

Youth Backcountry Camp Participant Handbook

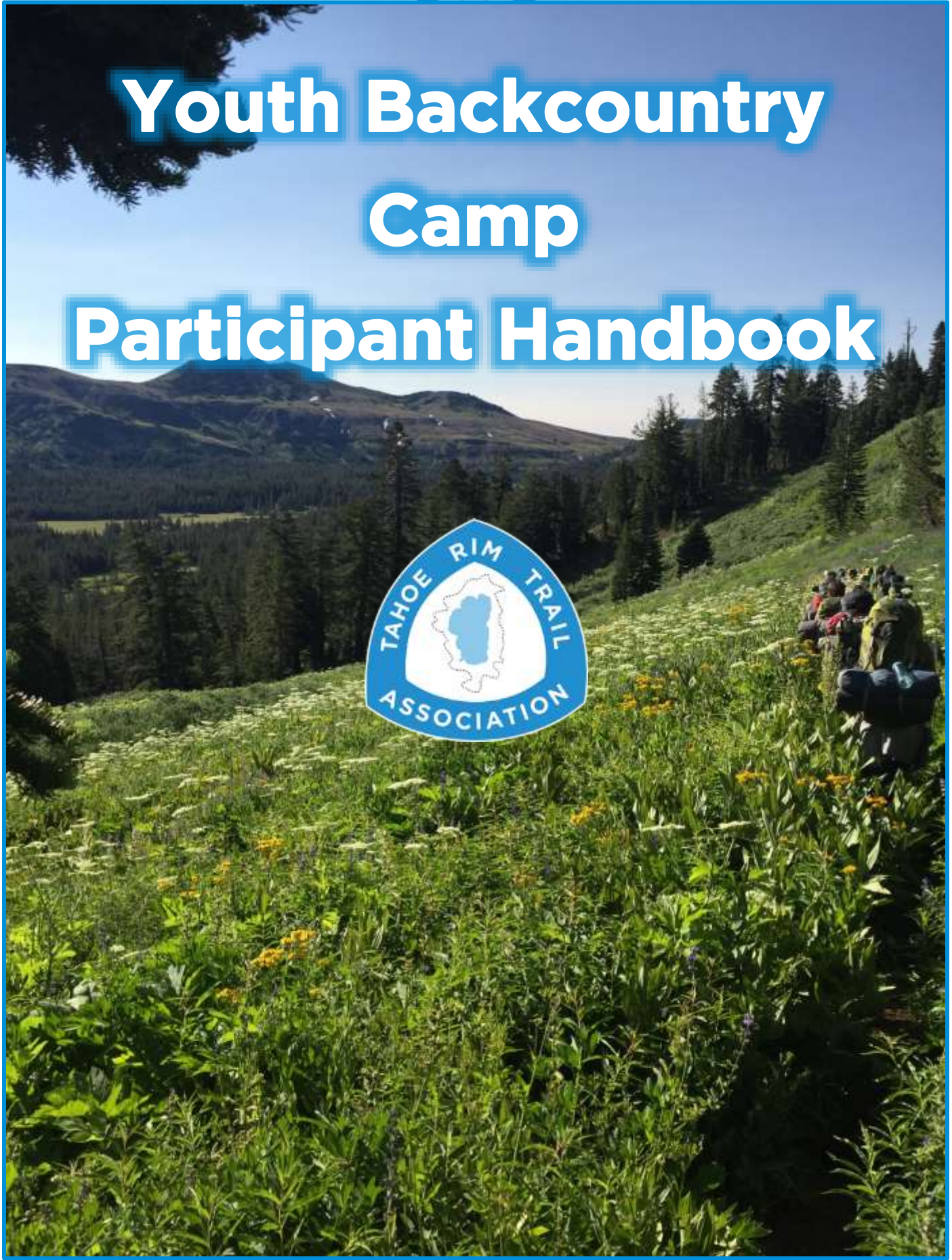




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LETTER TO THE PARTICIPANT

Hello Intrepid Adventurer!

I am so glad that you have made the exciting decision to join the Tahoe Rim Trail Association this summer for one of our epic Youth Backcountry Camps (YBCC)! While summers are, by definition, amazing and awesome, you just made yours SO much better! You may have been to summer camp before, you may have gone camping before, but you are about to have your socks knocked off by the incredible adventure that is YBCC.

