS & ROCKS

Start your journey at the YMCA BOLD & GOLD headquarters in Seattle, and head out on a combination adventure of river rafting on the Deschutes River and rock climbing in Smith Rock State Park, both in Central Oregon.

## A NOTE ABOUT PACKING FOR RAFTING:

During gear check, each person will be issued a large waterproof, 60-70 L bag to use during the trip. These bags will store your personal clothing, sleeping bag, and other personal items for the rafting portion of the trip. These whitewater bags will be loaded on the supply raft each morning and taken to the next camp. Each student will also be provided with a medium sized, roll-top waterproof bag for personal day items, which include: rain gear, water bottle, sunscreen, extra shirt, hat, sunglasses, lip protection, camera, and medications. Since all baggage must be handled and hand carried several times each day, we ask that you pack as light and compact as possible. Please bring all gear for trip in a duffle bag to basecamp.

### REQUIRED ITEMS:

- **Items on the General Packing List** (see pages 10-11)
- **Items on the Climbing Packing List** (see page 14 – for Rivers & Rocks)
- **Duffle Bag:** All of your gear will be placed into the duffle bag. No hard-sided suitcases please. Try to fit all of your gear into this ONE bag.
- **Sport Sandals** – Tevas, sandals, ‘Crocs’, water shoes, Chacos, or lightweight sneakers. These shoes will be worn while swimming and rafting, so they need to be securely fastened with a heel strap.
- Make sure your sunscreen is waterproof
- Unscented cream/lotion if you are prone to dry skin
- Travel-sized vegetable soap/shampoo (optional)
- Small Travel Pillow: it’s a long drive, and can be nice to have a travel pillow. You can also choose to bring a small pillow on the rafting portion (space permitting)

### ALL RAFTING GEAR WILL BE PROVIDED

### DAILY TRAVEL TIME

Due to conditions and permitting, travel time will vary day to day.

## \*SAMPLE ITINERARY

**Day 1:** Arrive at base camp, gear check, bus to trail head in Oregon. Teambuilding activities and meeting the River Guides. Repack supplies and go through orientation.

**Day 2-3:** Rafting! All hands on deck for breaking camp, making breakfast, packing the gear raft and then rafting, paddle boarding, kayaking to the next campsite. Swimming and downtime are usual evening activities after camp is set up.

**Day 4:** Final rafting day. Drive to Smith Rock Climbing Area

**Day 5:** Begin climbing section of trip.

## ALL MOUNTAINEERING TRIPS

### REQUIRED ITEMS:

- **Items on the General Packing List** (see pages 10-11)
- **Backpack:** Needs to have a minimum capacity of 70 L, size can range from 70-95L. An internal frame design is recommended. The backpack should be capable of carrying 35-50lbs, and have an adjustable waist band and shoulder straps.
- **Light to Medium Weight Hiking Boots:** Boots should be well broken in with solid ankle support and good treads. If you are just buying boots, make sure to do some hiking in the boots well before the trip. Also, feel free to bring them by the office if you want a staff member to ensure they are appropriate for this trip. These boots are critical for your comfort while backpacking.
- **Gloves:** Made from fleece, wool, or polypropylene - to keep hands warm.
- **1 Pair Warm pants:** OPTIONAL (if you run cold) – these should be fleece, wool, or polyester.

**ALL MOUNTAINEERING GEAR WILL BE PROVIDED. If you wish to use your own harness or helmet please show instructor on the first day.**

## DAILY TRAVEL TIME

All climbs will depend on the weather windows as well as the groups' goals and abilities. Travel time will vary.

## \*SAMPLE ITINERARY

**Day 1:** Arrive at base camp, gear check, bus to trail head, hike to first campsite

**Days 2-4: Snow/Glacier School 101:** During the first few days of the trip, Participants will hike up and establish a high base camp in the alpine region of Mount Baker Wilderness. They will then go through a ground school and snow school to ensure every participant has the skills necessary to competently navigate the terrain. This will help build a foundation for alpine climbing and skills as they prepare for several summit attempts.

**Day 5 or 6:** Rest Day: a chance to sleep in, explore the area, outdoor skills, games, and some mini lessons to build on leadership styles or additional climbing skills.

**Days 7-10:** The group works on personal and group goals, and practice skills as they get ready to summit. The group will move their base camp to the Mount Baker National Recreation Area to get in position for their summit attempt of Mt. Baker.

**Days 11-12:** Summit Attempt

**Day 13:** Final climbing day and start of descent.

**Day 14:** Return to Basecamp in Seattle, unpack gear, closing ceremony.

**Note:** While we spend the better part of two weeks preparing for a summit attempt and closely watching weather to put ourselves in the best position for a successful climb, there have been many trips where the incredible achievements of our group have not included a summit of Mt. Baker. The journey is the destination and successful climbing trips do not always lead to summits! The art of enjoying the mountains and the freedom they provide are the most important skills we wish to foster.

