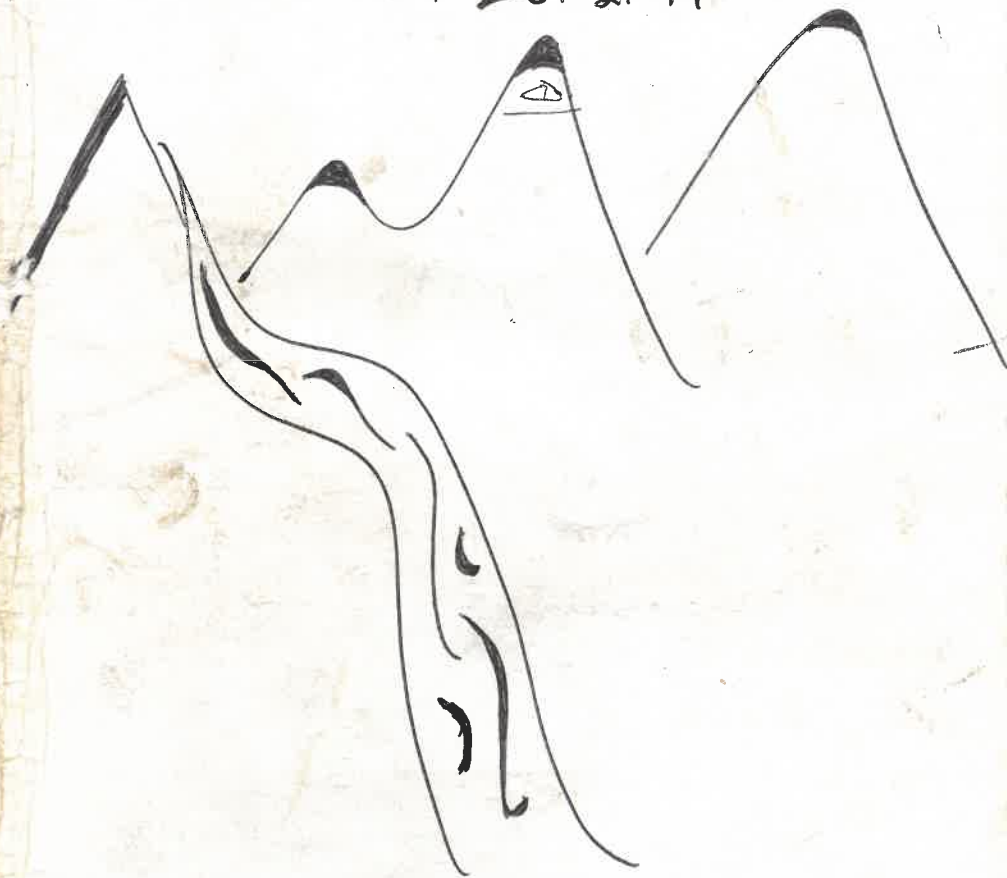


American Alps

A Journey to the Heart of the North Cascade

with James & Eric

07-7-19 > 07-21-19



Group Journal & Job chart

COO	James	Alex	Elliot James Willem	Tom	Flynn	Wyatt Tom Nic	Nick
Cook	Alex	Flynn	James	Nick	Elliot	Willem	Tom?
CC	Ben Elliot	Wyatt/ Ben	Tom/ Flynn	Willem/ James	James/ Ben	Flynn/ Alex	Elliot/ Wyatt
Water CM	Nick/ Flynn	Willem/ James	Ben/ Elliot	Alex/ Flynn	Nick/ Tom	Wyatt/ Tom	Flynn/ Ben
IS	Tom	Nick	Alex	Elliot	Wyatt	Ben	Willem
NAN	Willem	Tom	Wyatt	Ben	Alex	Elliot	James
LNT	Flynn Wyatt	Elliot	Nick in	Wyatt	Willem	Alex James	Alex
PNDO	Ben	Wyatt	Tom	Willem	James	Flynn	Elliot

Job duties:

Lod:

- Create your own style
- Check in with instructor for days

Activities

- Answer ?'s from peers.
 - Keeping track of time.
 - Help us make decisions
 - Lead a game/activity
 - Announcing jobs to others.
- Cook

- Helps prepare meals.
- Serves food.
- Picks out snacks.

Water duty

- Collect & fill water sources.
- Purifying water for group.
- Hydration check ins.

Camp Master

- Storm proofing, organizing, cleanliness
- Overall camp organized
- Hand washing station.

Journalist

Record daily events.
Contribute awsamness to Journal.

- poetry
- Sketches
- Reads entry to group

Navigation

Help with navigating & Route Finding.
Finds water sources
General route finding and map skills.

photographer

- documents via camera.
- pictures of landscape, people and animals.

LNT (Leave No Trace)

- Advisor of LNT principles
- Trash Sweep
- Keeping us on track
- Waste management
- Campsite evaluation

Mid Mats - First Week

DAY	MID 1	MID 2	MID 3
8 th	James, Willem, Tom	Nic, Flynn, WYATT	Ben, Elliot, Alex
9 th	James, Flynn, Wyatt	Nic, Elliot, Willem	Ben, Tom, Alex
10 th	James, Tom, Elliot	Nic, Wyatt, Flynn	Ben, Willem, Alex
11 th	James, Alex, Nic	Alex Tom, Ben, Willem	Flynn, Alex, Elliot, Wyatt
12 th	James, Flynn, Ben	Nic, Elliot, Alex	Tom, Wyatt, Willem
13 th	Willem James , Flynn, Elliot	Nic, James, Ben	Tom, Wyatt, Alex
14 th	James, Alex, Wyatt James	Elliot Alex , Flynn, Willem	Ben, Nick, Tom
MID DEP LOG			

Freedom Progression

- As you build trust and meet expectations more freedoms will be given to you.

