



NORTH CASCADES INSTITUTE YOUTH LEADERSHIP ADVENTURES



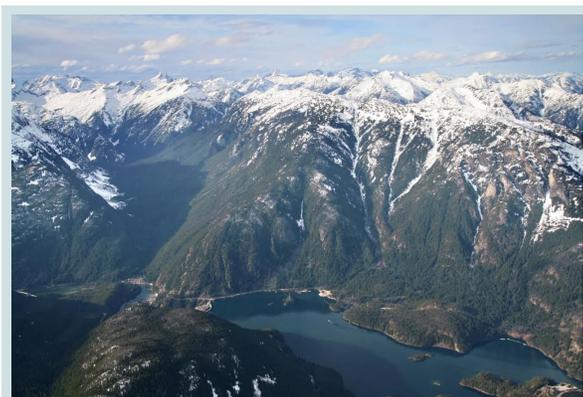
Photo by Benjamin Drummond / iLCP

Welcome to Your Best Summer Yet.



Welcome to the North Cascades

Dear Youth Leadership Adventures Participant and Family,



Congratulations on being accepted into the **2019 Youth Leadership Adventures** program! Youth Leadership Adventures has been leading trips in the North Cascades since 2006, and we are thrilled to work with you this summer.



We are excited to welcome you not only to the North Cascades, but also to our Environmental Learning Center to start out your trip. All students will come together at the Environmental Learning Center on the first day to meet each other, meet their instructors, and get oriented to their trip. Once we have geared up and had dinner, we will head to a local campsite to test out our tents and sleeping bags for the night. The next morning, students will be shuttled to their trailhead to begin their backpacking or canoe-camping adventure. All courses will take place in North Cascades National Park.

This **Welcome Packet** includes much of the information that will prepare you for your course. Please familiarize yourself with the information in this packet and fill out and return the required paperwork by **Friday, May 17th**.

If you have any questions or concerns, please contact us. Get ready to join a community of awesome students who have explored the North Cascades with Youth Leadership Adventures!

Sincerely,



Julie Stone
Youth Leadership Manager
(360) 854-2595



Elle Gasperini
Youth Leadership Coordinator
(360) 391-8825





Where is the North Cascades Environmental Learning Center?

From west of the Cascades:

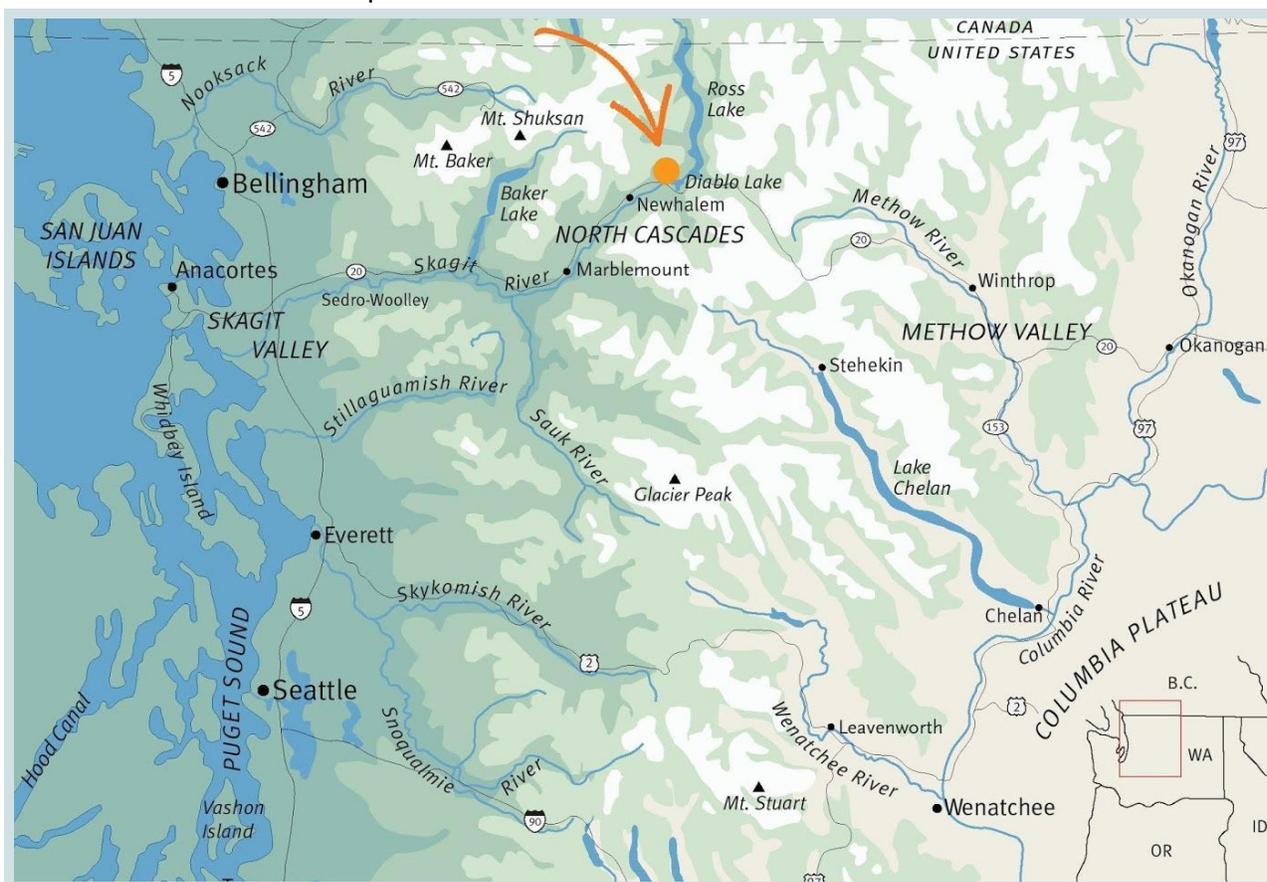
Take Interstate 5 to exit 230, North Cascades Highway/State Route 20 East. Drive 65 miles to Diablo Dam Road, milepost 127.5. Turn left, drive over Diablo Dam, turn right and park at the end of the road in the lot.

