



## **Wilderness Adventure Information Forms**

**Congratulations on the decision to participate in Community Connections wilderness adventures. We are extremely excited about this summer's adventures and look forward to having you and your family as part of it. Enclosed in this packet you'll find detailed trip information and several forms designed to make each trip safe and adventured filled. We have tried our best to keep all forms clear and simple while still obtaining the information that we need to ensure a safe wilderness experience. Please read through everything carefully. After reviewing all of the enclosed materials, please call us with unanswered questions (802-223-3456). We're looking forward to seeing you this summer!**

**To Complete Your Registration:** Parents and participants should carefully read and thoroughly complete all the forms in this packet.

### **Trip Registration Check-list**

- Community Connections Trip Registration Form
- Trip Policies Form

**Course Expectations:** Community Connections does not require prior experience for any of its wilderness based courses. We do expect is a desire to try new things and face new challenges as well as a willingness to cooperate with the group. Participants are expected to support each other through challenges and share camp chores with the help and guidance of the instructors. Enthusiasm, commitment, and a positive attitude will make this trip an adventure of a lifetime!

**Getting in Shape:** Participants do not have to be in tip top shape to take part in any of our courses. However, we suggest getting into a simple routine of exercise at least a month before the start of the trip. Wear hiking boots as much as possible to break them in, walk whenever possible, and even take a few hikes with a full backpack on to get used to the feel of carrying that extra weight. The instructors attempt to plan the itinerary to suit the experience of the group, but the physical preparation of participants will help them and the group when the trail gets a bit challenging.

**Food:** Participants eat three full meals a day, including plenty of snacks. We provide fresh food, probably similar to what is eaten at home, although we might ask participants to try something new. Favorite meals include pastas, burritos, stir-fry, bagels and cream cheese or peanut butter and jelly, dry and hot cereal, cookies, granola, fruit, and hot chocolate for chilly evenings and mornings. We easily accommodate most dietary restrictions; let us know in advance so we can plan accordingly. All the participants help prepare and clean up after meals. They learn to use a camp stove and perhaps to make some new creations to impress family at home!

**Money:** Participants will not need any money during the trip.

**Tents:** Community Connections will provide two, and three-person backpacking tents. Boys and girls never share tents, a policy strictly enforced by instructors. On occasions that the group might sleep together under a large tarp or in a backcountry shelter, the instructors would ensure privacy for changing and an appropriate sleeping arrangement.

**Transportation:** During the trip, participants will be transported to and from trailheads, paddling locations, and other activity areas in 7-passenger vans driven by the instructors and other support personnel. We spend as little time as possible driving between activities to maximize our time in the wilderness; most rides are 20 minutes to an hour, with three hours being the longest.

**Medications:** On the Confidential Health Questionnaire, carefully and completely list all prescription and over-the-counter medications your child takes, complete with dosage, frequency, side effects, and the condition for which it is prescribed. Instructors also carry medications in their First Aid Kits. On the Health Questionnaire, please note which First-Aid kit medications are appropriate to administer to your child, if necessary.

**In Case of Emergency:** If an emergency arises at home and you must reach your child, call the Community Connections Central Office at 802-225-3456



## **5-DAY MHS Leadership Course**

Monday July 12th – Friday July 16th

**Trip Start:** This Adventure begins at Montpelier High School at 9 a.m. on the first day of the trip. Parents/guardians are encouraged to participate during the morning group introductions (most parents stay for the first hour or two).

**Trip End:** This trip concludes at Montpelier High School at approximately 4 p.m. on the last day. Please be somewhat flexible with your travel plans as this time isn't always exact.

**Goal:** This is a 5 day 4 night wilderness expedition designed to give students the skills to explore and travel safely in wild places. Together, within the wilderness classroom we will challenge ourselves, work together, learn skills to overcome adversity and become solid leaders. While in the wild we will take a close look at our everyday lives and discuss how these new tools can be utilized to benefit each and every one of us. To help you continue on your journey you will be encouraged to meet after school once a week throughout the fall, winter and springs semesters of the 2010-2011 school year...

**Itinerary:** The participants will meet each other and their Community Connections instructors on the first morning at Montpelier High School. We will spend the morning getting to know each other, covering logistics and expectations, and thoroughly checking our personal gear and all group equipment. After lunch we will make any final equipment adjustments and head out for 5 days of backpacking in the White Mountain National Forrest of New Hampshire.