Examples: Time management (wake up time)
of freedom

- choices on breaks
- meal choices
- mid mate
- Jobs

Skills to check:

- Staying together on trail.
- Job of the day for everyone is done.
- Keeping to schedule.
- Risk Management/Safety
- Inclusiveness/group dynamics
- Leave No trace principles

* Ultimate Goal * Day 13?

Students lead full day. Erik & James get to learn while you lead.

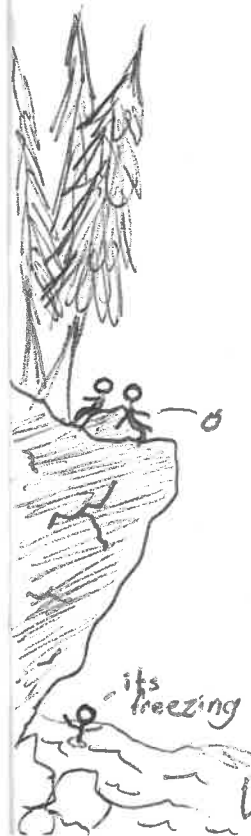
Quotes:

- The wise man is one who knows what he does not.
- I think there should be a rule that everyone gets a standing ovation at least once in their lives.
- It's not about what it is. It's about what it ~~will~~ can become.
- He who makes a beast out of himself gets rid of the pain of being a man.
- Everyone thinks of changing the world, but no one thinks of changing himself.
- Every challenge you face today makes you stronger tomorrow. The challenge of life is intended to make you better, not bitter.
- We often forget that WE ARE NATURE. Nature is not something separate from ~~ourselves~~ us. So when we say that we have lost our connections to nature, we've lost our connection to ourselves.
"The difference between a theatre with and without an audience is enormous."

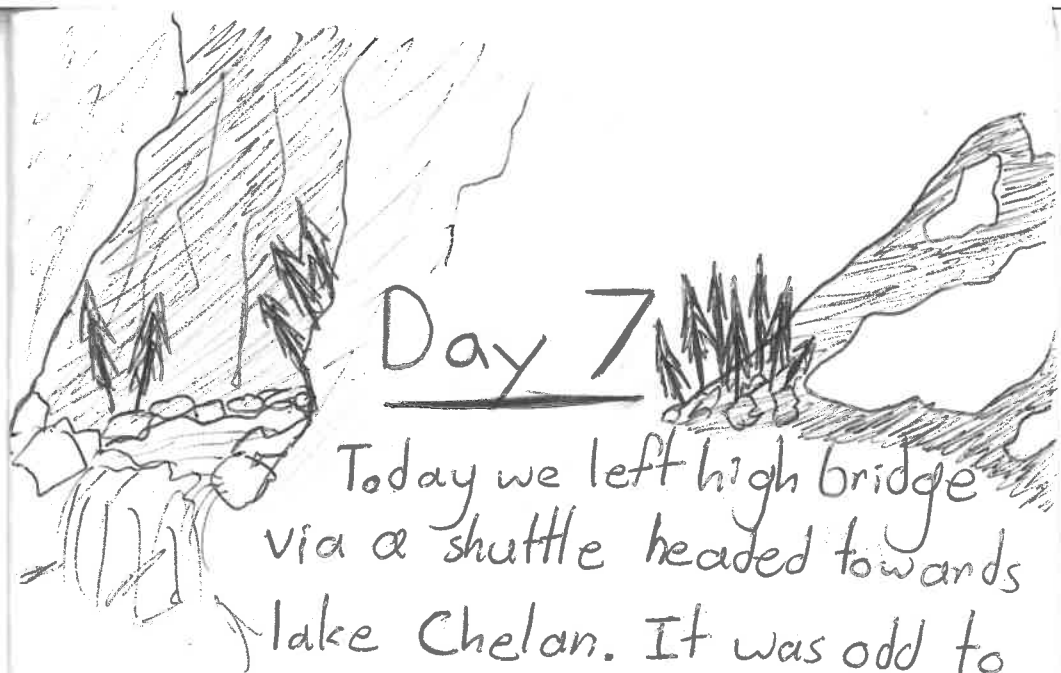
For dinner we had mac n cheese.
after we made a FIRE and had Courage
circle

Day 6

Today we went on a hike
up to Agnese Gorge shortly
after breakfast, where we hung
out and had lunch. on the
hike back we stopped and
picked some wild blueberries.
We then hung out at camp
until we had dinner, which
was some goodness curry.



Day 7



Today we left high bridge
via a shuttle headed towards
Lake Chelan. It was odd to
be in a moving vehicle but an
enjoyable experience.

Once we arrived we had to
evict the previous visitors
to set up camp. Soon after we
hiked to a very refreshing
swim location where most
of us bathed. The honey/gorp
burritos were very tasty.
When we returned we drew
as a group through trust
games and I was almost dropped.
Dinner was jambalaya and it was a great day.

Day 14.

We woke up at hidden meadows and went on a walk before heading to Magredon lake which was very relaxing and a cold dip. We afterwards headed to fire-weed (which we could not stay at due to bears) and traversed down the trail to hideaway camp. Tonight we have a fire with smores and Ramen for dinner.

I am sad this trip is ending but will not miss sleeping on the dirt.

