



girlventures

Outdoor adventures for inner discovery

Course Description – Redwood Adventure 7-Day Rock Climbing or Sea Coast course for girls entering 6th - 7th grade

Course Overview

Redwood Adventure (Rock or Coast) gives girls entering 6th-7th grade an introductory GirlVentures' Experience. It is a weeklong, base camp format and serves as a wonderful introduction to camping and adventure. Curricula are designed to allow girls to experience GirlVentures' outcomes of living healthy, relating wisely, and leading confidently (core components of our longer courses) in a shorter course format. This course takes place in the Santa Cruz Mountains where participants will spend most of their time camping at a base camp amongst towering redwoods. Each course will have the opportunity to do a short overnight backpacking trip to a beautiful remote campsite. The activities of backpacking, rock climbing (Rock), and kayaking (Coast) provide the format and structure through which girls develop the physical, emotional, and social tools that help them be successful on this course and also with their families, schools and other groups.

Features Of this Course

- Participants: Girls entering 6th-7th grade
- Course Length: 7 days
- Average Group Size: 7-8 students with 2 instructors
- Hiking route: 6 miles over 2 days
- Average backpack weight: 25 lbs.

The Expedition:

We will begin our journey at Sports Basement on Bryant Street in San Francisco where you will meet and begin to get to know your instructors and course mates. We will make sure you have all of the gear that you need and answer all of your questions. After lunch we will pack our gear and load up our van and head south to our campground in the Santa Cruz Mountains. There we will begin to learn about camping, cooking and backpacking. We will spend the first day learning more about each other and ourselves through teambuilding and identity activities. 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.

Redwood Adventure Rock

During this course we will teach you the basic principals to allow you to ascend vertical rock while being held securely by a rope. You will learn how to rappel down a slope as you control your own speed. You will also learn how to belay others, managing the rope that the climber uses to protect her as she scales the rock face. These skills will not only build trust between you and your new friends but also help you develop self-confidence and expand your learning zone. During this week you will spend one night in an overnight backpacking campsite and learn how it feels to be in a beautiful spot 3 miles away from the nearest road. We will have two days at our base camp where we will play games, have discussions, and learn more about ourselves and the natural world around us. For this course we base camp at Sanborn-Skyline Campground just south of Saratoga and we rock climb at Castle Rock State Park.

Redwood Adventure Coast

During this course you will learn how to kayak a tandem ocean kayak. You will become proficient in your camping and outdoor cooking skills. We will have opportunities to backpack from the coast to a remote campsite in the majestic redwoods 3 miles from the nearest road. These skills will not only build trust between you and your new friends but also help you develop self-confidence and expand your learning zone. We will have two days at our base camp where we will play games, have discussions, and learn more about ourselves and spend one day exploring a nearby beach where we gain an understanding about tidal ecosystems and our relationship to the natural world. For this course we base camp at Butano State Park and kayak at Half Moon Bay.



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Cooking and camping

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 have the opportunity to help your instructors prepare meals for your entire group by cooking on a single burner light weight backpacking stove.

Live, Relate, Lead

You will learn to live and work closely with the other girls and instructors as you gain experience with camping and backpacking in the Santa Cruz Mountains, rock climb at Castle Rock State Park, or kayak in Half Moon Bay. A willingness to say “yes” to try 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. Working as part of a team you will have opportunities to explore your leadership skills – beginning with self and peer leadership. 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.

Weather and Wildlife

The weather in the Santa Cruz Mountains can be quite variable.

For Redwood Adventure Rock we will be camped inland where early morning fog quickly burns off and leaves sunny and warm mid-July days. Temperatures during the day can be in the 80’s to 90’s with nightly lows in the upper 50’s. There can be the occasional short rain shower.

For Redwood Adventure Coast we will be closer to seashore and during the summer it can be quite foggy with periods of light rain. Heavy fog will typically burn off by mid-day leaving afternoons sunny and a bit breezy. The beaches can be 20 degrees cooler than the East Bay and surrounding valleys. High temperatures for June are in the mid 60’s and lows are in the low 50’s.

The area is abundant with wildlife. In the bay and along the coast it is not uncommon to see pods of dolphins and whales swimming along the shore. In addition to the marine mammals the area is home to deer, elk, coyote, fox, raccoon, skunk and weasels. While paddling you may see a bat ray swimming in the shallows and a white pelican flying above in the sky. Half Moon Bay is home to many shore birds, ducks and grebes, and raptors such as osprey, hawks, and the majestic bald eagle.

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 support of your experience. Families, we ask that these be limited to two pieces of mail to be brought to the course start and we will make sure that they are delivered on course. 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 one-two at course start, and one-two mid-course.



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Gear Fitting

As part of your registration for your GirlVentures course you will be contacted about the gear fitting appointment. These appointments occur in our office about 2-3 weeks prior to your course. We will lend you all 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.

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 an example of healthy risk taking
- Use conflict resolution tools and give an example of a strategy 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

Camping

- Assist with preparing back country meals
- Demonstrate how to set up a tent
- Define “leave no trace” and describe 2 examples of how to practice this

Trust

- Describe 2 characteristics of being trustworthy
- Use supportive language to encourage trust in a group
- Express barriers to trusting others and ways that trust is built or broken

Social Justice

- Describe the concept of exclusion
- Discuss ways people share commonalities and what things make them unique

Identity

- Demonstrate awareness of self, who they are and how they want to show up in the world
- Express needs and opinions to the group
- List 3 things that they like about themselves (in each category) – physical, character, spirit

Leadership

- Demonstrate self leadership by having personal things organized and being on time to activities and meetings
- Demonstrate the ability to perform group jobs (cookie, scrubbie, etc.)