BE YOURSELF
BE A LEADER

WELCOME TO YOUR EXPEDITION

2021 Outdoor Leadership Summer Programs Handbook
YMCA BOLD & GOLD – Seattle
Hello Adventurer!

Being outside gives all of us an opportunity to learn more about ourselves and what we are capable of. Building a connection to nature, spending meaningful time with a small group of people, and being intentional with each and every aspect of our day gives us a unique chance to grow and reflect that isn’t available in our normal lives. Choosing to step outside is no easy thing and in doing so we leave behind a lot of our everyday comforts.

But the rewards are great! Lasting friendships are built, we can realize our full potential, and we are able to achieve great things. Through a guided experience in the beautiful Pacific Northwest we hope to show you not just the magic of the world that we live in, but the magic that also lives in you! Each of our trips will give young people the chance to build confidence, courage, a sense of wonder, emotional intelligence, and community awareness.

Thank you for choosing BOLD & GOLD this summer. By embarking on this expedition, we hope that you are ready to take part in a great adventure. What you find there will be wonderful. What you find there will be yourself.

With thanks,

Jordan Bright
Program Director
BOLD and GOLD Seattle
NOTE ABOUT COVID-19 AND ITS IMPACT ON BOLD & GOLD SUMMER PROGRAMS

The information in this handbook is reflective of the way that BOLD & GOLD traditionally operates summer programs. Due to COVID-19 some policies, procedures, and participant expectations have been altered or amended in accordance with guidance from public health officials. Our COVID FAQ provides further information on the steps that BOLD & GOLD is taking to mitigate the risk of COVID-19.

MISSION & VALUES
THE YMCA OF GREATER SEATTLE’S MISSION STATEMENT

Building a community where all people, especially the young, are encouraged to develop their fullest potential in spirit, mind and body.

EQUITY STATEMENT
The Y actively promotes a culture free from bias and injustice. We are dedicated to removing institutional and systemic barriers that result in oppression and racism. We will be accountable to marginalized communities for creating equitable and sustainable environments where social justice is woven into every facet of our programs, and by caring for our communities in a culturally versatile and respectful manner.

YMCA 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. While navigating the challenges of backcountry travel in the wilderness, participants get to see what they are truly capable of. We help youth become multicultural leaders by combining their own unique self and skills with these core values as well as our program’s 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, increase self-awareness, and create a stronger relationship with others.
- **Wonder**—Having fun, learning to marvel at nature, and feeling a sense of curiosity benefits us and those around us.

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 trips return. Part of the experience on an expedition is to connect with the outdoors, and disconnect from technology.

Instructors will have satellite phones for emergencies and will have scheduled check-in calls 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. All staff are all certified in Wilderness First Aid and CPR, with many of our staff possessing a Wilderness First Responder or Wilderness EMT certification. Instructors are the first to provide emergency care and will provide initial medical care to the level of their training. Additionally, our program has on-call doctors available 24 hours a day, 7 days a week when further assistance is 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 primary caregiver(s), 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 caregivers 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 caregivers or emergency contact persons to pick up their teen at a predetermined location.

CONTACTING YOUR TEEN IN AN EMERGENCY
If you should need to contact your teen under emergency circumstances during 9:00–5:00 PST business hours, please call the BOLD & GOLD office at 206 659 0231. If after hours, please call our emergency cell phone 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 $100 non-refundable deposit. A check or credit card refund will be issued in the manner that you originally paid. Please allow two 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 QUALIFICATIONS
Creating a physically and emotionally safe space for all participants is an essential component to the 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 first ascents on big mountains in Alaska.
Regardless of the trip, participants will be led by our outstanding wilderness instructors. All trips are staffed by at least two instructors, who are selected through a 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, child abuse prevention, 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 participants:

- 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)
- Agree to try new or challenging things

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, repeated 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 target 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 people gather 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 their 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: https://www.doh.wa.gov/CommunityandEnvironment/Pests/Lice

Thank you for helping us keep all participants 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) 382-5009.

