

# OUTWARD BOUND

*expedition welcome packet*

5-Day Peer Leadership Canoeing



PHILADELPHIA  
**OUTWARD BOUND SCHOOL**



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# WELCOME TO OUTWARD BOUND

## COURSE DETAILS

Thank you for applying to the Philadelphia Outward Bound School! Outward Bound programs are designed to provide challenging activities that will compel individuals to achieve more than they ever thought possible and to show compassion for others while actively engaging in creating a better world. Our **5-Day Peer Leadership Canoeing** course is a fantastic opportunity for students to grow personally, learn especially useful collaboration and communication tools, gain paddling skills, and explore the rugged beauty of the Delaware Water Gap National Recreation Area.

## COURSE OVERVIEW

Travel through the Delaware Water Gap National Recreation Area with all the food and equipment you will need to conduct your expedition: stoves, tents, canoes, food, and much more. Encounter a wide variety of river sections and conditions; hone essential paddling techniques; and practice communicating and cooperating with your boat partner at every step of the journey. Your crew might occasionally sleep at the same campsite twice, but generally you'll be moving to a new campsite every night as you paddle along the scenic expedition route. Through living and working closely together, you will learn far more than wilderness travel skills; the interpersonal and communication skills you practice here will prepare you for whatever challenges come next.

**COURSE ACTIVITY:** Canoeing

**COURSE AREA:** Delaware Water Gap



# COURSE COMPONENTS

Outward Bound wilderness courses consist of several key components, offering a time-tested array of experiences and outdoor adventures that combine to clear away the chaos and connect you to the land, your team, and yourself.

## LEADERSHIPS & TEAM SKILLS

Practice leadership, initiative, sound judgment, and self-reliance. Set goals and make decisions as a group while relying on compassion and tolerance to transform the group into a team. By course end, your team takes on full responsibility to lead the expedition. Instructors maintain oversight on safety but decisions rest with the group.

## SKILLS EDUCATION

Skill development is the backbone of all Outward Bound wilderness expeditions. You will develop technical skills, like backcountry navigation using a map, teamwork skills, backcountry cooking, and surviving and thriving in the elements.

## CHALLENGE ACTIVITIES

The unfamiliar settings where Outward Bound expeditions occur challenge our students mentally and physically. Amidst the demands of the expedition, students learn to dig deep and push themselves, where they often find that there is more in them than they know.

## VALUE BUILDING

Uncover your unique character strengths, develop your leadership abilities, and learn how to let compassion into everyday life by pushing your own limits and working alongside your peers as they face their own challenges of course.

## COURSE END/GRADUATION

On the final morning of course, your crew will transport back to base, clean and return all gear, participate in graduation activities, and a well deserved graduation ceremony! In completing your course, you will officially become a member of the Outward Bound Alumni network. Beginning at 1:00 p.m, the graduation ceremony and lunch is open to family, friends, and loved ones. Location: Discovery Center, 3401 Reservoir Drive, 19121 in East Fairmount Park, Philadelphia.





# SAMPLE ITINERARY

All Outward Bound courses follow a well-researched and field-tested plan. Listed below is a sample of how the days may be structured for your course. While the activities will be similar from course to course, the days may shift on account of a variety of variables we encounter in the wilderness. All decisions to change or modify our itineraries are based on program safety and quality

- DAY 1** | Meet and pack your gear at base, transport to course area, introduction to traveling on the river. Camp at campsite number 1.
- DAY 2** | Wake up, pack up your campsite and canoes, and get back on the river to work on canoeing expedition travel skills development. Paddle to campsite number 2.
- DAY 3** | Introduction to technical outdoor skills, paddle to campsite number 3.
- DAY 4** | Final challenge & Solo, paddle to campsite number 4.
- DAY 5** | Paddle to your takeout spot, load up your gear and canoes, return to base, clean and de-issue gear, graduation ceremony.



