BE YOURSELF
BE A LEADER
WELCOME TO YOUR EXPEDITION

2023 Outdoor Leadership Summer Programs Handbook
YMCA BOLD & GOLD
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,
The BOLD & GOLD Team
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, caring, and passion for excellence as essential for 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.

Values Awards
In addition to emphasizing these values in daily life on our expeditions, participants who exemplify these values are celebrated. Values Awards are given to participants who, through words or actions, demonstrate empathy and kindness toward others as well as show an enthusiasm for the outdoors. Staff select participants within their program who best exemplify each value, and we recognize award recipients each fall.
FOR FIRST TIME PARTICIPANTS

Congratulations on choosing an experience that might make you excited and maybe a little nervous!

Preparing for overnight trips can help everyone more easily cope with being away from home. It is very normal for symptoms of homesickness to occur over the first few days – often during rest period and/or lights out. Most often with a few conversations with instructors and the security of new friends and activities, the homesickness dissipates.

Here are some tips to help prepare for the trip and the possibility of homesickness:

PRIOR TO THE TRIP:
- Mark a calendar with days until the trip starts
- “Live out of a backpack” for a few days, and practice carrying it once it’s packed
- Give gentle encouragement that missing home is “ok”
- Put on boots or sneakers and go for a walk or hike
- Practice electronics-free time because there are no electronics while on trip
- Avoid the “pick-up promise” – that someone will come pick-up the participant if they are having a hard time. While this option will be available it’s best to offer encouragement prior to the start of the trip

DURING THEIR TRIP:
Pack notes of encouragement in the participant’s belongings. Avoid using phrases such as “we miss you,” “wish you were here,” or detailed accounts of what family or friends might be doing. Express confidence in the participant’s ability to be away from home and that their instructors are there to assist them if they should need anything. No food items please.

COMMUNICATION

BASECAMP
BOLD & GOLD is located at the Cascade People’s Center. All summer expeditions start and end at this basecamp, which is the home of the gear library, equipment, and leadership staff. Each trip is assigned a locker at basecamp to store valuables and other belongings while on trip.

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 two, but the satellite phone is for instructors only.

PARENT COMMUNICATION
Staff are trained to handle day-to-day situations that might arise during your participant’s trip in a safe and caring manner. Instances when you might expect to hear from a staff member for consultations or to arrange to pick up your participant may include:

- Behavioral issues, including bullying, verbal or physical aggression
- Emergencies and evacuations
- Illness, including vomiting or respiratory symptoms coupled with a fever above 100 degrees
- Medical care outside basic first aid, including fractures and sprains
- Severe homesickness

TRIP PHOTOS
Each group takes a camera into the field to document the experience. These photos are
uploaded to SmugMug 24–48 hours after the trip returns. The SmugMug page is password protected, and families will receive information on how to access the photos during closing circle.

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 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 and an on-call mental health specialist 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 participants safely to their homes. Such an emergency may require caregivers or emergency contact persons to pick up their young person at a predetermined location.

CONTACTING PARTICIPANTS IN AN EMERGENCY
If there is a need to contact a participant under emergency circumstances during business hours (9:00–5:00 PST), 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 a participant is unable to attend, please notify the Camping & Outdoor Leadership office immediately. To receive a refund, notification must occur prior to June 1. Refunds will include the total fees paid minus the $100 non-refundable deposit. A check or credit card refund will be issued in the same manner original payment was received. Please allow two weeks for processing refunds. Any refund requests for cancellations received after June 1 will be at the discretion of the YMCA.
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. We hire international staff from many different countries. Having international staff facilitating our programs brings an opportunity for cultural exchange and learning for participants and staff.

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 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, a 16-hour advanced First Aid class specific to a wilderness setting
- 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 participants is our primary concern. To ensure our instructors have the information necessary in advance, the Camp Care Info Packet must be returned to the YMCA Camping & Outdoor Leadership office by the required deadline. Staff cannot accept these 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.

PHYSICIAN’S FORM
BOLD & GOLD trips of two or more weeks require a Physician’s Form completed by a medical professional. Given that programs operate in remote wilderness areas, an evacuation to advanced medical facilities may take more than 24 hours. A thorough screening provides important health information and helps to avoid serious medical events.

COMMUNICABLE DISEASES, FRACTURES, BREAKS & STITCHES
Participants with communicable diseases will not be allowed to attend a course until they are free of the disease, 24 hours without a fever without using fever reducing medication, or no longer contagious, as determined by a doctor. Participants 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 a participant’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, Varicella, TDap, and Covid-19 vaccinations and boosters when available. We do not currently require participants to have these vaccinations, but being up to date on these will help everyone stay healthy when they are in the wilderness. To learn more about recommended vaccination schedules for youth, visit http://www.doh.wa.gov/YouandYourFamily/Immunization/PreteensandTeens. Washington immunization records can be accessed at www.wa.myir.net.