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.myir.net.

MEDICATIONS
PREPARING MEDICATION
If your teen takes any medication, prescribed or over the counter, we need to know about it. Please indicate it in the admissions packet. Please bring enough medication to last the entire length of the expedition. Prescription medication must 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 your teen uses an inhaler, please bring an extra one in case one is lost or broken. If they require epinephrine, please bring TWO epipens. 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 must be in original containers, placed in a Ziploc bag labeled with the youth’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 their medication. We will be as accommodating as possible with your physician’s recommendation.
GENERAL INFORMATION

FORMS
All teens are required to have a Camp Care Info Packet on file in the Camping & Outdoor Leadership Office. The packet is due upon receipt, or with registration if after April 15. For the safety of your teen, NO participant is allowed to travel into the field without this information. We will not be prepared to accept Camp Care Info 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 for overnight trips 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. Everyone 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, hummus, cheese
• Dinner – pasta with pesto, vegetables and a hot drink

Please plan to bring your own sack lunch on your trip start date to eat before departure. *BEYOND CITY LIMITS participants will need to bring their own lunch for all day trips. Ovenight meals will be provided.

SPECIAL DIETARY NEEDS
In the admissions packet there will be an opportunity to alert us of any special dietary requirements. Our staff work hard to provide well-balanced, culturally relevant, healthy meals during each 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 there are 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 will boil water used for cooking. Instructors will teach participants how to properly treat water before drinking.

GEAR
Having the right gear will make the experience more enjoyable for your teen. 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.

BASE CAMP UPKEEP
Participants are responsible for cleaning group gear and personal gear when they return from trip. The instructors will help participants 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 teen’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 school bus or 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:
1. Plan ahead and prepare
2. Travel and camp on durable surfaces
3. Dispose of waste properly
4. Leave what you find
5. Minimize campfire impacts
6. Respect wildlife
7. Be considerate of other visitors

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

GENDER IDENTITY
Gender equality is an important component of the BOLD & GOLD program. Single gender boys (BOLD) or girls (GOLD) trips allow participants to be themselves while stepping out of their comfort zone. On All Gender expeditions, instructors work together with participants to empower and create equal space for everyone.

REST DAYS
At least one day per week teens have a 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 that typically house 3–4 participants. Each group will use a ground tarp, sleeping pad, warm sleeping bag, and learn how to make a pillow out of clothes. Instructors will be sleeping in their tents close by. Privacy takes on a new meaning when sharing a tent with three other people. While 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 demonstrate bathing options when appropriate, and explain more about hygiene upon 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 their 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 an internal frame 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. If you will be renting a backpack from BOLD & GOLD, please bring what gear you have in a 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 vehicle 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 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 or down sleeping bags. Once wet, they tend to stay wet.

GROUP GEAR
BOLD & GOLD will provide all group camping gear, trip-specific gear (climbing, rafting, mountaineering, etc.), waterproof backpack liners, sunscreen and insect repellant.

GEAR CHECK:
Our logistics team will help check all participant gear. They may ask participants not to bring something that they’ve packed or provide an alternative to what was brought; this is done for efficiency, to minimize pack weight, and to ensure that everyone has the appropriate gear. Anything we ask to be left behind will be stored securely at our basecamp.
ALL COURSES

REQUIRED ITEMS:

HEAD
• 1 baseball or sun hat with brim
• 1 warm hat (beanie)
• 1 pair of sunglasses
• 2 face masks

BODY
• Baselayer: 1 pair of long underwear, top and bottom, (wool, capilene or polypropylene)
• Midlayer: 1 pair of long pants (quick-drying, synthetic nylon or polyester)
• Midlayer: 2 long-sleeved tops (synthetic or wool)
• Top layer: 2 warm tops (fleece, wool, or lightweight jacket)
• Rain jacket with hood and rain pants (no ponchos)
• 2-4 pairs of underwear (cotton is ok)
• 1 pair of shorts (quick drying, synthetic, running or athletic shorts)
• 1-2 short-sleeved shirts (wool, capilene or polypropylene)
• 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-mouth, 32 oz or larger (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.

