



## Course Overview

### High Sierra Alpine Backpacking for LGBTQ+ Young Adults

**This backpacking** course takes you on an adventurous, conscientious journey in the alpine zone of California's Sierra Nevada range. The Sierra Nevada Range extends 400 miles from north to south. It is filled with granite domes, jagged peaks, cool alpine lakes and lush meadows. Because of the beauty reflected in both moon and sunlight, conservationist John Muir referred to these areas as the "Range of Light."

We currently use three main backpacking course areas: Sequoia and Kings Canyon National Park, the Ansel Adams and John Muir Wilderness. Your specific course could take place in any one of these locations, depending on weather, and permit availability.

#### **Backpacking and Course Terrain**

Traveling through mountain terrain is exhilarating and often physically exhausting. Travel days are generally very long and require great stamina and endurance. Expect to travel primarily on high quality trails through beautiful alpine lake areas. You may ford waist deep rivers where no footbridges are present.

#### **Miles Traveled Daily**

As a general guideline, expect to travel approximately 3-7 miles a day. Crews may cover 10+ miles per day as terrain and fitness allow.

#### **Physical Fitness**

Participants must come prepared for a physically, mentally and emotionally-demanding yet equally rewarding experience. One of the best ways to enhance your experience and set yourself up for success is to arrive physically fit. Use our physical prep guide for ideas!

#### **Pack Weight**

Packed backpacks typically weigh between 30-40% of your body weight, at a minimum around 40 pounds. This varies person to person based on size, stature and physical ability.

#### **Instruction and Skills**

Previous backpacking experience is not necessary. We will teach you the skills for wilderness travel both interpersonal and technical skills.

Technical skills: how to pack appropriately, load a backpack, set up tarps, camp craft, navigation, how to sleep warm in your sleeping bag, and how to cook your group meals over backcountry stoves.

Interpersonal skills: group travel, risk management, weather and hazard assessment, communication skills, and learning how to work as a team.



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## **Training, Main & Final**

Fundamental in Outward Bound's educational outcomes is the concept of "Training," "Main," and "Final." Our hope is to transfer leadership and decision-making skills over to students through an intentional progression. As the course advances, instructors will take on more of a 'coaching' role. This provides a safety net for students to work through their decision-making and risk management development. Read about the culminating Final Expedition below.

## **Overview**

**Course Start** – There is a 2-3 hour drive from the airport to a campground en route to your course start location. You will spend the first day gearing up for the field and meeting the other members of your team. Group gear like food, tarps, kitchen equipment and first aid supplies will be divided up among group members. Depending on your specific itinerary, you may hike a few miles on Day 1. As this is not a guided trip, all group members will pitch in to do camp chores including cooking, washing pots, and setting up tarps.

**Peak Attempt** – Most groups will attempt to summit at least one peak. These peak attempts often require pre-dawn starts, waking as early as 4am. You will typically launch from a basecamp so that you can leave some of your gear at camp. For all the effort they require, successful peak attempts are often the most rewarding experiences of an Outward Bound course.

**Solo** – The solo experience provides an important break from the rigors of the expedition, and a chance to reflect on your course thus far. With an adequate amount of food and sufficient equipment, you'll spend time alone at an assigned campsite to rest and reflect. Solo sites are chosen to have as much solitude as possible, within earshot of your instructors for management considerations. You will not travel during this time and your instructors will check on you periodically, but you will be mostly alone for the duration of your solo. Solo may last in duration from a few hours to a full 3-days depending on age and course length. Many students are initially nervous about solo but most are ready for a break from the group when the time for solo arrives. This activity may be abbreviated or eliminated as Instructors assess the weather, terrain, or other factors that could affect the outcomes of solo.

**Service** – Service is an integral part of the Outward Bound curriculum. We encourage service to the environment in the form of leaving campsites cleaner than we find them and practicing Leave No Trace® ethics throughout the course.

**Final Expedition** – Outward Bound believes that an appropriate amount of independence is a powerful educational tool. In order to deliver that benefit, our Instructors gradually transfer leadership responsibilities to the students culminating with a "Final Expedition." Near the end of course, if you and your group have demonstrated the necessary leadership, team problem-solving, and wilderness living skills, you may be given the opportunity to travel without your Instructors immediately present. This is your opportunity to demonstrate the skills you have acquired in the previous weeks. Final Expeditions can last for one to five days, depending on staff assessment of students' abilities and terrain. Outcomes are to work together, problem solve, and accomplish a goal independently, while utilizing all the skills you have acquired.

**Personal Challenge Event** – Outward Bound courses typically end with a Personal Challenge Event – an individual final physical push. This might take the form of a run or a triathlon-style challenge. Expect to participate in a 3-8 mile run.



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**Final Days** - In preparation for your travel back home, the second-to-last afternoon of your course will be spent de-issuing and cleaning all Outward Bound gear followed by a special graduation ceremony. Simple backcountry showers will be offered. Departure from the trailhead will be between 6am and 8am.

## Sample Itinerary

The following is an example of what your itinerary may look like. Your actual course plan will vary according to permitting, weather, student skills and abilities, and instructor planning/assessment.

<b>14 Days</b>	Day 1	Course start, duffel shuffle, transport to campground
	Days 2-6	Backpacking expedition (introductory lessons to backpacking, camp craft, and navigation)
	Day 7	Resupply, Service
	Days 8-10	Main backpacking expedition, Solo
	Days 11-12	Final backpacking expedition
	Day 13	Personal Challenge Event, clean and de-issue gear, Graduation
	Day 14	Depart for airport