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 families to help ensure that all participants have a positive experience on trip. Each participant should be checked for head lice before the course begins. If nits or head lice are found, a thorough treatment of the hair and all personal belongings to remove all nits and lice must occur before the 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.
MEDICATIONS
All trips are equipped with over-the-counter medication, such as Tylenol, ibuprofen, Benadryl, Dramamine, cough medicine, and decongestents. These items do not need to be sent with the participant. Indicate approval to dispense over-the-counter medications in the Camp Care Info Form.

PREPARING MEDICATION
All participant medication, supplements, or vitamins, prescribed or over the counter, must be reported on the Camp Care Info Form. Please bring enough medication to last the entire length of the expedition. All medications, supplements, and vitamins must be in the original packaging/bottle. Additionally, prescription medication must include labeling 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. Participants who use an inhaler should bring TWO inhalers, in case one is lost or broken. Participants that require epinephrine should bring TWO epi-pens. 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.

“MEDICAL HOLIDAYS”
We strongly discourage participants who are on medication throughout the year from taking a “medical holiday” while they are in the field. It is not always in the participant’s best interest to take time off from their medication. We will be as accommodating as possible with physician recommendations.

COMMUNITY & BEHAVIOR EXPECTATIONS
At the YMCA of Greater Seattle, we are committed to becoming an anti-racist and inclusive gathering space where people of all colors, religions, genders, and backgrounds are welcomed and have the opportunity to succeed, be healthy, and thrive. That means closely examining what we do – our systems, hiring practices, partners, contracting, and programs – to ensure we are learning, adapting, and doing all that we can to build a more equitable, healthy, and just community.

The Y believes in the unique potential of every young person. We strive to provide support to ensure all youth are successful in our programs. From the moment participants arrive, staff work to build an inclusive space with clear expectations. Additionally, we partner with parents and guardians on strategies for working with participant’s individual behaviors. Should behavioral support be needed, staff will make every effort to call the family starting with the primary contact, then the emergency contact.

We know that certain behaviors can cause lasting harm. We do not tolerate bullying: aggressive behavior that is intentional, is repeated over time, and involves an imbalance of power or strength, and bigotry: making derogatory comments, including making fun of the individual or individual family’s national origin, religion, sexuality, ethnicity, disabilities, sexual orientation, gender; threatening bodily harm to the individual or individual’s family/friends.

Staff make every effort to ensure each participant has a positive experience. The Y strongly believes that youth programs are an exciting, safe community for youth to explore, build confidence, develop skills, and make lasting friendships and memories so they can grow as individuals and leaders. It’s a place where participants can discover who they are
and what they can achieve. We strive to help each person develop positive self-esteem while fostering self-direction.

Our Y staff work with each participant to support their development in self-management and self-direction. Some examples are:

- Consistent rules are clearly stated.
- Participants are expected to work and play within known limits.
- Behavior expected of participants is age appropriate and based on development level.
- An atmosphere of trust is established in order for participants to know that they will not be hurt nor allowed to hurt others.
- Participants become acquainted with themselves and their feelings to help them learn to cope with their feelings and control them responsibly.

GENERAL BEHAVIOR EXPECTATIONS

- No put-downs...no one needs them.
- Be honest with yourself and others.
- Speak for yourself...not for anyone else.
- Listen to others...they will then listen to you.
- Show respect...every person is important.
- Take responsibility for your actions, you are responsible for you.

UNACCEPTABLE BEHAVIOR

- Refusing to follow the behavior guidelines or program and safety rules.
- Using profanity, vulgarity, or obscenity.
- Stealing or damaging property (personal, Y, rental, and public property) Note: Damage done by a participant to these properties could result in financial responsibility and invoice assessed to the participant’s family.
- Refusing to participate in activities or cooperate with staff resulting in disruption of the program for others.
- Running away from the group or designated areas.
- Endangering the health and safety of participants and/or staff.
- Engaging in physical violence, bullying/teasing, or sexual misconduct or abuse toward another child or staff.
- The use of exclusionary language or slurs.
- Public or inappropriate displays of affection.

WHEN BEHAVIOR RULES ARE BROKEN

Y staff facilitates the development of self-control by using positive guidance techniques such as modeling, encouraging expected behavior, redirecting participants to a more acceptable activity, or setting clear limits. Staff respect each participant’s developing capabilities.