Estimated time from Seattle: 3 hrs, Bellingham: 2 hrs, Sedro-Woolley: 1.5 hrs.

From east of the Cascades:

Take North Cascades Highway/State Route 20 West. Drive 35 miles west from Washington Pass to Diablo Dam Road, milepost 127.5. Drive over Diablo Dam, turn right and park at the end of the road in the lot.

Estimated time from Winthrop: 1.5 hrs.





What's Inside this Welcome Packet?

Preparing for Youth Leadership Adventures

- Required Forms
- Calendar of Events
- Family Orientation Meetings

General Program Information

- Emergency Contact Information
- Health, Safety, and Risk Management
- General Itinerary
- Meals

Packing for Youth Leadership Adventures

- Packing Information
- Packing List





Preparing for Youth Leadership Adventures

Required Forms Checklist - Must be returned!

- Participant Info & Release Form
- Travel Form
- Statement of Commitment & Payment Form

To complete your enrollment in the program, these forms must be **completed and returned to us by Friday, May 17th**. You are not fully enrolled until your completed forms and tuition fees have been received. Return your forms to us in one of the following ways:

Scan/Email

youth@ncascades.org

Mail

North Cascades Institute Attn: YLA
810 State Route 20
Sedro-Woolley, WA 98284

Fax

360-856-1943

Participant Information and Release Form

This is standard procedure for any field-based outdoor program. Please read the entire form thoroughly and let us know if you have any concerns or questions about the program or this form. Our staff and instructors will review these forms before the trip begins. Please see the **Health, Safety, and Risk Management** section for more details.

Travel Form

Please fill out the attached **Travel Form** to reserve your spot on the free NCI shuttle. Information on shuttle stop locations and times can be found on the attached **Shuttle Schedule**. Transportation is provided for all Youth Leadership Adventures trips from designated locations. If you have difficulty arranging a ride to your pickup location, please contact us.

Statement of Commitment & Payment Form (if applicable)

Your **non-refundable acceptance fee** is due with your paperwork by **Friday, May 17th**. Acceptance fees are \$50 (or less depending on your scholarship amount). If you received a full scholarship, you do not have to pay an acceptance fee. **Your full balance due must be paid by Monday, June 3rd and is non-refundable after this date.** Instructions about how to pay are included on the the **Statement of Commitment & Payment Form**. We are able to set up payment plans as needed. Please let us know how we can help.





