



2009 GIRLS' WILDERNESS PROGRAM

4-DAY ROCK CLIMBING CAMP

July 22-25, 2009

Ages 14-17, or entering 9th-12th grades

Be a Rock Star!

Want to feel the exhilaration of scaling the side of a rock face? Whether you've been climbing for years or are completely new to the sport, this course is a fantastic way to spend lots of time in the vertical world. You'll spend four days camping and climbing at Vedauwoo among the amazing prehistoric rock formations of this climbing mecca in southern Wyoming. Expert women climbers will teach you how to get off the ground, how to stick to the rock, and all about belaying, rappelling and staying safe.

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, voicing their thoughts, and making solid friends.

Who Else is Going to Be On My Course?

All kinds of girls take Girls' Wilderness Program courses. Some girls who come are "outdoorsy," with previous experience camping and hiking, but most come just to do something adventurous and to meet new people. Everyone brings unique life experiences and perspectives to the course, and you'll leave the backcountry with a new group of friends.

What Will I Do on the Rock Climbing Camp?

The Rock Climbing Camp is a great way to make friends, learn about rock climbing and being in the wilderness, and have a great adventure! You'll spend four days camping at a campground, hiking to the climbing sites, climbing all day, and enjoying good food and company in the evenings. Whether you're a beginner or an experienced climber, your two staff will teach you solid outdoor skills and climbing techniques. There will also be time to play games, hang out and write in your journal. By the end of the course, you will have a solid mastery of belaying, knots, climbing signals, safety practices, and good experience with crack and face techniques. If you're ready, you may have the opportunity to learn how to follow a traditionally led climb, and how to belay a leader. All climbing will be done on top ropes. Belaying will be done by participants, with a back-up belayer for extra safety.

Where Are We Going?

Vedauwoo (pronounced vee-da-woo) lies in southern Wyoming at 8,000 feet, between Laramie and Cheyenne. The area's famous Precambrian granite domes have been luring climbers for decades, and the jumbled rock formations interspersed with dense pine forests and aspen groves make it a uniquely beautiful location. Classic cracks, delicate face climbs and a multitude of one-pitch routes make this an excellent area to work on climbing technique. From the tops of the crags one can frequently see the Snowy Range to the west, and all the way down to Long's Peak on the continental divide. Vedauwoo is a 3 hour drive from Boulder.

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. And, we'll teach you everything you need to know.

THE WOMEN'S WILDERNESS INSTITUTE ♦ Strong Girls. Strong Women. Better World.

5723 ARAPAHOE AVENUE, SUITE 1B ♦ BOULDER, CO 80303

PHONE: 303.938.9191 ♦ FAX: 303.938.5071 ♦ WEB: girlswilderness.org & womenswilderness.org

What Will I Eat?

Spending all day outside will work up your appetite, and we'll provide meals and snacks that taste good and give you the energy you'll need for four days of hiking and rock climbing. Meals are simple and hearty with lots of variety. 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 climbing gear and camping gear (tents, stoves, sleeping bags and sleeping pads), and we have outdoor clothing to loan if you need it. Plan to bring everything you have from the "What to Bring" list to your Pre-trip meeting (held the night before we depart) and we'll help you with the rest. If borrowing a backpack from TWWI, please bring your items in whatever bag is convenient for you!

How will I carry everything?

One of the beauties of a backpacking trip is that you will be entirely self-sufficient during your course. Since this course will be basecamp style, you won't be moving from camp to camp; however, you will be day-hiking with a backpack. Women's Wilderness has a good selection of adjustable packs, and staff will fit your pack just for you so it's comfortable.

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.

Itinerary

Each course is different, and the itinerary can easily change to accommodate the needs of each group. While weather sometimes influences our schedule, here's an itinerary typical of a Rock Camp:

Day One	Leave Boulder from the TWWI Office at 8:00 am. Drive up to Vedauwoo and set-up camp. Spend the afternoon learning the ropes on your first afternoon of climbing!
Days Two and Three	Balance our the days with rock climbing, group activities like teambuilding games, expressive activities like art projects and journaling and other outdoor adventures like day hikes and yoga.
Day 4	Your final day of rock climbing or rappelling. Share a celebratory lunch and head back to Boulder.

Pre-Trip Meeting

At The Women's Wilderness Institute Office:

For Girls: 4:00 to 6:00 pm, on the afternoon before your course starts.

For Parents: 5:30-6:00 pm, on the same day as the girls' pre-trip meeting.

You'll get a chance to meet the other girls on the course, make sure you have what you need, and borrow clothing and hiking boots if you need them. Your parents will have a chance to meet the staff and to get questions answered about the course.

Slideshow and Pizza Party

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

Cost

The cost of the Girls' Rock Camp is \$490. Full and partial financial aid is 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.