PROGRESSIVE DISCIPLINE PROCEDURES

When a participant does not follow the behavior guidelines, Y staff take the following action steps:

- **Step 1:** The Y uses positive guidance methods including reminders, distraction, logical consequences, and redirection.
- **Step 2:** If inappropriate behavior continues, the participant is reminded of behavior guidelines and program rules. The staff member and the participant decide on action steps to correct their behavior. Staff documents the situation, the inappropriate behavior and action taken.
- **Step 3:** If the situation is not resolved and inappropriate behavior continues, staff will schedule time with the participant and their family to develop an action plan for success.
- **Step 4:** If after working through steps 1–3 the participant is still struggling to meet expectations staff will work to identify different program types, a different cohort or a modified attendance schedule to support the participant, and their family. If needed, the Y reserves the right to suspend or remove the participant from the program. Parent(s) or guardian(s) may be notified to pick up their participant at their own expense. Travel arrangements will always be made in advance with the parent or
guardian. Program fees will be forfeited. In the case of a serious incident, the participants involved will not be invited back for future experiences.

The Y believes in the unique potential of every young person. We strive to provide support to ensure all participants are successful in our programs. To limit instances of bias and to respond in a way which aligns with our organizational values, Camping & Outdoor Leadership is focused on implementing trauma-informed, restorative justice practices into the curriculum, daily routine, and culture. Our staff teams are trained to add social and emotional learning aspects into all programs, create community, and facilitate conflict resolution. These practices are introduced to and practiced by participants throughout their experience through intentional community building activities like teambuilding and values sessions. We are committed to building strong communities within our programs and assisting participants in dealing with conflict in a healthy and productive manner. We aim to address the root of behavioral issues and conflicts by finding solutions which use restorative practices as the foundation for overcoming conflict and addressing bias.

When the welfare of the camper, other campers, or camp property/equipment is jeopardized, the parent(s) or guardian(s) may be notified to pick up their camper at their own expense. Travel arrangements will always be made in advance with the parent or guardian. Program fees will be forfeited. In the case of a serious incident, the campers involved may not be invited back to camp for future experiences.

STATEMENT FOR PREVENTION OF ABUSE

A principal endeavor of the Y is to provide a healthy atmosphere for the growth and development of youth and children. Thus, the mistreatment or neglect of youth or children and the resulting severe effects are of primary concern to the Y. Child abuse is mistreatment or neglect of a child by parents, another child, or others, resulting in injury or harm. Abuse can lead to severe emotional, physical, and behavioral problems. Because of its concern for the welfare of children and youth, the Y has developed policies, standards, guidelines, and training to aid in the detection and prevention of child abuse. In addition, all employees are screened, and background checks are conducted upon hiring or rehiring.

Additionally, employees who have contact with children and youth receive training in recognizing, reporting, and preventing child abuse, which includes training in recognizing signs that a child is being groomed for abuse. Some of the guidelines employees are expected to follow are:

- Avoid being alone with a single child where you cannot be observed by other staff or adults
- You may not relate to children who participate in Y programs outside of approved Y activities. For example, babysitting weekend trips, foster care, etc. are not permitted. An exception must be approved in advance in consultation with our Risk Management department.
- Giving personal gifts to program participants or their parents is not allowed
- Program rules and boundaries must be followed, including appropriate touch guidelines
- Children or youth should not be singled out for favored attention
- Dating a program participant under age 18 is not allowed. Some Y programs may have additional restrictions.
- Children may not be disciplined by use of physical punishment or by failing to provide
the necessities of care.

- Verbally, physically, sexually, or emotionally abusing or punishing children or youth is not allowed.

- Children may be informed in a manner that is age appropriate to the group of their right to set their own “touching” limits for personal safety.

- Children should only be released to authorized persons in programs with controlled pick-up procedures.

- Any information regarding abuse or potential abuse should be documented in writing.

- At the first reasonable cause to believe that any abuse of a child by a Y employee or volunteer, even if it was not during working hours, should be reported to the Y by calling (206) 749-7590 or emailing safekids@seattleymca.org. Additionally, it is the Y’s protocol to make a report to the appropriate authorities. Appropriate actions will be taken regarding the employee or volunteer, including suspension or termination from Y employment or volunteer status.

- Confidentiality of information related to child abuse is crucial and should be limited to the immediate supervisor, District Executive, and designated members of the Y Association Office.

The Y uses an online resource for families entitled Protect Your Child From Abuse.

CHILD SAFETY
As a partner in your child’s success, the YMCA of Greater Seattle is committed to providing a safe environment for all participants and staff. We work hard to create an environment that is both physically and emotionally safe for children. If at any time throughout the summer you are concerned about the physical or emotional health of your child, please do not hesitate to speak to a staff member.

PERSONAL SAFETY TALKS
As part of our program, staff engages in discussions designed to increase children’s understanding of touching and personal space limits. Y staff will model the use of correct words for body parts and functions, and respond to conversations and questions in age appropriate ways.