**Backpacking:** The 770,000-acre White Mountain National Forest offers some of New England's most spectacular backpacking with the largest alpine zone east of the Rocky Mountains and several protected Wilderness Areas. We will hike four to eight miles a day through the stunning Pemigewasset Wilderness exploring its glacier carved mountain ridges and valleys. We will camp at U.S. Forest Service shelter sites, designated tenting areas, or at our own low-impact campsites. Students will learn Leave no Trace techniques, wilderness travel, camp craft and so much more!!!

**Cost: FREE to invited students!**

**A hearty bag lunch should be brought by each student for the first day!!!!**

**COMMUNITY CONNECTIONS  
BACKCOUNTRY PROGRAMS  
TRIP POLICIES FORM**

Prior to the start of the program, the participant and parents/guardians must understand and agree to abide by the following policies and regulations. These policies and regulations are for the safety of the individual, the group, and the organization.

**The Possession And/Or Use Of Tobacco Products:** The possession or use of any and all tobacco products is not acceptable during any of our programs. If individuals are in possession of any tobacco product after the start of the program, the participant will be sent home immediately.

**The Possession And/Or Use Of Alcohol Products or Illegal Drugs:** The possession or use of any and all alcohol products or illegal drugs is not acceptable during any of our programs. If individuals are in possession of any alcohol products or illegal drugs after the start of the program, the participant will be sent home immediately and/or turned over to the legal authorities. In addition to being illegal for minors, alcohol and drugs can be very dangerous in the remote environments where we travel.

**The Possession And/Or Use Of Firearms:** The possession or use of any and all firearms is not acceptable during any of our programs. If individuals are in possession of any firearm after the start of the program, the participant will be sent home immediately.

**Sexual Behavior/Coupling:** Sexual activity and harassment is prohibited on all Community Connections programs. Inappropriate sexual behavior and/or harassment is grounds for a participant to be sent home immediately. Equally important is the effect on the group of pairing off or "coupling" students. This behavior often divides the group and creates cliques, possibly resulting in tension within the group and creating an uncomfortable situation for other participants. This situation may result in a student or students being sent home.

**Cell Phones and other Electronic Devices\*:** The possession or use of cell phones, mobile web devices, iPods, mp3players, portable radios or CD players, portable gaming devices, or other entertainment-related devices is not permitted. Electronic devices prevent participants from being fully engaged in their outdoor experience, and, these devices may be damaged or destroyed in outdoor environments. These devices should be left at home, and staff will confiscate any device found in the field and return it at the end of the trip.

\*This policy does not apply to digital cameras.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Participant Signature: \_\_\_\_\_

Date: \_\_\_\_\_



# Community Connections Registration Form 2010-2011

Student's Name \_\_\_\_\_ DOB \_\_\_\_\_ Grade (2010-2011) \_\_\_\_\_

Student's Name \_\_\_\_\_ DOB \_\_\_\_\_ Grade (2010-2011) \_\_\_\_\_

Student's Name \_\_\_\_\_ DOB \_\_\_\_\_ Grade (2010-2011) \_\_\_\_\_

School \_\_\_\_\_ E-mail Address you would like us to use \_\_\_\_\_

Student's Address \_\_\_\_\_  
Street Town State Zip

1. Name of Parent/Guardian \_\_\_\_\_

Phone (h) \_\_\_\_\_ Phone (w) \_\_\_\_\_ Phone (c) \_\_\_\_\_

Address (if different from above) \_\_\_\_\_

2. Name of Parent/Guardian \_\_\_\_\_

Phone (h) \_\_\_\_\_ Phone (w) \_\_\_\_\_ Phone (c) \_\_\_\_\_

Address (if different from above) \_\_\_\_\_

With whom do the children live? \_\_\_\_\_

How will your children get home after Community Connections activities?