# EXPEDITION PACKING LIST

Wearing the proper clothing on your course is crucial. Our course environments are characterized by unpredictable weather and it can get especially cold in the spring and fall and hot in mid summer. Your packing list has been carefully compiled based on the weather conditions you may encounter while on your program. Dressing in several light layers rather than one heavy layer allows you more flexibility as the weather and workloads change. Wool and synthetic layers—also called “polypropylene”, “pile”, “fleece”, “Polar Fleece”, “Capilene”, or polyester are preferred. Synthetics insulate when wet but weigh less than wool and dry quicker and are also more comfortable next to the skin. **DO NOT bring cotton clothing such as jeans or sweatshirts (except for T-shirts and underwear).** Cotton retains moisture, loses insulating qualities and weighs more when wet. *If you show up with cotton clothing, we will insist you take appropriate clothing items from our gear room.*

**As a reminder, you are welcome to provide your own clothing or gear listed. If in the event you do not wish to or are unable to obtain items on the packing list, you may borrow items from Outward Bound.** If you bring any items that are not needed (including your luggage/duffle bag), instructors will store them in a designated locker for the duration of your expedition.

## TECHNICAL GEAR

We will provide you with all technical gear and equipment. We’ve got you covered on everything from backpacks to sleeping bags to back country stoves. We will teach you how to use all technical gear to optimize its performance.

## WHAT TO BRING

- ☐ Closed toed, closed heeled water shoes (no crocs)
- ☐ Comfortable closed toed, closed heeled shoes (for use at camp)
- ☐ 3-5 pairs of heavy wool or synthetic socks
- ☐ 1-2 pairs of quick drying shorts
- ☐ 1-2 pairs of loose fitting pants (nylon sweatpants, track pants, wool or synthetic, no cotton/denim)
- ☐ 1 set, top and bottom, synthetic long underwear (No cotton or 50/50 blend)
- ☐ 2-5 pairs of underwear / 1-2 synthetic sports bras (MUST BE PROVIDED BY STUDENT)
- ☐ 2-3 T-Shirts
- ☐ 1 Lightweight long sleeve shirt (button up or loose fitting) for protection against bugs and sun
- ☐ 2 Fleece jackets
- ☐ 1 pair of fleece pants
- ☐ 1 warm wool or synthetic hat
- ☐ 1 pair of warm fleece gloves
- ☐ Rain Gear, top and bottom
- ☐ Toothbrush and toothpaste (MUST BE PROVIDED BY STUDENT)
- ☐ Small flashlight or headlamp
- ☐ Brimmed hat or sun visor
- ☐ Sunscreen (SPF 30+)