CHILD ABUSE REPORTING
Y staff are required to report immediately to Child Protective Services (CPS Intake), licensor, or police any instance when there is reason to suspect the occurrence of physical, sexual, or emotional abuse, child neglect, or exploitation. We may NOT notify parents if this occurs except upon the recommendation of Child Protective Services or the police.
GENERAL INFORMATION

FORMS
Participants 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 all youth and staff, 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 each participant’s care.

TRIP DAILY SCHEDULE
Typical Daily Schedule:
- Wake Up
- Breakfast
- Solo Time
- Stretch Time
- Hiking, climbing, kayaking, etc.
- Morning Snack
- Hiking, climbing, kayaking, etc.
- Lunch
- Hiking, climbing, kayaking, etc.
- Afternoon Snack
- Structured Downtime
- Chow Circle
- Dinner
- Courage Circle
- Bed
- Lights Out

TRIP OVERVIEW
Participants will start at the Cascade People’s Center where they will meet their instructors and fellow participants in an opening circle and start to get to know one another. Together the group will prepare for their journey by participating in a gear check where BOLD & GOLD staff will review personal and group gear and teach participants how best to pack their backpack. Participants who are borrowing items from the BOLD & GOLD gear library will receive them during the gear check. Once the group is packed, everyone will eat lunch, have a safety briefing with their course director, and then travel by bus to their first destination!

All overnight trips will spend their first night at a frontcountry, or drive-in, campsite where there are usually basic amenities like bathrooms and running water. The next day backpacking trips will hike to their first wilderness campsite while climbing and frontcountry trips continue to stay at drive-in campgrounds for the duration of their experience.

Regardless of the trip, each day will include a mix of outdoor adventure, leadership development, and fun! Participants will take turns being the Leader of the Day, the group photographer, the journal keeper and more!

On the last day of the adventure, participants will pack up their campsite and return to the Cascade People’s Center where the group will unpack, clean group gear, and participate in a closing circle.

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 granola
• Snack – dried fruit
• Lunch – PB&J, summer sausage, tuna and bread (pita, tortilla or bread)
• Snack – trail mix, goldfish, hummus, cheese
• Dinner – pasta with red sauce, vegetables and a hot drink

Participants should plan to bring a sack lunch on their trip start date to eat before departure.

*BEYOND CITY LIMITS participants will need to bring their own lunch for all day trips. Overnight meals and snacks will be provided.

SPECIAL DIETARY NEEDS
In the Camp Care Info Form there will be an opportunity to alert us of any and all food allergies, their severity, and/or special dietary requirements. Our staff work hard to provide well-balanced, culturally relevant, healthy meals during each adventure, and are customized for each course’s participants. Additionally we can accommodate lactose intolerance, pork-free, beef-free, and other common food allergies, such gluten and nuts. However, if dietary needs go beyond the aforementioned situations, or are severe and/or complex, 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. Instructors will teach participants how to properly treat water before drinking.

GEAR
Having the right gear will make the experience more enjoyable for participants. 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. Participants will have an opportunity to request items to borrow from our extensive library using the Gear Request form in their paperwork. If you have questions about gear please contact our BOLD & GOLD team at 206 659 0231.

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

PERSONAL PROPERTY & STORAGE
While on trips, participants can leave some personal items stored in secured lockers in the Cascade People’s Center. Space is limited, so please bring only necessary items.

SPENDING MONEY
Spending money is not needed and strongly discouraged.

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. All participant belongings should be labeled 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. All overnight trips will spend their trip at eitherfrontcountry or backcountry campsites. Frontcountry, or drive–in, campsites have basic amenities like bathrooms and running water. Backcountry campsites are more rustic. There is no running water and bathrooms usually consist of a single pit toilet.
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
At the Y, we recognize that gender, while commonly seen as a binary of male or female, is best understood as a spectrum. Because many young people still receive strong messages from society about what is possible or acceptable based on a binary gender concept, BOLD & GOLD remains committed to confounding these stereotypes. BOLD & GOLD challenges stereotypes by striving to inspire courage and emotional intelligence in all participants. Gender equity 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 help participants work together in a way that empowers and allows equal space for everyone.

PRONOUNS/NAMES
Everyone has the right to be addressed by the name and pronoun with which they identify. Inadvertent slips or unintentional honest mistakes in the use of names or pronouns might occur. The Y does not condone the intentional and persistent refusal to respect a person’s gender identity.

REST DAYS
At least one day per week participants 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 lightweight pyramid-shaped shelters called mega-mids that typically house 3–4 participants. Each participant 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 shelters close by. Privacy takes on a new meaning when sharing a shelter with three other people. While in close quarters for most of the time, each participant has their own personal sleeping area and pack for their personal belongings, and efforts will be made to provide privacy for changing clothes, etc. If weather allows, tris may also utilize tarps or encourage sleeping under the stars.