TOILETRIES
• Toothbrush, travel-sized toothpaste, floss,
• Small comb, brush, pick and hair ties (optional)
• Lip Balm: Minimum SPF 15
• Prescription eyewear (if necessary): backup pair of glasses and case, contact lenses and saline/cleaning solution
• Menstruation Supplies (if applicable):
  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 your teen is not expecting their period.
  Should be packed into a Ziploc bag.
• Toiletries are best kept in a quart-sized Ziploc bag.

OPTIONAL ITEMS
• Watch (with alarm)
• Small book or journal & pen, packed in a Ziploc bag
• 1 small, quick-dry towel

GEAR
• Sleeping bag (an easily packable, synthetic bag is preferred, +25 degrees or warmer)
• Sleeping pad (foam pads only)
• Compression stuff sack for sleeping bag
• Duffel bag or backpack for gear (see backpack description for each trip)

PLEASE DO NOT BRING
• Electronics: Cell phones/pagers/electronic devices, smart watches, iPods/MP3 players/radios, E-Readers/handheld gaming devices, etc.
• Alcohol/drugs/tobacco products/electronic cigarettes
• Matches/lighters
• Candy/food
• Make-up, deodorant, or perfume/cologne
• Fireworks
• Weapons (pocketknives & 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

REOUIRED ITEMS:
• Items on the General Packing List (see pages 10–11)
• Backpack: Needs to have a capacity of 60–70 Liters, and should be capable of carrying 25–30 lbs. Should have adjustable hip and waist belt– internal frame design
• Day Pack: (TAHOMA ONLY) This will be used to carry everything needed during the day (water, food, layers). School book bag or similar sized packs are great options.
• Low to Mid Weight Hiking Boots: Boots should be well broken in with solid ankle support and good treads. If using new boots, make sure to do some walking or hiking in the boots well before the trip. 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 comfort while backpacking.
• Sport Sandals: Tevas, sandals, 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.

Note: During our two and three week expeditions there may be opportunities to exchange some essential clothing items—e.g. underwear, socks and shirts. Exchanges may take place during re-supply, when a support staff member meets the expedition to provide more food and equipment, as necessary. Feel free to pack 1–2 additional pairs of underwear, socks and shirts. The instructors will help make sure these items are delivered during re-supply.

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, safety briefing, lunch, shuttle to trail head campsite
Days 2–4: Hike to new camping destination, explore around the campsite, cook dinner, enjoy team-building activities
Day 3, 4 or 5: Rest Day: a chance to camp at the same spot two nights in a row. Day hiking, exploring the area, outdoor skills, games

FOR 1–WEEK TRIPS:
Day 6–7: Final backpacking day
Day 8: Return to Basecamp in Seattle, unpack gear, closing circle

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 9–13: 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 rest day
Day 14: Final backpacking day
Day 15: Return to Basecamp in Seattle, unpack gear, closing circle

1 WEEK TRIPS:
• Backpacking & Fishing
• Backpacking & Yoga
• Call of the North Cascades
• Cascade Challenge
• Fierce & Fabulous
• Make A Scene: Art & Backpacking
• Olympic Coastal Backpacking
• Olympic Challenge
• Poets & Peaks
**SAMPLE ITINERARY**

Day 1: Arrive at base camp in Seattle, gear check, safety briefing, lunch, shuttle to Mt. Erie for several days of climbing.

Day 2–4: Climbing instruction: topics will include safety systems for climbing, how to challenge themselves appropriately, and building their confidence for the other parts of the trip.

Day 5: Travel to the North Cascades National Park where they will stay in a front country campsite during their backpacking trip.