## 2 WEEK TRIPS:

- **Fire & Ice: A Mountain Climbing Adventure to Mt. Baker**

## 3 WEEK COMBO TRIPS: ART OF LEADERSHIP: A ROCK CLIMBING, BACKPACKING & RAFTING ADVENTURE

### REQUIRED ITEMS:

- **Items on the General Packing List** (see pages 10-11)
- **Backpack:** Needs to have a minimum capacity of 70 L, size can range from 70-95L. An internal frame design is recommended. The backpack should be capable of carrying 35-50lbs, and have an adjustable waist band and shoulder straps.
- **Light to Medium Weight Hiking Boots:** Boots should be well broken in with solid ankle support and good treads. If you are just buying boots, make sure to do some hiking in the boots well before the trip. Also, feel free to bring them by the office if you want a staff member to ensure they are appropriate for this trip. These boots are critical for your comfort while backpacking.

### CLOTHING/GEAR FOR CLIMBING:

For the third week of the trip students will be rock climbing at camping near Deception Pass. They will want a fresh set of clothes for this week, which will be in the re-supply.

- **Day Pack:** This will be used to carry anything you might need during the day (water, food, layers, climbing gear) to the climbing site. You can use your school book bag, or similar sized pack.
- 1 T-shirt: Synthetic or cotton is OK
- 1 pair pants to climb in: yoga pants/capris/ light weight nylon pants...etc
- 2- 3 pair underwear
- 2 pairs socks
- Towel, travel-sized soap, shampoo (opt)

### DAILY TRAVEL TIME

Hiking mileage will vary from trip to trip, but groups will cover between 3-7 miles a day, with at least 1 layover day each week to rest and explore.

### \*SAMPLE ITINERARY

**Day 1:** Arrive at base camp, gear check, bus to trail head, hike to first campsite

**Days 2-7:** Throughout the first week, participants will hike to new camping destinations, explore the beauty of Olympic National Park, learning to cook, enjoying team-building activities and developing leadership skills.

**Day 8:** Hike out to a nearby trailhead for re-supply. A staff member will meet the group; you'll camp at that campsite for the night then head back out on the trail in the morning.

**Days 9-14:** Participants continue into the wilderness of the Olympics, and will hike to a new backcountry camp each night. There will be another layover day to recharge and explore.

**Days 15-18:** Rock Climbing at Mt. Erie. There will be another layover day during this week.

**Day 19:** Travel to the North Cascades National Park



**Day 20:** Whitewater rafting in the North Cascades down the Sauk River

**Day 21:** Return to Basecamp in Seattle, unpack gear, closing ceremony

## **POWERFUL GIFTS: BACKPACKING, SERVICE & LEADERSHIP**

### **REQUIRED ITEMS:**

- **Items on the General Packing List** (see pages 10-11)
- **Backpack:** Needs to have a minimum capacity of 70 L, size can range from 70-95L. An internal frame design is recommended. The backpack should be capable of carrying 35-50lbs, and have an adjustable waist band and shoulder straps.
- **Light to Medium Weight Hiking Boots:** Boots should be well broken in with solid ankle support and good treads. If you are just buying boots, make sure to do some hiking in the boots well before the trip. Also, feel free to bring them by the office if you want a staff member to ensure they are appropriate for this trip. These boots are critical for your comfort while backpacking.

### **DAILY TRAVEL TIME**

Hiking mileage will vary from trip to trip, but groups will cover between 3-7 miles a day,

with at least 1 layover day each week to rest and explore. Students will earn 30-40 service hours for their work during this 3-week trip.

### **\*SAMPLE ITINERARY**

**Day 1:** Arrive at base camp, gear check, bus to trail head, hike to first campsite

**Days 2-7:** Throughout the first week, participants will hike to new camping destinations, explore the beauty of North Cascades National Park, learning to cook, enjoying team-building activities and developing leadership skills. Part of this first week will also include completing a service project in partnership with the park

**Day 8:** Hike out to a nearby trailhead for re-supply. A staff member will meet the group; you'll camp at that campsite for the night then head back out on the trail in the morning.

**Days 9-14:** Participants continue into the wilderness of the Cascades, and will hike to a new backcountry camp each night. There will be another layover day to recharge and explore. Service projects here are led by the Park Rangers in the Stehekin Valley.

**Days 15-20:** The group will continue to backpack this week through the North Cascades.

**Day 21:** Return to Basecamp in Seattle, unpack gear, closing ceremony



## WONDERS OF WASHINGTON: 3 NATIONAL PARKS IN 3 WEEKS

### REQUIRED ITEMS:

- **Items on the General Packing List** (see pages 10-11)
- **Backpack:** Needs to have a minimum capacity of 70 L, size can range from 70-95L. An internal frame design is recommended. The backpack should be capable of carrying 35-50lbs, and have an adjustable waist band and shoulder straps.
- **Light to Medium Weight Hiking Boots:** Boots should be well broken in with solid ankle support and good treads. If you are just buying boots, make sure to do some hiking in the boots well before the trip. Also, feel free to bring them by the office if you want a staff member to ensure they are appropriate for this trip. These boots are critical for your comfort while backpacking.