Together, we are going to accomplish some amazing things over the span of four days. This expedition is about finding adventure, challenging yourself, exploring the outdoors, learning about what interests you, making new friends, and having fun! This trip is for YOU, and I hope you're just as excited about heading out into the wild as I am about helping you get there!

In that spirit, put on your sturdiest adventure shoes, and get ready to try new things! Let's put down our cell phones, TV remotes, iPads and all that jazz, and plug into nature instead. We'll travel through meadows full of wildflowers, cook delicious meals over tiny backpacking stoves, navigate our way using a map and compass, and learn to survive in the wild. We'll play games, stare at the brilliant night sky, make new friends with our fellow adventurers, and even get to know ourselves better.

All this and more is in store for you this summer at Youth Backcountry Camp. So get ready, read on, and get excited, **because it's going to be one phenomenal summer!**

Your fearless leaders,

The Tahoe Rim Trail Association

INTRODUCTION

The Tahoe Rim Trail Association (TRTA) is happy to offer a Youth Backcountry Camp (YBCC) this summer in partnership with PARTNER! This camp is the perfect way for youth **to get out in Tahoe's** backcountry and enjoy a true wilderness experience. On your expedition, you and your fellow participants will hike 3-5 miles each day, cook in the backcountry, camp in a remote environment, enjoy an alpine lake (or two), and laugh and connect with new friends!

During your YBCC Program, you will cover many skills and concepts, including:

- Leave No Trace wilderness etiquette
- Natural history of the Lake Tahoe Basin including ecology, biology, and geology
- Backcountry living skills
- Teamwork and leadership skills
- Environmental stewardship
- Wilderness survival skills

This YBCC Participant Handbook has been developed to help you and your parent/guardian as you prepare for your summer backcountry adventure. If you have any questions or concerns after reading this handbook, please contact the Tahoe Rim Trail Association using the information provided below.

The TRTA is looking forward to another outstanding summer of backpacking and adventure!

Julia Kasetta
Youth Programs Manager
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DATES, TIMES, AND LOCATION

Program Dates

The TRTA's YBCC Program in partnership with the PARTNER NAME will run from DATE. Programming will begin early the first morning and end in the late afternoon on the last day. See specific program details and times below.

YBCC Camp for ages 12-17: DATE (up to 5 miles/day)

Your camp will begin on DATE/TIME and end on DATE/TIME.

Drop-off and Pick-up Locations and Times

This Program will begin and end at the PARTNER office in CITY (ADDRESS). This is where the group will meet and say good-bye to parents and guardians before heading to the TRTA Office in Stateline, to begin our adventure.

Drop-off: Please have your participant ready to leave from the CITY office by TIME sharp on DATE. Be punctual so that the group has time to drive to the trailhead, meet the YBCC Instructor, pack their bags, and hike to camp before dinner. Parents and Guardians, please be prepared to provide the PARTNER Chaperone(s) with your participant's medications upon arrival! It is our policy that the PARTNER Chaperone(s) and/or the YBCC Instructor will possess and dispense medication as necessary per the participant's medical form.

Pick-up: Please arrive at the PARTNER office at TIME on DATE for pick up. If the program is expected to conclude at another time, PARTNER Chaperones will contact you as soon as possible.



NON-NEGOTIABLE RULES

In order to ensure a positive experience during the trip, it is essential and non-negotiable that participants read and agree to obey the following statements:

The group atmosphere is very important to every YBCC Program. Participants are expected to be motivated, respectful to peers and the Chaperones/YBCC Instructor, positive, willing to shoulder responsibilities, and participate in activities. Participants agree to not act in a way that could be potentially harmful to themselves or others. Participants agree to respect the personal space, property, and opinions of others. Participants also agree not to bring any of the following items on a YBCC Program:

- Weapons (including pocket knives and slingshots)
- Medication of any kind (unless it has been documented on registration forms and turned over to the Chaperones/YBCC Instructor)
- Alcohol, tobacco, electronic nicotine (vaping) or illegal drugs
- Electronics of any kind (with the exception of a camera – no cell phones)
- Incendiaries (matches, candles, lighters, etc.)
- Perfume

Participants agree to always remain in the program area unless given permission by the Chaperones/YBCC Instructor. Participants agree to listen to and abide by all rules stated by Chaperones/YBCC Instructor. Participants also agree not to engage in any kind of sexual activity during the program. Breaking any of these non-negotiable rules, or exhibiting actions detrimental to the group or a healthy atmosphere as described above (including being in the company of those violating our rules) may result in dismissal from the trip.