Days 6–9: Immersion in the wonders found deep in the mountains of the park.

Day 10: Hike out and travel by bus to YMCA Camp Orkila.

Day 11: Swim check and skills instruction, paddle to overnight campground.

Day 12–13: Paddling around the San Juans, camping at various islands.

Day 14: Return to Camp Orkila.

Day 15: Return to Basecamp in Seattle, unpack gear, closing circle.

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

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

**SWIM CHECK & SEA KAYAK WET EXITS**

All teens who participate in an overnight kayaking experience 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 basecamp in Seattle, travel to North Cascades National Park, camp in a front country campsite  
**Day 2:** Hike into the backcountry  
**Day 3–6:** Hiking, camping in the National Park  
**Day 7:** Hike out and travel by bus to YMCA Camp Orkila  
**Day 8:** Swim check and skills instruction, paddle to overnight campground  
**Day 9–13:** Paddling around the San Juans, camping at various islands  
**Day 14:** Return to Camp Orkila  
**Day 15:** Return to Basecamp in Seattle, unpack gear, closing circle  

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

**REQUIRED ITEMS:**  
• Items on the General Packing List (see pages 10–11)  
• Backpack: Needs to have a capacity of 70–95 Liters. An internal frame design is recommended. The backpack should be capable of carrying 35–50lbs, and have an adjustable waist band and shoulder straps.  
• Low to Mid Weight Hiking Boots:  
  Boots should be well broken in with solid ankle support and good treads. If using new boots, make sure to do some walking or hiking in the boots well before the trip. 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 comfort while backpacking.  

**ALL CLIMBING TRIPS**

**REQUIRED ITEMS:**  
• Items on the General Packing List (see pages 10–11)  
• Duffle Bag: All gear should fit into ONE duffle bag. No hard-sided suitcases please.  
• Day Pack: This will be used to carry everything needed during the day (water, food, layers, climbing gear) to the climbing site. School book bag or similar sized packs are great options.  
• Light Hiking Boots or Trail Runners: Boots should be well broken in with solid ankle support and good treads. If using new boots, make sure to do some walking or hiking in the boots well before the trip. 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 comfort while backpacking.  
• Passport or Enhanced ID (GREAT CANADIAN CLIMBING ADVENTURE ONLY)
ALL CLIMBING GEAR WILL BE PROVIDED. Participants wishing to use their own harness, helmet or shoes will need to show them to an instructor during gear check.

1 WEEK TRIPS:
- Sea to Summit

2 WEEK TRIPS:
- Backpacks, Beaches & Boulders
- The Great Canadian Rock Climbing Adventure
- Rivers and Rocks!** (see page 14)

DAILY TRAVEL TIME
Travel will vary from trip to trip.

*SAMPLE ITINERARY
Day 1: Arrive at base camp, gear check, safety briefing, bus to 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 6: 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 7: Final climbing day
Day 8: Return to Basecamp in Seattle, unpack gear, closing circle

FOR 2-WEEK TRIPS:
Days 2–4: 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 5 or 6: 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 7–8: 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 9 or 10: Second rest day, if needed
Day 11: Final climbing day
Day 12: Return to Basecamp in Seattle, unpack gear, closing circle

**RIVERS & ROCKS! RAFTING & CLIMBING IN OREGON
Begin this journey at the YMCA BOLD & GOLD basecamp in Seattle, and head down to Oregon to embark on five days of climbing and then transition to a three-day rafting adventure.