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 INFO
All participants are responsible for bringing the items on the following list with them to check-in. Please take time to confirm that every item is actually going into the pack before leaving home. Please take note of additional items necessary for specific programs (see pages 15-20). The quality of clothing and equipment can have an enormous impact on the health and happiness of participants. When selecting equipment, size and weight of the item can be important. BOLD & GOLD can provide many of these items, including clothing from an extensive outdoor clothing lending library. To borrow any clothing or gear, please fill out the Gear Request form in UltraCamp.

PACKING
Since participants 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. Participants borrowing a backpack from BOLD & GOLD should bring the gear they have in a bag to check-in.

CLOTHING
Participants will be living outside, so having the right clothing is important for comfort and safety. There could be rain, snow, hot sun, or strong winds on course. Our clothing list reflects the importance of the “layering” principle. Dressing in several light layers rather than one heavy layer allows more flexibility as the weather and workloads change. Please review this checklist carefully and make sure the participant has 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 trip- so don’t bring anything that is precious or valuable. Wool and synthetic items are warmer and more comfortable, and therefore highly recommended. Cotton clothing holds water, dries slowly and will not provide insulation when wet, which means it is not suitable for expeditions. 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. Small, warm, lightweight bags are essential because participants will carry their bags for the duration of the trip. A nylon-shelled synthetic sleeping bag, with a stuff sack, is preferred. 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, mountaineering, etc.), waterproof backpack liners, sunscreen, and insect repellent.

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.
BOLD & GOLD PACKING LISTS

THINGS TO KEEP AT HOME
- Cell phones/electronic devices including iPods, e-readers, gaming devices etc.
- Alcohol/drugs/tobacco products/electronic cigarettes/vaping devices
- Wallet or money
- Matches/lighters
- Candy/food
- Make-up, deodorant, perfume/cologne, face or baby wipes
- Fireworks

BEYOND CITY LIMITS DAY TRIPS

KAYAKING DAY: WEAR AND/OR BRING
- 2 Water bottles: durable plastic, wide-mouth, 32 oz or larger (Nalgene-type)
- Daypack, school backpack, or similar
- Lunch
- Sunglasses
- Sun hat
- Short-sleeve t-shirt or sun shirt (synthetic or wool)
- Shorts or hiking pants (synthetic, no cotton)
- Sport sandals with strap or tennis shoes (these WILL get wet)
- Top layer (lightweight synthetic, fleece, or wool jacket)
- Rain jacket and rain pants
- Wool or synthetic socks

OPTIONAL:
- Sunscreen (instructors will have a group sunscreen)
- Lip balm

ALL KAYAKING GEAR WILL BE PROVIDED.

CLIMBING DAY: WEAR AND/OR BRING
- 2 Water bottles: durable plastic, wide-mouth, 32 oz or larger (Nalgene-type)
- Daypack, school backpack, or similar
- Lunch
- Sunglasses
- Sun hat
- Short-sleeve t-shirt or sun shirt (synthetic or wool)
- Shorts or hiking pants (synthetic, no cotton)
- Lightweight hiking boots or trail runners
- Top layer (lightweight synthetic, fleece, or wool jacket)
- Rain jacket and rain pants
- Wool or synthetic socks

OPTIONAL:
- Sunscreen (instructors will have a group sunscreen)
- Lip balm

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.
BEYOND CITY LIMITS
BACKPACKING OVERNIGHT

HEAD
• 1 sun hat
• 1 warm hat
• 1 pair of sunglasses

BODY
• 1–2 pairs of underwear (cotton is ok)
• 1 Sports Bra (if applicable)
• Base layer:
  • 1 pair of long underwear, top and bottom
    (wool, capilene or polypropylene)
  • 1 short-sleeved or sun shirts (wool,
    capilene or polypropylene)
  • 1 pair of shorts (quick drying, synthetic)
• Mid layer:
  • 1 long-sleeved top (synthetic or wool)
  • 1 pair of long pants (quick-drying,
    synthetic nylon or polyester)
• Top layer:
  • 1–2 warm tops (fleece, wool, or
    lightweight jacket, NO down or cotton)
• Rain Gear:
  • Rain jacket with hood (no ponchos)
  • Rain pants
• 1–2 bandanas (optional)

FEET
• 1 pair of low- to mid-weight hiking boots
  (Boots should be well broken in with solid
  ankle support and good treads)
• 1 pair of camp shoes (tennis shoes or
  sport sandals) No flip flops or slides.
• 2 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

TOILETRIES
• Toothbrush, travel-sized toothpaste, floss
• Small comb, brush, pick and hair ties
  (optional)
• Lip Balm: Minimum SPF 15
• Prescription eyewear: backup pair of
  glasses and case, contact lenses and
  saline/cleaning solution
• Menstruation Supplies: personal supply of
  pads/tampons (if applicable)

*Toiletries should be kept in one Ziploc bag.