If the above-stated rules are not strictly abided by, the offending participant will be asked to leave the program and will neither be refunded any fees paid nor be compensated in any way for any expenses incurred.

You and your parent/guardian have already signed a contract agreeing to the above rules. If all participants strictly adhere to the rules, we hope to ensure a safe and enjoyable experience for everyone. Please join us in this endeavor!



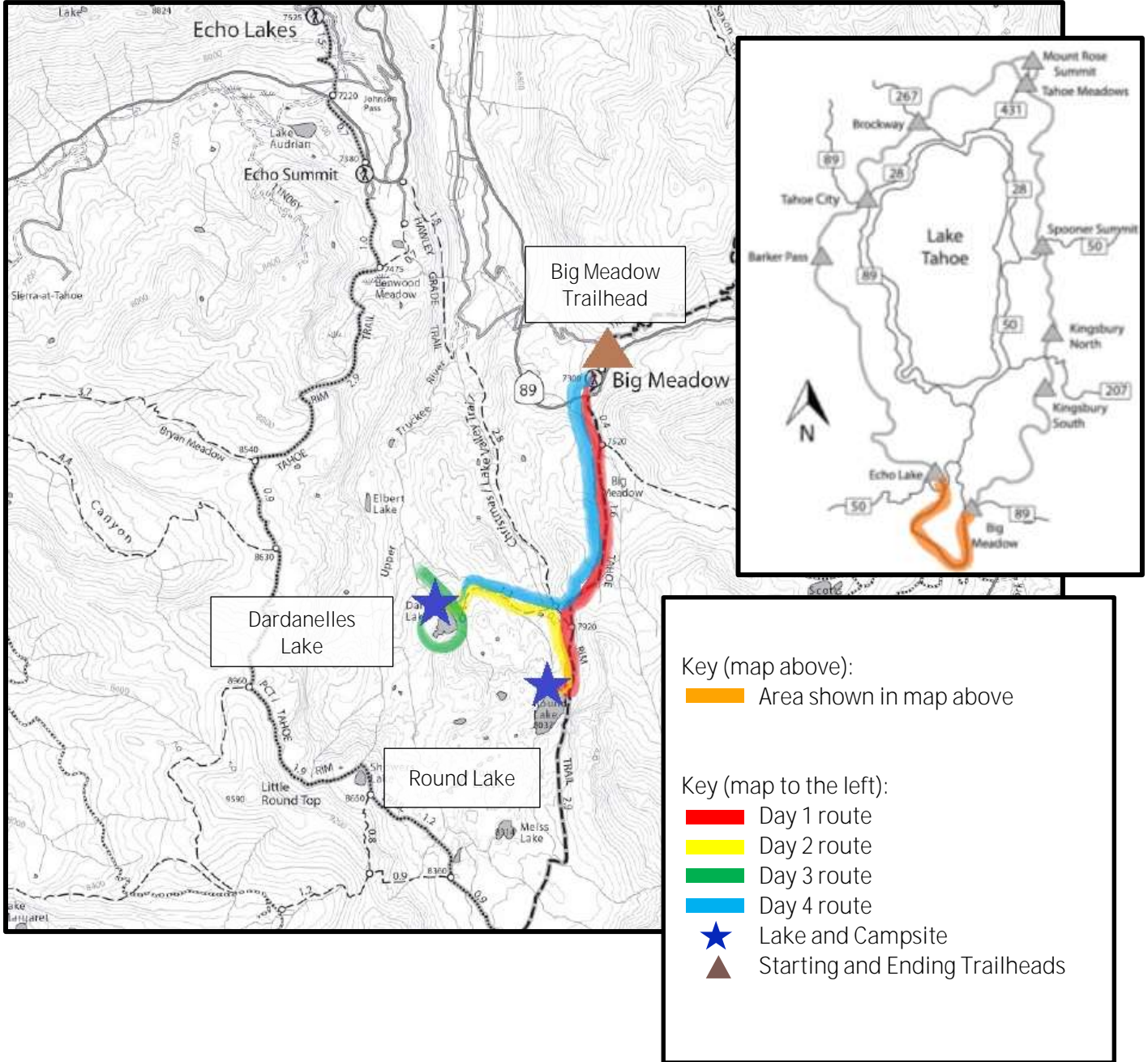


PROGRAM ITINERARY

NOTE: The program start and end trailheads, distances traveled each day, and locations camped, as well as activities are subject to change based on trail conditions, weather considerations, and other accommodations deemed necessary by the YBCC Instructor both prior to and during the YBCC Program. Meals listed are for example only. Actual meals will vary from program to program based on dietary needs and restrictions of each group.

Day	Day 1	Day 2	Day 3	Day 4
Breakfast	N/A	Oatmeal	Trail Grits	Oatmeal
Morning Activities	Meet & greet, pack backpacks and start hiking	Pack up camp, web of life activity, start hiking	Rock game, day hike around Dardanelles Lake using natural rock features	Overview of what we learned, letter to Mother Nature, favorite games, pack up and hike to exit trailhead
Lunch	Pack Sandwiches and Fruit	Hummus Wraps	Loaded Mac N Cheese	Gooney Wraps and Chips
Afternoon Activities	Arrive and set up camp, learn backcountry living skills	Plant/animal identification, set up camp, swim, camouflage game	Geology talk, Oreo Plate Tectonics, finish day hike, swim	Lunch, gear cleanup, trip reflection
Dinner	Rice & Bean Burritos	Shepherd's Pie	Thanksgiving Bar	N/A
Evening Activities	LNT games, silent sit spots, hot seat	Fort building activity, sunset journaling, hot seat	Rock sketching, hot seat, star gazing	N/A
Campsite	Round Lake	Dardanelles Lake	Dardanelles Lake	N/A

Proposed Route





GEAR AND SUPPLIES

4-Day Packing List

This list includes the items participants will be wearing

- 2 wicking t-shirts (Tank tops are not recommended. Sleeves assist with sun protection and backpack straps)
