



girlventures

Outdoor adventures for inner discovery

Course Description – On The Rise 11-Day Backpacking & Mountaineering in the Inyo National Forest for girls entering 10th -11th grade

Course Overview

The curriculum and activities of our On The Rise course are designed to develop self-confidence, group management, and educational skills surrounding leadership. There will be specific attention to learning the technical and curricular skills that contribute to being a successful Assistant Instructor for GirlVentures courses – a job opportunity that exists for graduates of OTR. The Live, Relate, Lead Curriculum will be explored through a leadership and role modeling lens. As with all courses, the young women will be further supported in exploring themes of social justice, identity and trust.

On The Rise participants will be given opportunities to discuss and practice group leadership. From leading the group on the trail or in camp to participating in deep discussions about ally-ship, leadership styles, and group dynamics, participants will gain the physical, emotional, and social tools that help them navigate through this course and be prepared for leadership positions with other organizations.

Features Of this Course

- Participants: Girls entering 10th-11th grade
- Course Length: 12 days
- Average Group Size: 8-10 students with 2 Instructors, one Assistant Instructor
- Hiking route: 38 miles over 9 days
- Average backpack weight: 45 lbs.

The Expedition:

You will begin your trip by getting to know your course mates and instructors at Sports Basement on Bryant Street in San Francisco. Here we will also make sure that you have the right gear before packing up and heading to Inyo National Forest. Our drive will take us through Yosemite National Park and over Tioga Pass to the majestic Eastern Sierras. We will spend a night at a local campground before arriving at Horseshoe Meadows where we will begin with a few leadership activities, learn how to read topographic maps, and complete final preparations for backpacking. From Horseshoe Meadows we will hike into Long Lake where we will spend a layover day working on map skills and doing leadership and social justice activities. From Long Lake we will head up New Army Pass and use our map skills to navigate off-trail to the Pacific Crest Trail, which we will follow to Chicken Spring Lake. Next is a short hike back to Horseshoe Meadows where we will pick up more food and make plans for the second half of the course. During the second part of the course the instructors will hike with you but you will be in the lead, making decisions about pacing, camp location, and route finding. The instructors will be there to help you and will take over in an emergency, but this is your time to shine as a group. Weather permitting, you will have the opportunity to summit the 14,000+-foot Mt. Langley. We will wrap up this amazing experience and head back towards San Francisco stopping overnight at a local campground to reflect and celebrate our time together. The difficulty of any given day is hard to predict as weather, individual fitness, and trail conditions can vary. Depending on those factors, the exact course track may be a bit different than the one described above.

Cooking and Camping



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In the backcountry you will live and cook with your group. We will set up our tents and have our meals in the camp kitchen. You will eat nutritious foods such as: oatmeal, granola, fruits, nuts, seeds, egg sandwiches, tuna wraps, deli sandwiches, trail mix, snacks, pasta, burritos, and stir-fry. You will help your instructors prepare meals for your entire group by cooking on a single-burner light weight backpacking stove. You will have the opportunity to let us know in advance if you have any food allergies or restrictions and in most cases alternatives are available.

Live, Relate, Lead

You will learn to live and work closely with the other girls and instructors as you travel through the Inyo National Forest. A willingness to say “yes” to trying new things and to work to expand your learning zone are key elements to your success on this course. We will learn to make healthy choices for ourselves and develop an understanding of healthy risk taking. You will leave this course with conflict resolution tools and friends from all over the Bay Area. Along with the multitude of outdoor and leadership skills, you will learn about identity, trust, and social justice, all integral parts of the GirlVentures curriculum. You will explore these topics with activities, creative expression, discussion, and journal reflections. After successfully completing this course you will be eligible to apply for assistant instructor positions at GirlVentures.

Weather and Wildlife

The weather in the Sierras can be varied and unpredictable. On any given summer day temperatures may range from the low 40’s to the high 80’s. Afternoon thunderstorms are common and can be quite strong. You may experience snow, hail, rain, as well as long stretches of summer blue skies. We will pack so that we are prepared for what the weather brings.