GEAR
• Sleeping bag (packable, synthetic bag, No
  down or cotton, +25 degrees or warmer)
• Sleeping pad (non-inflatable, foam pads
  only)
• Compression stuff sack for sleeping bag
  (optional)
• Backpack (Needs to have a capacity of
  at least 65 liters, internal frame
  recommended)

OPTIONAL ITEMS
• Watch
• Small book, journal/pen
• Trekking Pole(s)
• Bug net
CLIMBING & TAHOMA TRIPS

1 WEEK TRIPS:
• Sea to Summit
• Tahoma

HEAD
• 1 sun hat
• 1 warm hat
• 1 pair of sunglasses

BODY
• 2–4 pairs of underwear (cotton is ok)
• 2 Sports Bras (if applicable)
• Base layer:
  • 1 pair of long underwear, top and bottom (wool, capilene or polypropylene)
  • 1–2 short-sleeved or sun shirts (wool, capilene or polypropylene)
  • 1 pair of shorts (quick drying, synthetic)
• Mid layer:
  • 2 long-sleeved tops (synthetic or wool)
  • 1 pair of long pants (quick-drying, synthetic nylon or polyester)
• Top layer:
  • 1–2 warm tops (fleece, wool, or lightweight jacket, NO down or cotton)
• Rain Gear:
  • Rain jacket with hood (no ponchos)
  • Rain pants
  • 1–2 bandanas (optional)

FEET
• 1 pair of light hiking boots or trail runners (Shoes/boots should have good treads, and be well broken in. Backpacking boots are not required)
• 1 pair of camp shoes (tennis shoes or sport sandals) **No flip flops or slides.**
• 3–4 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

TOILETRIES
• Toothbrush, travel-sized toothpaste, floss
• Small comb, brush, pick and hair ties (optional)
• Lip Balm: Minimum SPF 15
• Prescription eyewear: backup pair of glasses and case, contact lenses and saline/cleaning solution
• Menstruation Supplies: personal supply of pads/tampons (if applicable)
*Toiletries should be kept in one Ziploc bag.*

GEAR
• Sleeping bag (packable, synthetic bag, No down or cotton, +25 degrees or warmer)
• Sleeping pad (non-inflatable, foam pads only)
• Compression stuff sack for sleeping bag (optional)
• Duffle bag or large backpack (all items should fit into ONE bag. No hard-sided suitcases)
• Day Pack (school book bag or similar sized bag are great options)

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.

OPTIONAL ITEMS
• Watch
• Small book, journal/pen
• 1 small, quick-dry towel
ONE-WEEK BACKPACKING TRIPS

1 WEEK TRIPS:
- Backpacking & Fishing
- Call of the North Cascades
- Cascade Challenge
- Olympic Coastal Backpacking
- Olympic Challenge
- Peaks & Creeks
- Taste of Adventure

HEAD
- 1 sun hat
- 1 warm hat
- 1 pair of sunglasses

BODY
- 2–4 pairs of underwear (cotton is ok)
- 2 Sports Bras (if applicable)
- Base layer:
  - 1 pair of long underwear, top and bottom (wool, capilene or polypropylene)
  - 1–2 short-sleeved or sun shirts (wool, capilene or polypropylene)
  - 1 pair of shorts (quick drying, synthetic)
- Mid layer:
  - 2 long-sleeved tops (synthetic or wool)
  - 1 pair of long pants (quick-drying, synthetic nylon or polyester)
- Top layer:
  - 1–2 warm tops (fleece, wool, or lightweight jacket, NO down or cotton)
- Rain Gear:
  - Rain jacket with hood (no ponchos)
  - Rain pants
  - 1–2 bandanas (optional)

FEET
- 1 pair of low- to mid-weight hiking boots (Boots should be well broken in with solid ankle support and good treads)
- 1 pair of camp shoes (tennis shoes or sport sandals) No flip flops or slides.
- 3–4 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

TOILETRIES
- Toothbrush, travel-sized toothpaste, floss
- Small comb, brush, pick and hair ties (optional)
- Lip Balm: Minimum SPF 15
- Prescription eyewear: backup pair of glasses and case, contact lenses and saline/cleaning solution
- Menstruation Supplies: personal supply of pads/tampons (if applicable)
*Toiletries should be kept in one Ziploc bag.

