



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# BE YOURSELF BE A LEADER



## WELCOME TO YOUR ADVENTURE

2025 Outdoor Leadership Summer Programs Handbook  
YMCA BOLD & GOLD

## WELCOME FROM THE BOLD & GOLD TEAM!

Hello Adventurer!

Being outside gives all of us an opportunity to learn more about ourselves and of what we are capable. 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 trip, 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

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## 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 of what they are truly capable. 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, increasing self-awareness, and creating stronger relationships 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 young people every day. Through instructor and peer role modeling, we provide participants 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 trips, 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 in the case of emergencies, 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 trips 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 trips. Cell phones can be secured at the basecamp until trips return. Part of the experience on a trip 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.

### LOCATION TRACKING DEVICES

Electronic location tracking devices such as an AirTag, Tile, or SmartTag are strongly discouraged. Participants will be travelling in locations with unreliable network signals, which limits the effectiveness of these devices

### CAREGIVER 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. Trip protocols have been reviewed by our Advisory Board comprised of Y staff and industry leaders.

In the event of 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 or participant, we will attempt to contact the primary caregiver(s), then the emergency contact persons, 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 imperative

that we have accurate contact information for caregivers and emergency contact persons during their trip. 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 the help of caregivers or emergency contact persons. This could include meeting a group at a trailhead or at a predetermined location to pick up their participant.

### **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 May 1. After May 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. We also accept Visa, MasterCard, Discover and American Express.

### **FINANCIAL ASSISTANCE**

The Y values the richness that diversity brings to our community and a shared commitment to nurturing the potential of youth, improving health and well-being, and giving back. To ensure equitable access for all, the Y offers affordable options for our programs. Apply from your UltraCamp account, or contact our registration office for more information: [campinfo@seattleyymca.org](mailto:campinfo@seattleyymca.org).



## 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 May 1. Refunds will include the total fees paid minus the \$150 non-refundable deposit. Refunds 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 May 1 will be at the discretion of the YMCA.

## 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.

Participants will be led by our outstanding wilderness instructors. All trips are staffed

by at least two instructors, who are selected through an application and interview process as outlined by the YMCA of Greater Seattle.

Instructors also have the following qualifications:

- All staff must pass a national background screening
- All staff are certified in CPR & Wilderness First Aid, 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 trips, 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 trip 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 a 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](http://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 uncleanness 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. Each participant should be checked for head lice **before** the trip 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 decongestants.** 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 program. **All medications, supplements, and vitamins must be in the original packaging/bottle, and unexpired.** 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, and spacer if used. 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 their family's national origin, religion, sexuality, ethnicity, disabilities, sexual orientation, gender; threatening bodily harm to the individual or their 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.
- Use or possession of drugs/alcohol.

### **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 may 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 participant, other participants, or camp property/equipment is jeopardized, the 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 may not be invited back 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, baby-sitting, 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@seattleyymca.org](mailto:safekids@seattleyymca.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 May 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.

## GROUP SIZE

There are up to 10 participants on each trip, with two instructors

## 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!

Most 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.

Backpacking and mountaineering programs are what we consider backcountry programs. This means that the majority of their time is spent in remote areas with no access to electricity and plumbing. These programs are moving from one campsite to another while carrying everything they need with them in backpacks. Mountaineering trips contain a mix of rock climbing and backpacking elements with more potential to travel over snow, ice, and glaciers. Climbing and other frontcountry trips drive each day to a climb site or park for day hikes and ranger programs.

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 breakdown 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 & GOLD. Participants need only bring a bag lunch for their first day. 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 trip. Everyone will get the opportunity to learn how to cook and prepare meals while on their trip. The menu is largely vegetarian with lots of grains, pasta, cheese, beans, veggies, dried fruit, and nuts. Meat is heavy and spoils easily, but we do occasionally eat tuna and summer sausage, or dehydrated chicken.

### EXAMPLE TYPICAL MENU:

**Breakfast:** Oatmeal or granola

**Snack:** Dried Fruit

**Lunch:** Summer Sausage, cheese, crackers, tortillas, peanut butter and jelly

**Snack:** Trail mix\*, goldfish, pretzels

**Dinner:** Burritos, Rice and beans, salsa, tortillas, cheese; pasta dish; or macaroni and cheese

\*Participants will be given a supply of sweet and salty trail mix, to eat whenever they get hungry. It usually contains M&Ms, a variety of nuts, and raisins. In addition to their personal trail mix, there are two group snacks a day such as peanut butter pretzels, goldfish, or dried fruit.

**\*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 trip's participants.

Additionally we can accommodate lactose intolerance, pork-free, beef-free, and other common food allergies, such as 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 trips 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.

Participants that already own some equipment and would prefer to use it for their trip are welcome to do so. Just make sure that it is already on the packing list. Instructors will inspect any personal equipment at the beginning of the trip, and if it does not meet the standards of the experience, it can be stored in a locker at the Seattle base camp during the trip. Space will be available for storing luggage and excess clothing. Please leave all valuables such as jewelry, iPods, cell phones, video games and other electronic devices; weapons, including camping knives and hatchets; fireworks; tobacco products; illegal drugs; and alcohol at home.

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

Money is not needed and strongly discouraged.