Calendar of Events

Family Orientation Meeting

We hope you're able to attend a **Family Orientation Meeting** this spring – these are not mandatory, but are recommended. Families are invited to meet our instructors, staff, and other participants, and learn more about the program. This is a great opportunity for you and your family to address any concerns or questions you have about the summer. We will provide limited transportation to these meetings from a few select locations. **Please email youth@ncascades.org by May 17th if you would like a ride to a meeting.** Exact locations, including room numbers, are to be determined – look out for an email one week before the meetings.

North Cascades Institute Office

810 State Route 20
Sedro-Woolley, WA
Wednesday, May 22
6:00 – 7:30 pm

Bus shuttle available from: Bellingham High School
and Mount Vernon High School

Foster High School

4242 S 144th St
Tukwila, WA
Thursday, May 23
6:00-7:30 pm

Bus shuttle available from: Shorecrest High School
and a Seattle stop (TBD)

Mandatory Pre-Trip Check-in

You will receive an email and a phone call from us a week or so before your trip. This will be an opportunity for you to ask any questions and give your instructor a list of the gear and clothing that you will be borrowing for your trip. Please have this list ready for your phone call. See **Packing List**.

Youth Leadership Adventures Course

During this 12-day course, you will learn how to camp and backpack or canoe (depending on which course you're placed on) while completing stewardship projects and receiving hands-on training in outdoor leadership, field science, communication skills, and public speaking in the North Cascades wilderness. You will earn 20+ hours of community service by completing a stewardship project. The stewardship project might include trail work, native plant restoration projects, campsite maintenance, and more.

Northwest Youth Leadership Summit

Each of you will be invited to attend the **Youth Leadership Summit in Seattle in early December**. During this event you will learn more about jobs, internships and continuing opportunities in the outdoors. The Summit includes roundtable discussion on leadership and conservation issues, the opportunity to network with peers, and an opportunity fair. More than a dozen organizations will be present to help connect you to your next outdoor opportunity.





General Program Information

Emergency Contact Information for Families

If there is an emergency and you need to reach a participant during their course, please call the following number and they will know how to best reach us. Students **will not** have phone or internet access during the majority of the program. There is no cell phone service at the Environmental Learning Center or in any of the remote campsites.

North Cascades Environmental Learning Center

Phone: (206) 526 - 2599 (ask for Youth Leadership Adventures)

Open 9 am - 5 pm, 7 days a week

Please leave a message if you call after hours, and we will return your call as soon as possible. Provide the information below when you call to help get the information to the right staff member quickly:

- **Name of the student** you are trying to reach
- Program Name: **Youth Leadership Adventures**

If you have a non-emergency message you would like to send, please email us at:
youth@ncascades.org

Health, Safety and Risk Management



Risks during Youth Leadership Adventures:

This program is conducted in the wilderness and therefore involves inherent risks that are ordinarily associated with moderate to vigorous physical activity in high altitude or wilderness terrain. Please see the **“Assumption of Risk and Agreement”** section of the **Participant Information & Release** form for specific details about risks and let us know if you have any questions. Our program has strict safety guidelines and policies to mitigate risks as much as possible. Our instructors are also certified Wilderness First Responders in case of an emergency.

Photo by Benjamin Drummond / iLCP





Personal Responsibility:

While every effort is made by the instructors to exercise caution to prevent incidents, participants must assume full responsibility for their individual safety and are responsible for their own health and accident insurance. We ask that all students take the responsibility to keep themselves and their peers safe by following the rules and guidelines.

Physical and Emotional Health:

Please be as thorough as you can on your **Participant Information and Release** health form. We make every effort to accommodate your needs but can only do so once you have provided us with your information. If any medical information changes, please be sure to contact us with any updates. If you have any health concerns, let us know, and **please visit your doctor before your trip.**

Emergencies:

Each group has instructors with Wilderness First Responder medical training. Every course will have a radio in which the groups can contact the National Park Service to initiate an emergency response. This is also the way that North Cascades Institute staff can contact groups in case of an emergency at home. Our instructors have years of experience and are well trained in leading youth on wilderness camping trips.

