



PO Box 7067, Denver, CO 80207 | 303.447.1076 | www.CottonwoodInstitute.org

INFORMATION PACKET

Thank you for registering for Cottonwood Institute's Military Kids and Families Weekend Adventure Overnight July 22-23rd 2017! This course information packet is designed to answer all of your questions about your course, but if you have additional questions, feel free to call us anytime at 307.413.8029 or via email at madeline@cottonwoodinstitute.org. Please make sure you read through your registration packet cover to cover before contacting us with questions. Registration opens April 1 and closes July 1. The participant list is determined in order of receipt of completed registration forms (one for each family member attending). Group size limited to 12 participants. Children under 12 must be accompanied by an adult. A waiting list will build after the first 12 registrants. Families will not be separated.

PLEASE NOTE: In order to complete this registration, you must fill out the online form at www.smartwaiver.com/v/cimilitarykids2017.

COURSE DESCRIPTION:

Cottonwood Institute is excited to collaborate with Sanborn Western Camps and Florissant Fossil Beds National Monument to offer our Weekend Adventure Overnight to families and teenagers who have parents currently serving in the military. During this course, we will camp out under the stars in the Southern Colorado Front Range. Students and families will spend time in nature, playing games, relaxing, and hanging out. We will also learn about camping and survival priorities, tips, and techniques, primitive and modern fires, and complete an environmental service project to help be a caretaker of the land. We will practice nature awareness activities, leadership and team building skills. During the trip we will also have the chance to visit Florissant Fossil Beds with one of the rangers there and get some great stories and knowledge about this amazing place. Get ready for a fun filled weekend for all ages! Professional instruction, food, and transportation is provided.

NUTS AND BOLTS:

- Course Name: Military Kids and Families Overnight 2017
- Partners: Sanborn Western Camps and Florissant Fossil Beds
- Course start/finish location: Dinosaur Lots, I-70 Exit 259, Woolly Mammoth North Lot, Golden and we will be stopping in Colorado Springs to pick up folks from the South. Destination TBA
- Course start date and time: Saturday, July 22nd, 2017 at 8:00am sharp in Golden and around 9:30 a.m. in CO Springs
- Course end date and time: Sunday, July 23rd, 2017 at approximately 4:00 p.m in Colorado Springs and 5:00 pm in Golden Dinosaur Lots

COURSE ITINERARY:

Overnight:

Day 1 –

- Eat breakfast on your own and meet at the course start location at either Golden Dinosaur Lots or TBA in Colorado Springs.
- Gear check to make sure you have everything on the equipment list, and you are prepared.
- Load up the van and travel to our course location at Sanborn Western Camps, near Florissant, CO.
- Set up camp, get to know each other, learn how to minimize our impact on our new environment, and begin to practice essential low impact camping skills.
- Explore our surroundings at Sanborn Western and Florissant Fossil Beds.
- Play games, build primitive survival shelters, learn methods of building a fire (if fire bans are not in effect).
- Evening nature awareness activities and discussion of our time together and what we are learning.

Day 2 -

- Breakfast and warm up activities and interactive games
- Participate in a ranger led hike and conversation at Florissant Fossil Beds.
- Participants will set the intention to bring the skills and knowledge of relaxing in the natural world and being environmental stewards back to their everyday lives. We can reduce our footprint and stress in the natural world and our worlds at home.
- Enjoy a last moment of reflection in the natural world.
- Pack up our gear, final clean up, and depart no later than 3 p.m.
- Meet back at course finish location at approximately 4 p.m. in Colorado Springs and 5 p.m. in Golden, Dinosaur Lots.

EMERGENCY COMMUNICATION:

If there is an emergency situation at home and you need to be contacted while we are in the field, please have your loved ones call Ford Church, Executive Director, on his cell at 303.881.9958 or Madeline Bachner, Program Director, on her cell at 307.413.8029. **These numbers should only be used for emergencies and may not be used to check up on students in the field.** We may not have day-to-day communication with Instructors in the field, so please tell your loved ones that no news is good news while we are in the field! Your Instructors are trained in wilderness medicine and are prepared to handle backcountry emergencies. If there is an emergency while we are at our basecamp, your instructors will make sure the scene is safe, will stabilize the patient, and will call Emergency Medical Professionals to secure medical treatment and coordinate an evacuation if necessary. In the event of an emergency the Cottonwood Institute will call the emergency contacts listed on your course paperwork.

IMPORTANT PHONE NUMBERS:

- Cottonwood Institute – 303.447.1076
- Ford Church, Cottonwood Institute Executive Director – 303.447.1076 x700
- Madeline Bachner, Cottonwood Institute Program Director- 303.447.1076 x701
- Taryn Longberry, Cottonwood Institute Program Coordinator – 303.447.1076 x702
- Sanborn Western Camps – 710.748.3341

EQUIPMENT LIST:

In order to participate in this course, you will need to purchase, rent, or borrow the following equipment. Having the proper gear will make for a much more comfortable experience, so please ask us if you have any questions. Please note that you are responsible for carrying your own personal equipment during our course, so pack light. If something is not on the equipment list, you probably do not need it during our course. Personal items you need before and after your course (like electronics) will be stored in our locked van, but will not be accessible once our course begins. Please do not buy expensive gear to come on this trip, use what you have and ask about borrowing from our extensive gear supply!

The Cottonwood Institute has limited gear available for borrowing. If you need advice about what clothing or equipment to get for this course or if you would like to reserve equipment, please email us at taryn@cottonwoodinstitute.org and we will be happy to assist you.

