



2009 GIRLS' WILDERNESS PROGRAM DAUGHTER-PARENT ADVENTURES

Snowshoe Adventure: February 21
Fly Fishing Adventure: June 28
Rock Climbing Adventure: August 8
Ages 8 and older

Let your folks in on some of the fun.

Take your mom or dad outside for the day and learn outdoor skills to set you up for future adventures together. Have a blast exploring new activities and sharing stories with other girl-mentor pairs. Each Daughter-Parent Adventure offers something different and exciting: enjoy a spectacular winter hike, and travel off trail in snowy terrain; cast off for a great day learning the basics of catch and release fishing; or climb high together with a great introduction to rock climbing outside. *These adventures are designed for girls age 8 and up, and an adult age 21+; including parents, grandparents, aunts, uncles, cousins, teachers, etc.*

Welcome to the Girls' Wilderness Program!

You can expect your course to be fun, challenging, and different than anything you've ever done. You'll learn the outdoor skills that will set you up for a lifetime of adventures. You'll also stretch yourself, try new things, and learn things about yourself and others that you can take home with you. You'll laugh so hard that you can't stop. You'll get to know a group of girls in the kind of "real" way that makes the deepest friendships. And, better yet, lots of our course graduates tell us that when they returned to home or school, they felt more confident "being themselves" – trying new things, saying what they thought and making solid friends.

Who Else is Going to Be On My Course?

Other girls and their moms, dads, grandparents, aunts, uncles, foster parents, mentors, etc.

What Will I Do on the Daughter-Parent Adventure?

On each Daughter-Parent adventure, you'll have the opportunity to explore the outdoors, fun activities and connect with your peers and your mentor. Each day offers fun activities, plenty of time to play, laugh and learn.

Snowshoe Adventure: February 21

Enjoy a spectacular winter hike, learn snowshoe techniques, how to dress for cold-weather sports and travel off trail in snowy terrain.

Fly Fishing Adventure: June 28

Cast off for a great day learning the basics of catch and release fishing including rod and reel set-up, casting, tying knots and avoiding line snags.

Rock Climbing Adventure: August 8

Climb high together with this great introduction to rock climbing outside, tying knots, belaying and safety skills.

Where Are We Going?

Each Daughter-Parent Adventure will take place in the Boulder Area. We'll meet at our office the morning of the course and you will have the opportunity to carpool to the trailhead/course site with other families.

What about fitness?

Girls' Wilderness Program courses are meant to be challenging, but do-able. Regular exercise in the months before your course will be helpful, but a positive attitude and a willingness to try are just as important.

What Will I Eat?

Spending all day outside will work up your appetite, and we'll provide lunch and snacks that taste good and give you the energy you'll need for a full day of hiking and adventuring. We'll also make sure to pack enough dessert for everyone! We can accommodate some common dietary restrictions; please let us know if you have specific dietary needs.

What Should I Bring?

You will receive a "What to Bring" list with your registration packet. Women's Wilderness will provide all group gear, and we have outdoor clothing and hiking boots to loan too. You can borrow these items at our office the morning your adventure begins.

How Will I Carry Everything?

One of the beauties of a day trip is that you don't need to bring a ton of things. Most everything you'll need can already be found in your closet somewhere. Women's Wilderness has a good selection of day packs, and staff will fit your pack just for you so it's comfortable. Since each adventure offers a different activity, we'll provide all of the group gear necessary, you'll just need items found on your "What to Bring" list.

Course Expectations

We expect that you will come to your course with a willingness to learn, an open mind, ready to make new friends and have tons of fun! You can expect that we will listen to your needs and interests, and those of your group, and adapt the itinerary and course content accordingly. Your rights and decisions will always be respected, and no girl is ever forced or "talked into" doing something she doesn't want to do.

Slideshow and Pizza Party

A celebration slideshow and pizza party will be scheduled in August for all participants, their families and friends.

Cost

The cost of this course is \$150 per pair. Full and partial financial aid available for participants from low- and middle-income families, and scholarships are determined on a case-by-case basis. Please request a financial aid form if you would like to apply.