## LAUNDRY FACILITIES

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

## 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 either frontcountry or backcountry campsites. Frontcountry, or drive-in, campsites may 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 trip, we expect every participant to uphold and practice the Leave No Trace principles. Instructors will help participants understand how to practice these in the areas in which they are adventuring.

## WILDLIFE

When we are spending time outside, we are not only getting closer to the people in the group, we are also spending time closer to wildlife. We practice the Leave No Trace principle of Respect Wildlife so that we minimize impacts on the animals around us. This means proper food storage, packing out garbage, and giving animals plenty of space. Most animals are afraid of large groups like ours and stay away. The most frequent animal interaction we see on BOLD & GOLD trips are mosquitos! This is why we send groups with bug spray!

## 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 trips, 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. Some trips, depending on group size and gender make-up, will bring lightweight open-air tarps to sleep under the stars. No matter the shelter used, and in accordance with our Child Safety Policies, 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, no matter the style of shelter, and pack for their personal belongings, and efforts will be made to provide privacy for changing clothes, etc. If weather allows, trips may also utilize tarps or encourage sleeping under the stars.

## **SHOWERS**

When out on trips, shower facilities are not available. Participants 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.

## **BATHROOMS**

Bathroom facilities vary across different trips and locations. Most frontcountry trips will have facilities that include traditional bathrooms or pit toilets. On backpacking trips, camp sites will have pit toilets nearby. All trips are equipped with toilet paper and hand sanitizer as well as extra menstruation supplies. Instructors will teach the art of Leave No Trace pooping and staying clean in the backcountry. Check out this video from Kula Cloth about using the bathroom in the backcountry: <https://youtu.be/RpGs0okK5Kc>

## **MENSTRUATION ON TRIP**

Menstruating on trips is very manageable! On frontcountry trips, most groups have access to bathrooms with running water as well as more established trash cans for disposing of menstruation products. On backcountry trips, participants will be able to dispose of menstruation products in small, opaque, blue bags while using pit toilets. These bags are then packed out with the rest of the garbage and disposed of in garbage cans. All trips bring toilet paper and hand sanitizer as well as extra menstruation supplies to help participants stay clean. We recommend that all participants who have periods bring menstruation supplies on their trip—even if they don't think they will have their period—as sometimes changes in diet and exercise can affect one's menstrual cycle. Here is some helpful information from REI about menstruation in the backcountry: <https://www.rei.com/learn/expert-advice/backpacking-with-your-period.html>

## 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 65-70 Liters, and should be capable of carrying 35-45 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 trip. 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 trips. 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, AirTags, 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, knives, hatchets

## **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, such as crocs, 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 (such as crocs, 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 (such as cros, 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
- Call to the Coast
- Cascade Challenge
- 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 (such as crocs, 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 (such as crocs, 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 a 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 polypropylene)
- 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 (such as crocs, 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 herein 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
- Call to the Coast
- Cascade Challenge
- 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:** Participants 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 practices 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 trips 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.

## TRIP START & END

### BEFORE THE TRIP BEGINS

Please make sure to submit all forms by May 15. Please connect with the Camping & Outdoor Leadership Office at 206 382 5009 or [campinfo@seattlemca.org](mailto:campinfo@seattlemca.org) with questions about this process.

### CHECK-IN AT TRIP START:

Check-in times are staggered the first morning of the trip. The specific check-in time for each trip will be provided in the welcome email. Each trip begins with an opening circle for participants

and families. Upon arrival, participants will meet instructors and receive all necessary 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.**

### PICK-UP TICKETS

For the safety of each participant, caregivers will receive a pick-up ticket at check in. On pick-up day, the pick-up ticket must be presented before we can release a participant. Without the pick-up ticket, an authorized pick-up person(s) will be asked to present a photo ID to the staff in charge to receive a replacement pick-up ticket 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 pick-up ticket or is not on the authorized pick-up list.

### TRIP 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.

Family 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 trip. Remember to have the pick-up ticket or a photo ID and be listed as an authorized pick-up person for the participant.

We will let our participants and families know if pick up and drop off times are different from above.

## CONTACT INFORMATION

### ADMISSIONS & BILLING

#### CAMPING & OUTDOOR LEADERSHIP OFFICE

Phone: 206 382 5009

[campinfo@seattlemca.org](mailto:campinfo@seattlemca.org)

Hours: Mon-Fri, 8am-5pm

909 Fourth Ave, Seattle, WA 98104

### BOLD & GOLD BASECAMP

Phone: 206 659 0231

Hours: 9am-5pm

The Y's Cascade People's Center (CPC)

309 Pontius Ave N, Seattle, WA 98109

## 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 there is an emergency, and you 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.

### ADMISSIONS PROGRAM MANAGER

**Corin Eckley**

[ceckley@seattlemca.org](mailto:ceckley@seattlemca.org)

### PROGRAM DIRECTOR

**Carly Andrews**

[candrews@seattlemca.org](mailto:candrews@seattlemca.org)

### DIRECTOR OF OUTDOOR LEADERSHIP

**Geoff Eseltine**

[geseltine@seattlemca.org](mailto:geseltine@seattlemca.org)

### SENIOR EXECUTIVE DIRECTOR OF CAMPING & OUTDOOR LEADERSHIP

**Jason Lane**

[jasonlane@seattlemca.org](mailto:jasonlane@seattlemca.org)

### CHILD ABUSE PREVENTION CONTACT

[safekids@seattlemca.org](mailto: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.