Picked up \_\_\_\_ Take the bus (if available) \_\_\_\_ Other \_\_\_\_

What information can you share with us to help us best meet your child's needs? \_\_\_\_\_

Safety is our top priority; no child will be released from the program without a **parent/guardian signature** or that of one of the 3 individuals listed below (the names listed must be of someone 16 years or older):

Name \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

Name \_\_\_\_\_ Phone \_\_\_\_\_ Relationship \_\_\_\_\_

▶ I understand photographs or videos may be taken for publicity purposes. I give permission for my child's image to be used.

yes  no

▶ I understand some of the programs are off school grounds. I give permission for my child to leave school grounds and be transported if necessary. I will receive prior notice of any such off school plans (such notice may include brochure, course schedule, sign-up sheet, special permission slip, etc.)

yes  no

▶ I give permission for surveys to be given to my child and his/her family for purposes of program evaluation.

yes  no

**Please return this form as soon as possible to: Community Connections,  
73 Main St., #33, Montpelier, VT 05602**

Please turn over

## Medical Information

Does your child(ren) have any allergies? (*food, drug, insect, etc.*) \_\_\_ Yes\* \_\_\_ No - If yes, please describe:

Child's name & allergies: \_\_\_\_\_

Child's name & allergies: \_\_\_\_\_

Child's name & allergies: \_\_\_\_\_

Does your child(ren) have: (*Please check ALL that apply, give child's name*)

\_\_\_\_\_ Contact lenses \_\_\_\_\_ Glasses \_\_\_\_\_ Seizures \_\_\_\_\_ Asthma \_\_\_\_\_ Heart trouble \_\_\_\_\_ Other (*specify*)

How do you control the condition?

\_\_\_\_\_

Are there any social, emotional, behavioral, or health conditions that we should be aware of?

\_\_\_\_\_

\_\_\_\_\_

Doctor \_\_\_\_\_ Phone \_\_\_\_\_

Dentist \_\_\_\_\_ Phone \_\_\_\_\_

Is your child(ren) currently taking any medication? \_\_\_ Yes\* \_\_\_ No

If yes, child's name & description: \_\_\_\_\_

2nd child's name & description: \_\_\_\_\_

3rd child's name & description: \_\_\_\_\_

Does this medication need to be given during program time? \_\_\_ Yes \* \_\_\_ No

*\*If yes, you must contact the Site Coordinator before your child starts the program.*

## Release

I hereby give permission for my child(ren) to participate in Community Connections Programs. I assume all risks and hazards, incidental to such participation, including transportation to and from activity, and I hereby waive, release, absolve, indemnify, and agree to hold harmless Community Connections, Montpelier Public School System, and Washington Central Supervisory Union, their officers, agents, officials, employees and volunteers, the organizers, sponsors, supervisors and participants for any claim arising out of an injury to my child.

## Medical Release

In the event that my child(ren) is injured or needs medical help I understand that hospital personnel will attempt to contact me before administering treatment to my child. If I cannot be reached, I hereby give permission for the person named below to be called for authorization.

Emergency Contact \_\_\_\_\_

Relationship \_\_\_\_\_ Home # \_\_\_\_\_ Work # \_\_\_\_\_

I authorize Community Connections staff to obtain emergency medical care for my child from a hospital or physician at my expense. I understand I will be notified first if at all possible.

**Signature of Parent or Guardian:** \_\_\_\_\_ **Date** \_\_\_\_\_

## 2010 Backpack and Canoe Gear Information

Congratulations on your decision to come along on a Community Connections wilderness adventure. It is our goal to make sure that every participant on our trips is properly prepared for all that the wilderness will present to them. This process can begin at home by becoming more informed of the environment you will be living and traveling in while on your adventure. One of the most essential components to maximizing your experience is having the proper clothing and equipment for your trip.

Weather in the Vermont's mountains is quite unpredictable and can change extremely fast. Even on the sunniest summer days the temperature can fall close to freezing without a moments notice. Along with proper education having the right equipment and clothing helps to keep you safe and your spirits high for the entirety of the trip...

For all backpacking trips, use properly functioning lightweight equipment. Remember, your backpack is the center of your wilderness experience you will rely on it to keep all your gear dry and transport it the distance of your journey. Your instructors will check all your equipment on the first day, so if you're not sure about an item, bring it along and we'll check it out.