- 1 warm long-sleeved pullover/jacket (fleece or wool)
- 1 warm, light jacket (fleece or down)
- 1 rain jacket or rain poncho
- 1 pair long athletic pants (synthetic recommended)
- 1 pair athletic/hiking shorts
- 3 pairs of underwear
- 1 pair sleepwear (upper and lower body long underwear)
- 1 pair warm socks and 3 pairs of sturdy socks
- Broken-in, durable athletic shoes – please do not purchase hiking boots specifically for this trip, as new, unbroken-in shoes can be painful and/or cause blisters
- Camp shoes (lightweight water shoes, sandals or Crocs)
- 2 (1L) water bottles (Nalgene, Gatorade or Aquafina bottles work fine) or 2L Camelbak and a small water bottle
- 1 swimsuit
- Toothbrush
- Medications (As needed – must be recorded on Health History Form)
- Face-mask or buff
- Sunglasses
- Lip balm with SPF
- Warm hat/beanie

Optional Items:

- Baseball/Sun Visor cap (Highly recommended for sun protection)
- Playing cards/small book/journal
- Camera

Remember that everything you bring you will have to carry AND each participant will be responsible for carrying group gear!- SO KEEP IT LIGHT!



Provided Equipment

The TRTA is prepared to provide the following equipment for each participant. We ask that all participants care for the equipment and return it in the same condition in which it was received.

- 1 backpack – 60L size
- 1 sleeping bag – rated for 20 degrees
- 1 sleeping pad
- 1 mess kit (bowl/spoon/cup)
- Camp stoves, pans and cutlery (to be shared with fellow campers)
- Water treatment systems (to be shared with fellow campers)
- Sunscreen (SPF 50)
- Bug spray
- 1 headlamp (flashlight)
- 1 long-sleeved YBCC wicking shirt
- 1 day-pack
- 1 safety whistle
- 1 poop kit
 - Trowel
 - Toilet paper
 - Hand sanitizer
- Lunch and dinner for the first day; breakfast, lunch, dinner, and snacks for all days out in the backcountry; and breakfast and lunch for the final day

The YBCC Instructor also carries a group first aid kit with many non-prescription remedies including aspirin, ibuprofen, antidiarrheals, band-aids, anti-itch cream, antibiotic ointment, and additional items to aid in the success and comfort of all group members.





