

## Outdoor Adventures: August 14-18, 2017

### Program Information and Equipment List



**Overview:** This 5 day program offers a unique opportunity for middle school students to gain outdoor leadership and wilderness skills, explore local ecology and spend two nights at the Scottish Lakes High Camp located at 5,000ft in the Chiwaukum Mountains outside of Leavenworth, WA. While at High Camp we will trek to alpine lakes, explore local ecology, engage in team-building exercises and develop our backcountry skills. All hiking will be with day packs -- we will not be backpacking overnight.

**Locations:** Monday & Tuesday, 10am-3pm, at Barn Beach Reserve. Wednesday drop-off at 10am at Barn Beach Reserve. Shuttle service will be provided to Scottish Lakes High Camp. Campers will stay Wednesday and Thursday nights in cabins at High Camp. Shuttle service will take campers back to Barn Beach Reserve on Friday. Parent pick up is at 3pm on Friday at Barn Beach Reserve.

**Food:** Campers will be provided with snacks and six meals – Wednesday Lunch, Wednesday dinner, Thursday all meals, Friday breakfast. Please specify if your camper has any dietary restrictions.

**Communication:** Communication will be limited while at High Camp. Cell reception is not available. If there is a family emergency the High Camp phone number is 509-763-3044. Please only use for emergencies and state that your camper is with the Wenatchee River Institute group.

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**Packing List:** Please make sure all items can fit into one duffle bag. Bring a small backpack for day hiking. Weather conditions in the high country can be variable any time of year. Cold nights, snow, rain, heat and sun are all possible in August in the Chiwaukum Mountains. Please ensure your child has a successful visit by packing effectively. Please avoid cotton (absorbs water) as much as possible.

<p><b>Upper Clothing Layers:</b></p> <ul style="list-style-type: none"> <li>• T-shirts, 2</li> <li>• long sleeve shirts, 2</li> <li>• fleece or wool sweater (NOT cotton)</li> <li>• lightweight jacket</li> <li>• lightweight raincoat</li> <li>• long underwear tops</li> <li>• winter hat</li> <li>• baseball hat</li> </ul>	<p><b>Camping Items:</b></p> <ul style="list-style-type: none"> <li>• warm, lightweight, sleeping bag, rated 20°F</li> <li>• garbage bag for dirty clothes</li> <li>• pillow</li> <li>• headlamp</li> <li>• pajamas</li> </ul>
<p><b>Bottom Clothing Layers:</b></p> <ul style="list-style-type: none"> <li>• comfortable pants</li> <li>• synthetic hiking pants (NOT cotton)</li> <li>• long underwear bottoms</li> <li>• shorts, 2 pair</li> <li>• underwear, 3 pair</li> </ul>	<p><b>Toiletries:</b></p> <ul style="list-style-type: none"> <li>• toothbrush</li> <li>• toothpaste</li> <li>• medications</li> <li>• other items as needed</li> </ul>
<p><b>Foot Items:</b></p> <ul style="list-style-type: none"> <li>• hiking socks (wool or synthetic), 3 pair</li> <li>• hiking boots, broken in</li> <li>• sneakers that can get dirty</li> <li>• sandals</li> </ul>	<p><b>Other:</b></p> <ul style="list-style-type: none"> <li>• book or quiet activity</li> <li>• water bottle, 1 liter minimum</li> <li>• small day-hiking backpack</li> </ul>

**Please do not bring:** Pocket knives, multi-tools/Leathermans, radios, music players, hair dryers, styling irons, electronic games or other electronic devices. Cell phones will be collected upon arrival and returned on Friday. Please label them.

Please contact the WRI Programs staff, if you have any questions: [programs@wenatcheeriverinstitute.org](mailto:programs@wenatcheeriverinstitute.org)

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