



2009 GIRLS' WILDERNESS PROGRAM 8-DAY WILDERNESS EXPEDITION

July 7-14, 2009

July 27-August 3, 2009

ages 14-17 or entering 9th-11th grades

Explore outside and within.

This is the original Girls' Wilderness adventure and year after year a favorite combination of outdoor adventure and self expression. You'll focus on developing a strong base of backpacking skills, creativity, having fun and feeling comfortable in the wilderness. Your eight-day trip into Wyoming's incredible Snowy Range will start with an introduction to rock climbing and end with the option to hike Medicine Bow Peak, the highest in the range. You'll really "walk the talk" by learning how to navigate using a map and compass, appreciating the outdoors through art, music and body movement; making decisions and working together as a team. Come home with a great group of friends and terrific feelings of accomplishment from your solid backcountry skills. This course is a good choice for first time campers and girls with some backpacking experience. *Includes a community project on the day following the course.*

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 Wilderness Expedition?

The Wilderness Expedition is a great way to make friends, learn about backpacking, rock climbing and being in the wilderness, and have a great adventure! Whether you've never camped before or are a veteran backpacker, you will learn solid outdoor skills and climbing techniques. There will also be time to play games, hang out, create art projects and write in your journal. Some of your route will take you from lake to lake, off established trails, allowing you to develop good map and compass skills. By the end of the course, your group will have the skills to run the expedition, using your instructors as backup for support and knowledge when you need them.

Where Are We Going?

The Snowy Range, named after the striking white granite that forms its high peaks, is a well-protected secret of the Rocky Mountains. Elevations range from 9,000 feet to 12,000 feet, with Medicine Bow Peak rising to 12,013 feet above steep rocky walls and dozens of high alpine lakes. Much of the area is above timberline, with rolling alpine tundra, silvery granite boulders and beautiful wildflowers. Summer is typically warm

during the days and cool at night, with brief afternoon thunderstorms. The Snowy Range is located fifty miles west of Laramie in southern Wyoming, approximately a 3 ½ -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.

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 eight days of hiking, backpacking 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 group gear (tents, stoves, sleeping bags, sleeping pads and backpacks), and we have outdoor clothing and hiking boots to loan. 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 pack 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. This means that when you move from camp to camp, you'll be hiking with a backpack that weighs about 30-40 pounds. Women's Wilderness has a good selection of adjustable packs, and staff will fit your pack just for you so it's comfortable. Since this course is an introduction to backpacking for most participants, we'll hike at a pace that works for everyone and take frequent breaks.

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 of a typical Wilderness Expedition course:

Day One	Leave from our Office in Boulder at 8:00 am. Drive to the Snowy Range, about a 3 ½ -hour drive. Start learning the camping basics: how to set up the tents, how to cook on backpacking stoves, and how to stay warm and comfortable. Camp in a Forest Service campground on the first night.
Day Two	Rock Climbing. Learn how to tie knots, belay for each other, and how to move gracefully on rock. Stay at the same camp that night.
Day Three	Pack up the backpacks and go! You and your group will head out into the wilderness with enough food and gear on your backs to last for six days. You'll start learning how to read a map, how to work together as a group, and how to select a backcountry campsite.

Days Four through Seven	Traveling through the mountains with your group, you'll learn how to navigate using map and compass, how to make decisions as a group, and how to take care of the wilderness environment. You'll have an opportunity to climb Medicine Bow Peak, play in the many lakes, and maybe spend some solo time. There will be time for journal writing, art projects, games, and hanging out.
Day Eight	Hike out in the morning and celebrate your accomplishments with a closing celebration. We'll spend some time finishing up, and then drive 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.

Community Project

By the end of your course, you will be part of a strong and competent team with the ability to make a positive change in your community. We will schedule a one-day community project for your group to do after the end of your course (dates are below). This day is considered part of the course, so plan on getting together with your group to catch up, share pictures and use your collective energy to help others. You may take younger girls on a hike, do landscaping for mountain parks, work at a horse rescue farm, or a number of other projects.

2009 Community Project Dates:

July 15 and August 4

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 Wilderness Expedition is \$990. 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.