Tents, sleeping bags and sleeping pads will be provided for this course.

Please bring the following personal gear:

- 1 large duffel bag or backpack to carry your gear. We will not be backpacking on this course, so either will work.
- 1 day pack or book bag to carry basic items we will need to set out for day hikes and activities.
- 1 pair sturdy boots or shoes – depending on weather you may want a pair of warm winter boots.
- 1 pair of slip on shoes for around camp
- 2-3 wide-mouth 32-ounce water bottles
- 2 pair of wool/smartwool socks.
- 1 long underwear bottoms - No cotton.
- 1 long underwear tops - No cotton.
- 2 pair of underwear.
- 1 sports bra/athletic top for women.
- 1 sturdy long pants – You will need to wear long pants for our service work and building shelters. Carhartt pants, Army fatigues, or jeans will work.

- 1 long sleeved cotton t-shirts - Long sleeve shirts are preferred for building shelters, and keeping off the sun but short sleeves will work.
- 1 fleece, sweater, pull over, or light jacket for layering
- 1 warm jacket such as down or synthetic fill coat.
- Rain gear tops and bottoms – Avoid cheap plastic raingear that will tear or shred. Breathable fabrics like Gore-Tex are preferred, other lightweight, breathable, waterproof nylon fabrics will work.
- 1 pair warm winter gloves.
- 1 hat with brim – A baseball hat or sun hat will work fine.
- 1 wool/fleece hat
- 1 Bandana
- Sunglasses
- Eyeglasses if needed – We do not recommend bringing contacts. We will not always have access to running water and putting dirty fingers in your eyes is not recommended while camping out. Your contacts can also get dirty/sandy and can be a problem dealing with in the backcountry.
- Toothbrush & toothpaste
- Sunscreen & Chapstick with sunscreen
- Headlamp or flashlight and extra batteries.
- Personal medications, feminine hygiene products - If applicable.
- Journal and pen/pencil.
- Camera - Optional. NO CELL PHONES, if this is your only camera, please purchase a disposable or feel free to use the shared CI camera and we will email pictures to the group.

FOOD AND DIET:

You will be responsible for your own meals before and after your course (breakfast on Day One and Dinner on Day Two), but all meals will be covered during your course. If you have any special dietary restrictions or allergies that we need to know about during your course, please indicate this information on your Medical and Health History Form and we will make sure that we accommodate you to the best of our ability. While we can make certain dietary accommodations for people with legitimate medical concerns, we may not be able to cater to individual cravings and food preferences. We will put together a great menu during our course and you will have an opportunity to try your hand at mastering the art of backcountry cooking.

PHYSICAL CONDITIONING:

During this course, you should expect to be at altitudes between 7,000 feet and 9,300 feet. The better physical condition you are in when you arrive, the better experience you will have during your course. Staying hydrated before, during, and after your course is essential. Staying hydrated helps prevent altitude sickness and hypothermia and helps your body function like a well-oiled machine. If you notice a headache coming on, if you are feeling sluggish, tired, and have noticed you are in a bad mood, drink water because you are most likely dehydrated. You should be drinking at least 1 gallon (4 quarts)/day and going to the bathroom every 1-2 hours; otherwise, you are not drinking enough water!

NO CELL PHONES AND ELECTRONICS

Cell phones, pagers, iPods, palm pilots, and other electronic devices (except cameras) are **prohibited during your course**. You may need these items to communicate with the outside world before and after your course, but they will not be allowed in the field. We will be in remote areas of Colorado and cell reception is unlikely. One of our objectives during this course is to tune into the natural world and enjoy the present moment, quiet, and solitude. We will temporarily leave our normal lives, our hectic schedule, drama, homework, meetings, appointments, phone calls, emails, faxes, and to-do lists and relax into the wilderness!

ALCOHOL AND DRUG POLICY:

The use or possession of any type of illegal drugs, recreational drugs (including marijuana), alcohol, or tobacco by participants, volunteers, or parents/guardians, is strictly forbidden during Cottonwood Institute programs and activities. The Cottonwood Institute reserves the right to search the belongings and/or person of any participant or volunteer who is suspected of violating the Drug and Alcohol Policy during a course. Participants and/or volunteers in violation of the Drug and Alcohol Policy may be immediately removed from the course. The Cottonwood Institute is not responsible for costs

associated with removing a participant and/or volunteer from the field while a course is in progress.

Please understand, this is a smoke-free course. If you are addicted to nicotine (cigarettes, chewing tobacco, e-cigarettes, etc.) please try to quit before your course starts or talk to your doctor about prescribing the patch. Smoking is also a safety concern in terms of potentially starting wildfires, so smoking is not allowed.

Cottonwood Institute must be informed about any prescription drugs participants/volunteers are taking; this information must be listed on the participant/volunteer's health form.

SAFETY CONCERNS:

Getting lost, dehydration, altitude sickness, hypothermia, lightning strikes, and wildlife encounters, although unlikely, are our biggest safety considerations during this course. In order to prevent injuries during our course, we will stay together and look out for ourselves and each other. Having the right equipment is essential for having a safe and enjoyable trip.

We do not allow weapons of any kind on CI courses. If you are bringing a knife for whittling and carving, please be sure the blade is no longer than 3.5 inches and preferably fixed blade. You must tell your instructors if you plan on carrying knife of any kind. It is also very important to drink lots of water even when you are not thirsty and to eat high calorie meals and snacks throughout the day. We will talk about how to prevent specific safety concerns when our course begins, so stay tuned for a more thorough safety briefing before we go into the field.