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 participant’s clothing, sleeping bag, and other personal items for the rafting portion of the trip. Whitewater bags will be loaded on the supply raft each morning and taken to the next camp. Each participant 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 participants to 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 13)
- Duffle Bag: All gear should fit into ONE duffle bag. No hard-sided suitcases please.
- Sport Sandals: Tevas, sandals, 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 sunscreen is waterproof
• Unscented cream/lotion if your teen is prone to dry skin
• Travel-sized biodegradable soap/shampoo (optional)
• Small Travel Pillow: it’s a long drive and can be nice to have a travel pillow. A small pillow may be brought 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, safety briefing, bus to trail head. Teambuilding activities and meeting the River Guides. Repack supplies and go through orientation.
Day 2: There will be an extensive “ground school” so that common climbing language and techniques are established, and the group will spend time getting comfortable on the rocks.
Days 3–7: 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 8: This day will be the transition from climbing to rafting.
Day 9–10: Rafting! All hands on deck for breaking camp, making breakfast, packing the gear raft and then rafting to the next campsite. Swimming and downtime are usual evening activities after camp is set up.
Day 11: Return to Basecamp in Seattle, unpack gear, closing circle

ALL MOUNTAINEERING TRIPS

REQUIRED ITEMS:
• Items on the General Packing List (see pages 10–11)
• Backpack: Needs to have a capacity of 70–95 Liters. An internal frame design is recommended. The backpack should be capable of carrying 35–50 lbs and have an adjustable waist band and shoulder straps.
• Low to Mid Weight Hiking Boots: Boots should be well broken in with solid ankle support and good treads. If using new boots, make sure to do some walking or hiking in the boots well before the trip. 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 comfort while backpacking.
• 1 pair Mid Weight Gloves: Made from fleece, wool, or polypropylene
• 1 pair Warm pants: OPTIONAL, these should be fleece, wool, or polyester.
• 1 pair sunglasses: must block 100% UV rays

Note: During our two and three week expeditions there may be opportunities to exchange some essential clothing items—e.g. underwear, socks and shirts. Exchanges may take place during re-supply, when a support staff member meets the expedition to provide more food and equipment, as necessary. Feel free to pack 1–2 additional pairs of underwear, socks and shirts. The instructors will help make sure these items are delivered during re-supply.

ALL MOUNTAINEERING GEAR WILL BE PROVIDED. Participants wishing to use their own harness or helmet will need to show them to an instructor during gear check.

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, safety briefing, 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. 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 get in position for their summit attempt.

**Days 11–13:** Summit attempt

**Day 14:** Final climbing day and start of descent

**Day 15:** Return to Basecamp in Seattle, unpack gear, closing circle

**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 the group have not included a summit. 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:**
- Call to the Summit
- Fire & Ice: A Mountain Climbing Adventure to Mt. Baker
- The Journey to Olympus

**BEYOND CITY LIMITS**

This trip will begin and end at the BOLD & GOLD basecamp in Seattle. Participants will experience kayaking, rock climbing and backpacking. With this multi-activity trip participants will need a combination of equipment.

**REQUIRED DAILY CLOTHING ITEMS:**
- 1 sun hat (with a brim)
- 1 warm hat (beanie)
- Sunglasses
- Warm fleece, sweater or jacket (wool or synthetic)
- Hiking or athletic pants (non-cotton, synthetic, quick-drying)
- Rain jacket and rain pants (no ponchos)
- Hiking boots (see trip-specific items)
- Wool or synthetic socks

**MISCELLANEOUS ITEMS**
- **2 Water Bottles:** durable plastic, wide-mouthed, at least a quart or liter each (Nalgene-type)
- **Day Pack:** used to carry anything you might need during the day (water, food, layers). You can use you school book bag, or similar sized pack.
- **Sunscreen:** Minimum SPF 30; waterproof
- **Lip Balm:** Minimum SPF 15 (optional)
- **Insect Repellent:** small/personal size (optional)
KAYAKING DAY
• Sport Sandals: Tevas, sandals, water shoes, Chacos, or lightweight sneakers. ALL KAYAKING GEAR WILL BE PROVIDED.

CLIMBING DAY
• Light Hiking Boots or Trail Runners: Climbing trips will primarily use climbing shoes or camp shoes. However, participants will be doing some day-hiking as well as walking/hiking the approach to the climbs, so a sturdy shoe or trail runner is recommended. Shoes/boots should have good treads, and be well broken in. Backpacking boots are not required.