### DAILY TRAVEL TIME

Hiking mileage will vary from trip to trip, but groups will cover between 3-7 miles a day the first week, 3-12 miles a day during the second, and 3-10 miles per day during the third. Each week, there will be at least 1 layover day to rest and explore.

### \*SAMPLE ITINERARY

**Day 1:** Arrive at base camp, gear check, bus to trail head, hike to first campsite

**Days 2-7:** Throughout the first week, participants will hike to new camping destinations, explore the beauty of Olympic National Park, learning to cook, enjoying team-building activities and developing leadership skills.

**Day 8:** Travel to the North Cascades National Park and hike out to a nearby trailhead for the night. A staff member will meet the group to resupply.

**Days 9-14:** Participants travel through the North Cascades, and will hike to a new backcountry camp each night.

**Day 15:** Travel to Mount Rainier National Park and re-ration. A staff member will meet the group to resupply for the final leg of the trip.

**Days 16-20:** Backpacking through Mount Rainier National Park.

**Day 21:** Return to Basecamp in Seattle, unpack gear, closing ceremony



## TRANSPORTATION

**All BOLD & GOLD courses begin and end at the Y's Cascade People's Center (CPC)**  
**309 Pontius Ave N**  
**Seattle, WA 98109**

### DRIVING DIRECTIONS TO THE CASCADE PEOPLE'S CENTER

#### COMING FROM NORTH OF SEATTLE:

Take I-5 South  
Take Exit 167 for Mercer Street  
Turn Left onto Fairview Ave N  
Turn Left onto Thomas St  
Take 2nd Left onto Pontius Ave N  
Destination will be on the left

#### COMING FROM SOUTH OF SEATTLE:

Take I-5 North  
Take Exit 167 for Mercer Street  
Turn Left onto Fairview Ave N  
Turn Left onto Thomas St  
Take 2nd Left onto Pontius Ave N  
Destination will be on the left

#### PARKING

Parking around the CPC is extremely limited due to construction. While street parking is available, we recommend parking in the REI parking garage located 2 blocks south east of the CPC. We keep all vehicles to transport students in our small parking lot and need access to these spaces.

## COURSE START & END

### BEFORE YOU ARRIVE

Please make sure to send in all admissions forms by June 1st. If you have any questions about the process please call The Camping & Outdoor Leadership Office at 206 382 5009.

### CHECK-IN AT COURSE START: 8:45 AM

Check-in begins at 8:45am on the day of your trip. Course officially begins at 9:00 AM with an opening circle, which families are asked to stay for (about 30 minutes). Upon arrival you will meet your instructors, and have the opportunity to get any gear that you need for your trip.

**A sack lunch will be provided for each participant to eat on the bus.**

### COURSE END AND PICK UP

All students will be expected to help with the de-issuing process of the group and personal gear after the trip returns. Learning to care for the gear used is a part of the experience.

Parents and friends should plan to attend a brief closing celebration which begins at 4:30 PM. **Students will be ready to depart by 5:00 PM on the final day of your expedition.** Parents are encouraged to arrive on time and will have the opportunity to check in with instructors about the course.

### FOR COURSES CROSSING THE CANADIAN BORDER

As you will be crossing the border with a youth group, the documentation requirements are not as stringent as they are for others individuals. There are two ways for you to prove U.S. and Canadian citizenship:

- 1. Valid Passport:** If you have a valid passport, you may use it; however it is not required for U.S. and Canadian citizens under age 19 traveling with a youth group
- 2. Picture Identification & ONE of the following:**
  - an original or copy of your birth certificate, or a Consular Report of Birth Abroad
  - a Naturalization Certificate

## CONTACT INFORMATION

### ADMISSIONS & BILLING CAMPING & OUTDOOR LEADERSHIP OFFICE

Phone: 206 382 5009  
Hours: Mon-Fri, 8am-5pm  
909 Fourth Ave  
Seattle, WA 98104  
campinfo@seattlemca.org  
ymcaleadership.org

### BOLD & GOLD BASECAMP

Phone: 206 659 0231  
The Y's Cascade People's Center (CPC)  
309 Pontius Ave N  
Seattle, WA 98109

### DIRECTOR OF ADMISSIONS & OUTREACH

**Robin Chiles**  
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rchiles@seattlemca.org

### PROGRAM DIRECTOR

**Catherine Jensen**  
catherinejensen@seattlemca.org

### SENIOR PROGRAM DIRECTOR

**Geoff Eseltine**  
geseltine@seattlemca.org

### EXECUTIVE DIRECTOR

**Meredith Cambre**  
mcambre@seattlemca.org

## EMERGENCY CELL PHONE: 206 375 0694

**FOR EMERGENCIES ONLY PLEASE!** This phone is carried by the Director on Duty, and is used by our staff to communicate with groups in the field, so it needs to remain available for them. If you have an emergency, and do not get an answer, please leave a detailed message with your name and number and the director will get back to you as soon as possible.



**Everyone is welcome.** The **YMCA of Greater Seattle** strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**