



**Introduction/Intermediate to Rock Climbing
Summer 2019
Essential Information**

Dear Multi-Adventure Parents,

The Colorado Mountain Club’s Youth Education Program is looking forward to spending next week with your child. We have an action-packed program planned including climbing, hiking, sledding, and canoeing.

Equipment provided by YEP:

- Field journals
- Harness, helmet, and climbing shoes
- Canoe equipment and PFD (personal flotation device)
- Extra water & snacks

Participant Gear List:

- Daypack large enough to carry all personal essentials
- Packed lunch
- Two full water bottles
- Closed-toed shoes
- Comfortable clothes to hike or climb in
- Rain jacket
- Warm layers
- Sun hat and sunglasses
- Sunscreen
- See below for day specific additions
- Personal medications (e.g., inhaler, EPI pen, etc.)

****Cell phones, gaming devices, tablets, and iPods are NOT allowed on this course.**

In addition to above, please bring the following on these days:

- St. Mary’s Glacier Day: snow/rain pants and jacket, gloves, & sturdy waterproof hiking boots
- Canoe Day: Bathing suit, towel, and water shoes w/ strap or laces (no flip-flops, please)

Please be certain to complete the three required waivers for the week (CMC’s outdoor waiver, AMC’s climbing waiver, and the RMP waiver for canoeing) and send them with your child on Monday. Your child will not be able to participate without these waivers in hand.

Program itinerary:

	Activity
Day 1	Hiking –Get to know each other on a hike at Mt Falcon with gorgeous views of the mountains. Learn the basics needed to hike safely in the mountains, how to be a good steward of natural areas, and explore the local flora and fauna of the area.
Day 2	Survival Skills – Learn what it takes to survive in the wilderness through activities such as map & compass navigation, learning about CO mega-fauna, and shelter building at Reynolds Park.
Day 3	Summer Sledding –Explore alpine ecosystems with a day of fun in the sun (and snow!) at St. Mary’s Glacier.
Day 4	Canoeing – Learn basics of canoeing with a day on the water at Boulder Reservoir.

Day 5	Outdoor Climbing – Practice climbing technique on real rock! Full day of outdoor climbing to wrap up our week in Alderfer/Three Sisters Park.
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**** NOTE: Field sites and itinerary subject to change due to weather, park closures, etc.**

INSTRUCTOR - PARTICIPANT RATIO:

YEP Adventure Courses requires at least **ONE** instructor per **SIX** participants. Ratio shifts to **1:4** for rock climbing days. To ensure a hands-on experience, Multi-Adventure is limited to 12 participants.

RESPECT: A positive experience, and even survival in the outdoors, depends on people's attitudes and the ability to work together for the common goal. We reinforce the concept of a "**triangle of respect**" including **self-respect, respect for others, and respect for environment/surroundings**. We ask families to discuss and determine that each participant's intent is to cooperate with others.

SAFETY INSTRUCTIONS: YEP instructors will review any safety procedures at the beginning of each class. Participants are expected to follow all safety guidelines provided by instructors. If a participant is not willing to follow these guidelines, or appears to be endangering others, parents will be called and asked to pick-up their child. The CMC/YEP maintain a zero-tolerance policy with regard to possession of any drugs, alcohol, or tobacco on any course.

YEP Instructors are certified in Wilderness First Aid/CPR, and are equipped with First Aid Kits. In the event of an emergency, 911 will be contacted in addition to the emergency contacts provided.

RESTROOMS: Outdoor restrooms vary in their availability, from flush toilets, to pit latrines, to using the privacy of a bush when away from modern conveniences. Instructors are fully trained in outdoor ethics and will inform participants on how to maintain health and hygiene.

We look forward to the week ahead!

Please feel free to reach out with any questions or concerns.

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