The best way to start to think about your clothing needs is in layers. Start with the layer that is closest to your body and work your way out. The bottom layers are used for comfort and to manage the bodies' heat needs. The outer layer also helps to manage heat but its main purpose is to protect you from wind and rain. Synthetic or wool fabrics are best as they hold less moisture than other fabrics and can continue to keep the body warm even when wet. **Cotton is worst as an insulating layer as it loses up to 80 percent of its insulating ability when wet. Cotton T-shirts are fine for warm sunny days, but do not bring cotton sweatshirts or flannel shirts/pants.**

### Gear List

#### Clothing

- \_ Hiking boots
- \_ Wool or synthetic hiking socks (3 pairs of crew or calf-length socks – no ankle-length)
- \_ Polypropylene long underwear (2 tops of different thicknesses, 1 bottom)
- \_ Rain gear: jacket with hood and pants (coated nylon, Gore-Tex, or other breathable/waterproof material, **no insulated or winter jackets**)
- \_ Wool/pile/fleece sweater or jacket
- \_ Closed two shoes/Sneakers for camp/swimming
- \_ Shorts (2-3 pairs, lightweight, NO COTTON)
- \_ Pants (lightweight, quick dry nylon is best – zipoff style recommended) **NO JEANS**
- \_ T-shirts (2-3, polypro/polyester is best)
- \_ Wool or fleece hat and light gloves
- \_ Underwear (3-4 pairs), sports bra for girls (2)

### **Personal Equipment**

- \_ Backpack (3500-5500 cubic inches; with frame and padded hip belt)
- \_ Sleeping bag in stuff sack
- \_ Ensolite pad or Therma-rest (sleeping pad)
- \_ Headlamp (recommended) or small flashlight or with extra batteries
- \_ Large garbage bag to line backpack
- \_ Nylon backpack cover OR two extra garbage bags
- \_ Three one-liter/quart water bottles
- \_ Toiletries
- \_ Eating utensils: bowl, insulated mug, and spoon
- \_ Sunscreen (SPF 30+, small bottle)
- \_ Bug repellent: small, avoid high DEET concentration
- \_ Journal and pen for reflections

### **Optional Items**

- \_ Bathing suit
- \_ Gaitors (keeps your boots, socks, and legs dry)
- \_ Camera and film (disposables work well)
- \_ Sunglasses
- \_ Good book to read
- \_ Mosquito head netting
- \_ Trekking Poles

### **Group Equipment Provided by Community Connections**

- Tents
- Cooking gear
- Stoves and fuel
- All food
- Toilet paper
- Soap
- Pertinent maps
- First-aid kit

**DO NOT** bring small electronics (i.e. personal CD/MP3 players, game players, cell phones etc.), pocket knives (whittling is not permitted), lighters, and matches.

### **EQUIPMENT AND CLOTHING NOTES**

\*Hiking Boots: Well-broken-in, water-proofed hiking boots with ankle support. Trail running shoes and high top sneakers are not adequate because they get wet easily and do not provide adequate support.

\*Sneakers for Camp and Swimming: Each participant is required to wear some type of **closed-toe** shoe while swimming and in the camp kitchen. Old sneakers or Crocs without holes are good choices. Any shoe with open toes and holes will not be sufficient

due to lack of protection for the top of the foot. Other than the drive to the trail head the camp kitchen is home to the most dangerous environment on the trip...

\*Backpack: All Backpacks should have an external or an internal frame and be large enough (3,500 – 5,500 cu. in.) to hold all your clothing and equipment plus your share of food and group gear. The pack should have padded shoulder straps and a well-padded hip belt to help transfer the pack weight off the shoulders.

\*Sleeping Bag: Your sleeping bag should have a temperature rating of 20- 40 degrees Fahrenheit and should have synthetic or down fill and have it's own stuff sack. Large bulky sleeping bags are very difficult to pack and manage on a long trip...

\*Toiletries: We will provide biodegradable soap for washing hands, bodies, and clothes. You should bring a toothbrush and small toothpaste. There will be no opportunity to shower during the duration of the trip, as this is a backcountry experience, although swimming and sponge baths are good ways to stay clean. We strongly discourage bringing deodorant, as the strong scent stays on your body all the time and can attract animals at night, as well as mosquitoes. Girls should bring necessary feminine products. Instructors will discuss tips for dealing with them at the beginning of the trip.

\*\*\*\* For any other questions please contact us at Community Connections\*\*\*\*