American Alps.

A Journey to the Heart of the North Cascades

with James & Erika

07-7-19 > 07-21-19

Group Journal & Job chart
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**Job duties:**

**Lod:**
- Create your own style
- Check in with instructor for days

**Activities**
- Answer questions 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 and fill water sources.
- Restoring water for grasp.
- Hydration check ins.

**Camp Master**
- Storm proofing, organizing, cleanliness.
- Overall camp organized.
- Hand washing station.
Journalist

- Record daily events.
- Contribute awesomeness to Journal.
- Poetry
- Sketches
- Leads 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

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Freedom Progression

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

**Examples:**
- Time management (wake up time)
- Choices on breaks
- Meal choices
- Water intake
- 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:**

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 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. So when we say that we have lost our connection to nature, we have lost our connection to ourselves.
- "The difference between a theater with and without an audience is enormous."
Day 6
Today we went on a hike up to Agnes 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 good ass 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 corncob burritos were very tasty.
When we returned, we drew as a group through trust games. 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 Magnesson 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 s'mores and Ramen for dinner. I am sad this trip is ending but will not miss sleeping on the dirt.