Your trip may involve dealing with mosquitos and flies, and will require maintaining a meticulously clean kitchen area to ward off rodents and other scavengers. You will be outfitted with a mosquito head-net and we will carry a non-deet bug spray to use in case they are terribly annoying. This area is home to a variety of birds including some big raptors like Osprey and Bald Eagles. The Sierras also provide habitat for deer, elk, coyote, marmots, fox, raccoon, skunk, weasels and black bears. We will be taking recommended precautions to protect ourselves from unwelcome camp visits by any of these mammals such as putting food into bear canisters and traveling in groups. Camping in this amazing area requires developing specific practices to minimize the impact to the wildlife. You will learn how to store your food and keep a tidy camp to keep these and other critters away from your food and gear.

Personal Electronics

A key element of GirlVentures’ courses is to spend time in community and with nature. GirlVentures does not permit students to use personal cell or satellite phones or other communication devices including personal tracking devices, music players, or any type of tablet or personal computer. GirlVentures’ instructors will be carrying sufficient communication equipment (like a satellite phone) to handle emergencies that may arise.

Mail

Letters and messages from home are important as they serve to show your family’s support for this experience. We ask that these be limited to three pieces of mail. Families, please bring letters to the course start and we will make sure that they are delivered on course. There will not be any opportunity to deliver new mail once the course has left Sports Basement. Keep in mind that while the letters are a show of love and support, they also can trigger feelings of homesickness. Please keep the letters positive and abide by our request of no more than three.

Gear Fitting

As part of your registration for your GirlVentures course you will be contacted about a gear fitting appointment. These appointments occur in our office about 2-3 weeks prior to your course. We will lend you the gear that you will need for your course. The gear required for our outdoor programs is designed for function, comfort, and to protect its wearer from the elements. Enclosed in this packet is a complete gear list that is required for your course.



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If you already have an item on the gear list, please bring it to your gear fitting. If you do not have a particular item we will lend that item to you. It is important that you pay attention to the various fabric types. We typically do not allow very much cotton on our courses as this fabric does not function well in outdoor environments, leaving us vulnerable to hypothermia and feeling chilled. Synthetic fabrics are required to ensure your safety on course.

Course Objectives

Each course is unique, due to variables such as route, group dynamics, fitness levels, and environmental conditions. Working with these variables, it is our intent to accomplish the following outcomes.

Upon the completion of each course each participant will be able to:

Live Healthy, Relate Wisely, Lead Confidently

- Describe and give example of healthy risk taking
- Use conflict resolution tools and give examples of strategies for conflict resolution
- Demonstrate awareness of inner vs. outer self using images, words, or other forms of creative expression
- Define self care and describe ways to practice this emotionally, socially, and physically

Technical Skills

- Teach others how to set up a back country camp site
- Discuss how to create a positive learning environment for participants so they feel safe and more like to try new things
- Describe the components of a lesson plan and deliver a 15-20 minute outdoor education lesson
- List what needs to be included on a backpacking packing list
- List the 7 principles of “leave no trace” and relate how they are practiced on a camping trip
- Demonstrate being adequately hydrated for backpacking
- Discuss the components of proper nutrition and its importance in being healthy
- Identify topographic features such as ridges, valleys, peaks, and distinguish general slope (steep vs. flat)
- Write a TCP or RAD plan that is used as a tool to manage group travel on trail
- Operate a camp stove and cook a nutritious meal

Trust

- Relate the concepts of self care, leadership and communication with being trustworthy
- Use supportive language to encourage trust in a group

Social Justice

- Describe behaviors that shows alliance or being an ally
- Demonstrate an awareness of how individual experience of inclusion/exclusion/ diversity affects how you show up in the world
- Describe exclusion behaviors and subtleties that occur within a group and names these behaviors to the group if they occur

Identity

- Express what it means to be a female leader
- Experience a “right of passage” into becoming a young female role model
- Demonstrate self care and describes the importance of and strategies for role modeling this behavior

Leadership

- Describe Positive Expedition Behavior and discuss how it requires both self awareness and the ability to resolve conflict
- Describe different styles of leadership and be able to identify one that feels most comfortable for you
- Demonstrate the ability to give and receive constructive feed back
- Participate in a single-day group expedition that requires little adult instructor intervention
- Describe stages of group development and ways groups need to be supported through these stages
- Discuss ways that groups make decisions and which decision-making styles fit various situations