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

OVERNIGHT REQUIRED ITEMS:
• Items on the General Packing List (see pages 10-11)
• Items on the Backpacking Packing List (see page 11)

*SAMPLE ITINERARY
Day 1: Arrive at base camp in Seattle, gear check, safety briefing, travel to boat launch for day of kayaking, and return to Seattle at the end of the day
Day 2: Arrive at base camp in Seattle, gear check, travel to climb site for day of rock climbing, and return to Seattle at the end of the day
Day 3: Arrive at base camp in Seattle, gear check, safety briefing, travel to trail head and backpack to overnight campsite
Day 4: Hike out to trail head and return to basecamp in Seattle

THREE-WEEK COMBO TRIP:
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 capacity of 70-95 Liters. An internal frame design is recommended. The backpack should be capable of carrying 35-50lbs and have an adjustable waist band and shoulder straps.
• Low to Mid Weight Hiking Boots: Boots should be well broken in with solid ankle support and good treads. If using new boots, make sure to do some walking or hiking in the boots well before the trip. 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 comfort while backpacking.
• Day Pack: This will be used to carry everything needed during the day (water, food, layers, climbing gear) to the climbing site. School book bag or similar sized packs are great options. (to be used during climbing portion, not for backpacking days)

ALL CLIMBING & RAFTING GEAR WILL BE PROVIDED.

CLOTHING FOR CLIMBING:
For the third week of the trip participants will be rock climbing and camping near Deception Pass. They will want a fresh set of clothes for this week, which will be in the re-supply.
• 1 short sleeve shirt: Synthetic or cotton is OK
• 1 pair pants to climb in: yoga pants/capris/light weight nylon pants...etc
• 1-2 pair underwear
• 2 pairs socks
• Towel, travel-sized biodegradeable soap/shampoo (optional)
DAILY TRAVEL TIME
Hiking mileage will vary from trip to trip, but groups will cover between 3-7 miles a day, with at least one rest day each week to relax and explore.

SAMPLE ITINERARY
Day 1: Arrive at base camp, gear check, safety briefing, 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 teambuilding 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 rest day to recharge and explore
Days 15-19: Rock Climbing at Mt. Erie. There will be another rest day during this week.
Day 20: Travel to the North Cascades National Park
Day 21: Whitewater rafting in the North Cascades down the Sauk River
Day 22: Return to Basecamp in Seattle, unpack gear, closing circle

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 CPC
COMING FROM NORTH:
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:
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. While street parking is available, we recommend parking in the REI parking garage located two blocks south east of the CPC. We keep all vehicles to transport groups in our small parking lot and need access to these spaces.

COURSE START & END
BEFORE THE TRIP BEGINS
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:
We are moving to a staggered opening circle schedule. Check–in times are staggered the first morning of the the trip. The specific check–in time for each trip will be provided in the
welcome email. Course officially begins with an opening circle. Families are asked to stay for the course start. Upon arrival participants will meet instructors, and have the opportunity to get any gear needed for their trip.

Participants should bring a sack lunch to eat before heading out into the field. Please contact us in advance if you need a lunch to be provided for your participant. No nut products please.

COURSE END AND PICK UP
All participants 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. Participants will be ready to depart by 5:00 PM on the final day of the trip. Pick-up folks 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 participants 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. or Canadian citizenship:

• **Valid Passport:** If your teen has a valid passport, they may use it; however it is not required for U.S. and Canadian citizens under age 19 traveling with a youth group

• **Picture Identification & ONE of the following:**
  • an original or copy of your teen’s 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
206 223 1622
rchiles@seattlemca.org

**PROGRAM DIRECTOR**
Jordan Bright
jbright@seattlemca.org

**DIRECTOR OF OUTDOOR LEADERSHIP**
Geoff Eseltine
geseltine@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.