GEAR
- Sleeping bag (packable, synthetic bag, No down or cotton, +25 degrees or warmer)
- Sleeping pad (non-inflatable, foam pads only)
- Compression stuff sack for sleeping bag (optional)
- Backpack (Needs to have a capacity of 65–70 liters, internal frame recommended)

OPTIONAL ITEMS
- Watch
- Small book, journal/pen
- Trekking Pole(s)
- Bug Net
TWO-WEEK BACKPACKING TRIPS

2 WEEK TRIPS:
• American Alps
• Backpacking & Leadership
• Heart of Nature
• Powerful Gifts**

HEAD
• 1 sun hat
• 1 warm hat
• 1 pair of sunglasses

BODY
• 2-4 pairs of underwear (cotton is ok)
• 2 Sports Bras (if applicable)
• Base layer:
  • 1 pair of long underwear, top and bottom (wool, capilene or polypropylene)
  • 1-2 short-sleeved or sun shirts (wool, capilene or polypropylene)
  • 1 pair of shorts (quick drying, synthetic)
• Mid layer:
  • 2 long-sleeved tops (synthetic or wool)
  • 1 pair of long pants (quick-drying, synthetic nylon or polyester)
• Top layer:
  • 1-2 warm tops (fleece, wool, or lightweight jacket, NO down or cotton)
• Rain Gear:
  • Rain jacket with hood (no ponchos)
  • Rain pants
  • 1-2 bandanas (optional)

FEET
• 1 pair of low- to mid-weight hiking boots (Boots should be well broken in with solid ankle support and good treads)
• 1 pair of camp shoes (tennis shoes or sport sandals) No flip flops or slides.
• 3-4 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

TOILETRIES
• Toothbrush, travel-sized toothpaste, floss
• Small comb, brush, pick and hair ties (optional)
• Lip Balm: Minimum SPF 15
• Prescription eyewear: backup pair of glasses and case, contact lenses and saline/cleaning solution
• Menstruation Supplies: personal supply of pads/tampons (if applicable)
*Toiletries should be kept in one Ziploc bag.

GEAR
• Sleeping bag (packable, synthetic bag, No down or cotton, +25 degrees or warmer)
• Sleeping pad (non-inflatable, foam pads only)
• Compression stuff sack for sleeping bag (optional)
• Backpack (Needs to have a capacity of 65-70 liters, internal frame recommended)

OPTIONAL ITEMS
• Watch
• Small book, journal/pen
• Trekking Pole(s)
• Bug Net

RE-RATION
Two-week trips require additional supplies to be sent to the group halfway through their adventure. This presents a potential for participants to be resupplied with a few essential items. These items must fit into 1 gallon zip lock bag, and depending on the trip, these amounts may be adjusted since groups cannot always return dirty items back to basecamp.
• 1-2 pairs of socks
• 1-2 pairs of underwear
• 1 t-shirt
ALL MOUNTAINEERING TRIPS

2 WEEK TRIPS:
• Call to the Summit
• Fire & Ice

HEAD
• 1 sun hat
• 1 warm hat
• 1 pair of sunglasses

BODY
• 2-4 pairs of underwear (cotton is ok)
• 2 Sports Bras (if applicable)
• 1 pair Mid-Weight Gloves (fleece, wool, or polypropelene)
• Base layer:
  • 1 pair of long underwear, top and bottom (wool, capilene or polypropylene)
  • 1-2 short-sleeved or sun shirts (wool, capilene or polypropylene)
  • 1 pair of shorts (quick drying, synthetic)
• Mid layer:
  • 2 long-sleeved tops (synthetic or wool)
  • 1 pair of long pants (quick-drying, synthetic nylon or polyester)
• Top layer:
  • 1-2 warm tops (fleece, wool, or lightweight jacket, NO down or cotton)
  • 1 warm pair of pants: fleece, wool, or polyester (optional - if participant runs cold)
  • 1 warm packable jacket (down or synthetic)
• Rain Gear:
  • Rain jacket with hood (no ponchos)
  • Rain pants
  • 1-2 bandanas (optional)

FEET
• 1 pair of mid-weight hiking boots (Boots should be well broken in with solid ankle support and good treads)
• 1 pair of camp shoes (tennis shoes or sport sandals) **No flip flops or slides.**
• 3-4 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

TOILETRIES
• Toothbrush, travel-sized toothpaste, floss
• Small comb, brush, pick and hair ties (optional)
• Lip Balm: Minimum SPF 15
• Prescription eyewear: backup pair of glasses and case, contact lenses and saline/cleaning solution
• Menstruation Supplies: personal supply of pads/tampons (if applicable)

*Toiletries should be kept in one Ziploc bag.*

GEAR
• Sleeping bag (packable, synthetic bag, no down or cotton, +25 degrees or warmer)
• Sleeping pad (non-inflatable, foam pads only)
• Compression stuff sack for sleeping bag (optional)
• Backpack (Needs to have a capacity of 75–95 liters, internal frame recommended)

ALL MOUNTAINEERING 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.

OPTIONAL ITEMS
• Watch
• Small book, journal/pen
• Trekking Pole(s)

RE-RATION
Two-week trips require additional supplies to be sent to the group halfway through their adventure. This presents a potential for participants to be resupplied with a few essential items. These items must fit into 1 gallon zip lock bag, and depending on the trip, these amounts may be adjusted since groups cannot always return dirty items back to basecamp.
• 1-2 pairs of socks
• 1-2 pairs of underwear
• 1 t-shirt
SAMPLE ITINERARIES
*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.