The Wilderness Menu

Over the years, we have refined our menu to keep our students happy and well fed. During the trips, students learn how to cook on camp stoves and take turns cooking meals for the group with the help of an instructor. There's no need to bring any food with you as we provide three full meals a day plus many snacks. **Special dietary needs can be accommodated but we must know well in advance (include information on the Participant Information and Release form).**



Breakfast

Granola
Oatmeal
Breakfast Burritos

Lunch

Bagels & Cream Cheese
Peanut Butter & Jelly
Cheese, Crackers & Salami

Dinner

Pad Thai
Curry
Burritos
Domoda (Peanut Stew)
Black Bean Chili
Stir Fry
Pasta

Snacks

Trail Mix
Cookies
Fruit
Beef Jerky

Beverages

Gatorade
Hot Cocoa
Tea
Cider





General Course Itinerary

Day 1:

On the first day, participants will meet fellow trip members and instructors, go through trip orientation, pack gear, eat dinner at the Environmental Learning Center, and sleep at a campground in North Cascades National Park. Students will share tents according to their self-identified genders. **If you have any preferences for your sleeping arrangement, please let us know.*

Day 2:

Depart for the wilderness with your group. Arrive at a campsite and learn camping skills.

Day 3-11:

Paddle/hike, explore, learn, volunteer, lead!

Day 12:

Arrive back at the North Cascades Environmental Learning Center to unpack and return borrowed gear, eat lunch, and attend a closing ceremony. Buses will depart at 1:15 pm. Please see **Shuttle Schedule** for drop off locations and times.





Packing for Youth Leadership Adventures



Packing Information

Below you will find a list of the gear and clothing that you will need for your course. We have a gear-lending library and are happy to loan you any equipment that you do not already have. **We ask that you bring what you have and we will provide the rest.** An instructor will call you one week before your trip to talk about what you need to borrow.

Medications

Please bring two sets of your medications, if applicable, so we can safely store a backup in case something happens to the first set. The first set of medications **MUST** be in the original containers with the medication and dosage written on the bottle. The second set should be stored in a waterproof bag or container with the medication and dosage information. North Cascades Institute instructors hold and administer all medications. Exceptions to this medical policy are asthma inhalers, epipens for severe allergies and/or diabetic medications--students carry the first set and their instructor will carry the backup.

Cell Phones

We encourage you to bring a cell phone to contact your family on your way home from the trip, but **we do not allow cell phones on the trip**. The cell phones will be collected by our staff and locked up safely for the entirety of your trip. There is no cell phone reception at the Environmental Learning Center or in the wilderness.

Digital Cameras

If you have an inexpensive digital camera, you may bring it on your trip. Make sure you pack extra memory cards and batteries. We do take along a group camera, and photos will be shared digitally after each trip.

Alcohol, tobacco, and illegal drugs

We have a zero-tolerance policy for alcohol, tobacco, and illegal drugs. Students who bring these items to North Cascades Institute will be sent home immediately.





Packing List

Must bring from home

Underwear: 4-5 pairs; 2 sports bras, if applicable

Swimsuit: shorts/trunks; quick-dry shorts & sports bra (no bikinis)

T-shirts: 2-3, ideally not cotton

Athletic shorts: 2-3 pairs, ideally not cotton

Toiletries: toothbrush and toothpaste (small). Option to bring personal sunscreen or SPF lip balm. Bring menstruation supplies if you might need them. **Do not bring** razors, deodorant, make-up, shampoo, etc.

Prescription Medication: if applicable; bring 2 sets

Available to loan from North Cascades Institute. Bring what you have, and we will provide the rest:

Sun shirt (long sleeve button up, can be cotton)

Fleece jacket

Hiking pants: 1 pair, nylon/synthetic

Long underwear: top and bottom

Socks: 3-4 pairs; wool or synthetic hiking socks

Water/camp shoes: close-toed shoes (Crocs or Keens) or old pair of gym shoes

Rain coat

Rain pants

Warm gloves

Warm hat

Baseball cap

Hiking boots: leather, ankle high

Sunglasses: with a strap or case

Bandana: 2

Eating kit: cup and bowl (plastic or aluminum), fork and/or spoon, in a bag

Water bottles: 2, 1 liter

Small flashlight or headlamp

Sleeping bag: 30 degrees Fahrenheit or below in a stuff sack; packable

Sleeping pad

Backpacking pack: 60-80 liters. Must fit you well.

Hiking Poles

Optional items:

Book: small, paperback

Drawing/sketching materials

Wristwatch

Camera (we do carry a group camera)