HEALTH

Mandatory Health History Form

We thank you for completing and returning the mandatory Health History Form. If any information **on that form changes prior to your child/ward's YBCC trip, you must immediately** inform the TRTA. The TRTA is not a medical facility and our staff are not medical professionals. Therefore the TRTA has no responsibility regarding medical advice, medications, or inoculations that you and your doctor may deem necessary for your child/ward's participation in this trip. If your child/ward is on prescription medication, that medication must be recorded accurately and thoroughly on the Health History Form and sent in the original bottle with the doctor's name, dosage, and usage instructions on the bottle.

No medication of any kind can be kept in the possession of a participant. This includes both prescription drugs and non-prescription items such as Tylenol, Advil, Claritin, Benadryl, and TUMS. ALL medications that are sent with the participant must be given to the Chaperones/YBCC Instructor. Please place medication in a clear Ziploc bag with your child/ward's name and instruction for administration, and give directly to the Chaperones/YBCC Instructor upon arrival. The exceptions to this rule are inhalers for participants with asthma, Epi-Pens (or other epinephrine auto-injector) for participants with life-threatening allergies, and insulin pumps and snacks for participants with diabetes. These items must also be accurately reported to Chaperones/YBCC Instructor, but may be kept by the participant.

Permission to Treat

By signing the Health History Form, you give the Tahoe Rim Trail Association and trained and qualified YBCC Instructor permission to provide your child/ward with routine health care, administer prescribed or non-prescription medication, provide emergency medical assistance within their level of training (Wilderness First Aid or higher), and to turn over medical care to appropriate medical professionals if necessary.

Preparation Advice

In order to ensure your child/ward has a happy and healthy experience in the backcountry, we recommend the following preparation tips:

- Send your child/ward with comfortable shoes for hiking – do NOT purchase shoes specifically for this trip. New shoes that aren't properly broken in (which requires weeks of constant wearing) can be painful and/or cause blisters.
- Do not send your child/ward with unnecessary items. This includes additional clothing, first-aid items, snacks, and any other items not listed on the packing list. If you are not sure if your child/ward should bring a specific item, please contact the TRTA to find out.
- Be certain your child/ward brings a way to carry AT MINIMUM 2 liters of water – in water bottles or a hydration pack. Hiking and living at higher than normal elevations requires additional water intake.



CONTACT INFORMATION

Emergency Contact Information

Julia Kasetta
Youth Programs Manager
juliak@tahoerimtrail.org
(775) 298-4493 (direct line)
(775) 298-4485 (TRTA main line)
For off-hour emergencies only: (860)204-2846 (cell)

Lindsey Schultz
Outdoor Programs Director
(775) 298-4491 (direct line)
(775) 298-4485 (TRTA main line)
For off-hour emergencies only: (775) 219-6336 (cell)

Participant Phone Calls

In our experience, homesickness and other issues are worsened when participants call home; therefore, we do not allow participants to call home while on YBCC. We will get in touch with the emergency contact/parent/guardian if behavioral, medical, or other issues warrant emergency communication. However, please do feel free to get in touch with us using the information above if you have questions prior to or during the program.

Visiting While Camp is in Session

In order to ensure the safety and morale of all participants and to effectively run our program, the Tahoe Rim Trail Association has a strict no-visit/no drop-in policy, except for the designated drop-off/pick-up times listed. If, in an emergency, you need to contact your child/ward during this program, please use the above-listed emergency contact information.

*“You must search for the loveliness of America;
It’s not obvious;
It’s scattered;
But when you find it, it touches you and binds you to it
like a great secret oath taken in silence.”*

~Struthers Burt, 1934



Thanks for joining us this summer to grow, explore, and have fun!

Tahoe Rim Trail Association & PARTNER