BEYOND CITY LIMITS
This trip will begin and end at the BOLD & GOLD basecamp in Seattle. Participants will experience kayaking, rock climbing and backpacking.

SAMPLE ITINERARY
Day 1: Arrive at basecamp 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 basecamp 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 basecamp in Seattle, gear check, safety briefing, travel to trail head and backpack to overnight campsite
Day 4: Exploring the area, outdoor skills, and games
Day 5: Hike out to trail head and return to basecamp in Seattle

TAHOMA
This trip will begin and end at the BOLD & GOLD basecamp in Seattle. Participants will explore the beauty of Mt. Rainier National Park, and sleep in frontcountry campsites.

DAILY TRAVEL TIME
Hiking mileage will vary, but groups will cover between 2-5 miles a day

SAMPLE ITINERARY
Day 1: Arrive at basecamp, gear check, safety briefing, lunch, shuttle to first frontcountry campsite
Days 2-3: Explore the area, day hike, cook dinner, enjoy team-building activities
Day 4-5: Move to a new frontcountry campsite, day hike, outdoor skills, games
Day 6: Return to basecamp in Seattle, unpack gear, closing circle
ALL BACKPACKING TRIPS

1 WEEK TRIPS:
• Backpacking & Fishing
• Call of the North Cascades
• Cascade Challenge
• Olympic Coastal Backpacking
• Olympic Challenge
• Peaks & Creeks
• Taste of Adventure

2 WEEK TRIPS:
• American Alps
• Backpacking & Leadership
• Heart of Nature
• Powerful Gifts**

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 basecamp, gear check, safety briefing, lunch, bus to first 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 frontcountry 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

**POWERFUL GIFTS: BACKPACKING, SERVICE & LEADERSHIP

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. Participants will earn 30–40 service hours during this two-week trip.

SAMPLE ITINERARY
Day 1: Arrive at basecamp, 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 the outdoors, 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: They will hike out to a nearby trailhead for re-supply. They’ll camp at that frontcountry campsite for the night then head back out on the trail in the morning.
Days 9–14: The participants will continue along the trail stopping at several different campsites along the way. They will be supported by park rangers who will be leading each of the different service projects at the different campsites.
Day 15: Return to basecamp in Seattle, unpack gear, closing circle
ALL CLIMBING TRIPS

1 WEEK TRIPS:
• Sea to Summit

DAILY TRAVEL TIME
Travel will vary from trip to trip.

SAMPLE ITINERARY
Day 1: Arrive at basecamp, gear check, safety briefing, bus to campsite
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, 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.
Day 7: Final climbing day
Day 8: Return to basecamp in Seattle, unpack gear, closing circle

ALL MOUNTAINEERING TRIPS

2 WEEK TRIPS:
• Call to the Summit
• Fire & Ice

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 basecamp, 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 basecamp 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.
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 submit all forms by June 1st. Please connect with the Camping & Outdoor Leadership Office at 206 382 5009 or campinfo@seattleymca.org with questions about this process.

CHECK-IN AT COURSE START:
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. No nut products please.

CLAIM CHECKS
For the safety of each participant, caregivers will receive a claim check at check in. On pick-up day, the claim check must be presented before we can release a participant. Without the claim check, an authorized pick-up person(s) will be asked to present a photo ID to the staff in charge to receive a replacement claim check before the participant will be released. Individuals authorized to pick-up a participant must be listed on the Camp Care Info Form or in the UltraCamp account. Participants will not be released to anyone who does not have a claim check or is not on the authorized pick-up list.

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. Remember to have the claim check or a photo ID and be listed as an authorized pick-up person for the participant.
CONTACT INFORMATION

ADMISSIONS & BILLING
CAMPING & OUTDOOR LEADERSHIP OFFICE
Phone: 206 382 5009
campinfo@seattlemca.org
Hours: Mon-Fri, 8am-5pm
909 Fourth Ave, Seattle, WA 98104

BOLD & GOLD BASECAMP
Phone: 206 659 0231
The Y’s Cascade People’s Center (CPC)
309 Pontius Ave N, Seattle, WA 98109

ADMISSIONS PROGRAM MANAGER
Corin Eckley
ceckley@seattlemca.org

PROGRAM DIRECTOR
Carly Roeser
croeser@seattlemca.org

DIRECTOR OF OUTDOOR LEADERSHIP
Geoff Eseltine
geseltine@seattlemca.org

YOUTH DEVELOPMENT OFFICER
Gwen Inchinose Bagly
gbagly@seattlemca.org

CHILD ABUSE PREVENTION CONTACT
safekids@seattlemca.org
(206) 749-7590

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.