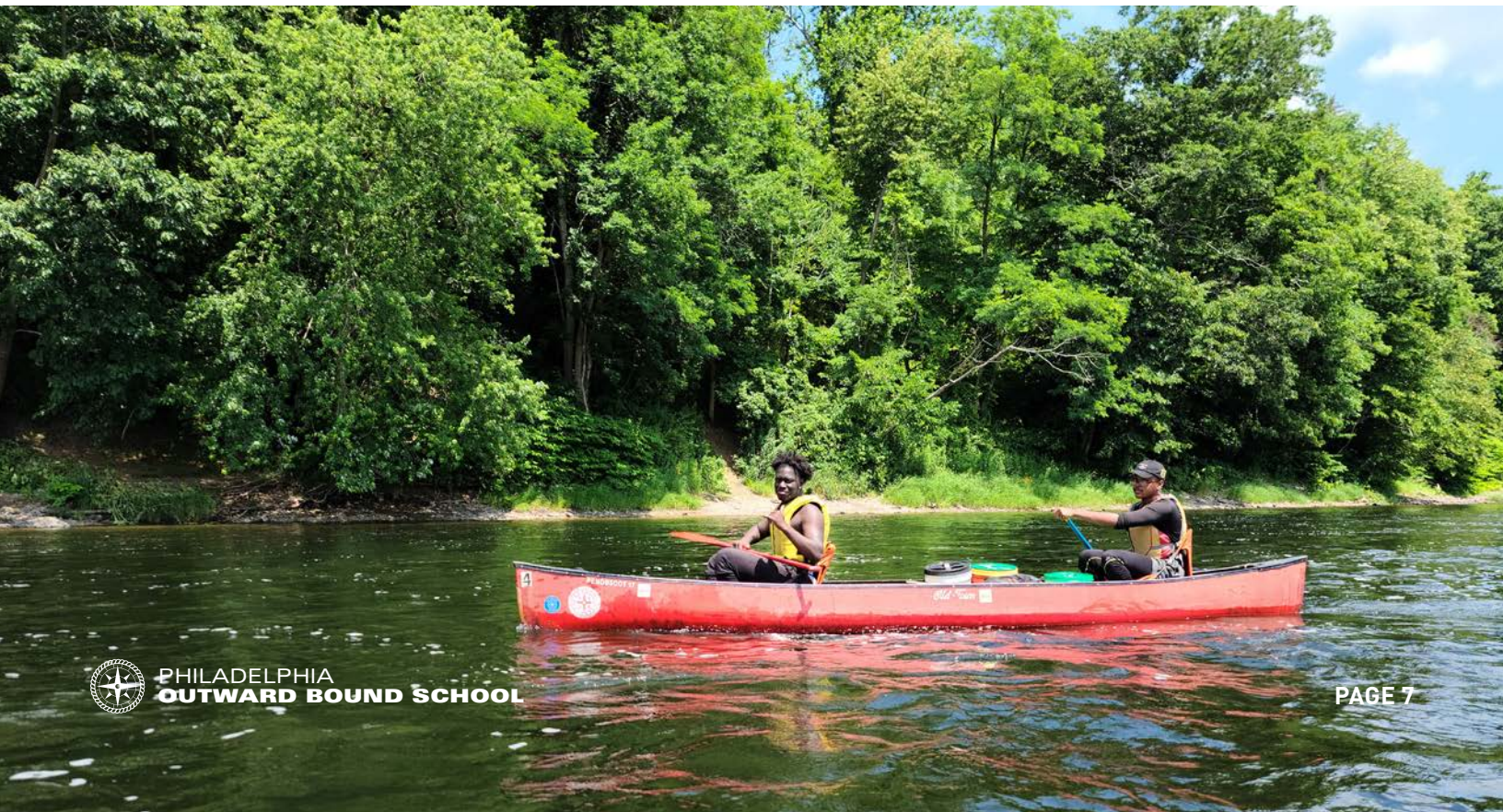
# EXPEDITION PACKING LIST (CONT.)

## OPTIONAL ITEMS

- ☐ Neck gaiter / buff
- ☐ Foot powder (small bottle only)
- ☐ 1-2 Bandanas
- ☐ Sunglasses
- ☐ Insect repellent (30% or less DEET)
- ☐ Chapstick
- ☐ Camera (Outward Bound may not take photos on every course)
- ☐ Small notebook and pen
- ☐ 2-3 gallon size ziplock bags
- ☐ Pillowcase

## MEDICATIONS

- ☐ **Prescription medications must be approved by the Medical Screener before the program starts.** In case of an emergency, we recommend that you bring double the amount of medication needed for the number of days you will be on course (with written instructions and original packaging) in a separate, waterproof container. Please bring medications in the original prescription bottles as they are provided by the pharmacy.
- ☐ Over the counter medications are available while on course when needed. If there are specific medications that you need or prefer, please bring it and list it on your medical form.
- ☐ **YOU MUST BRING AN INHALER IF YOU HAVE ASTHMA.** Even if you have not used your inhaler in years.





# EXPEDITION PACKING LIST (CONTINUED)

## GLASSES OR CONTACTS

- If you wear glasses or contact lenses, bring a spare set, if possible. Even if you only wear glasses for reading, please bring them for use in map reading. Glasses should be held on with a strap.

## MENSTRUAL PRODUCTS

- While you are on course your activities and environment may cause changes in your menstrual cycle. Please bring whatever menstrual products you normally use at home.

## WHAT NOT TO BRING

- ⊗ Alcohol, drugs, or tobacco. In keeping with legal, safety, health, and ethical considerations, these substances are not allowed on our courses. Use of any of these will result in removal from course.
- ⊗ Open toed, open heeled shoes or sandals (chacos, tevas, flip flops).
- ⊗ **Cell phones** (can be securely stored at base while participants are on expedition).
- ⊗ Please do not bring lotion, soap, deodorant, or perfume. (See FAQ *'How do I stay clean?'*)

## PERSONAL TECHNICAL GEAR MINIMUM STANDARDS

If you strongly prefer to use your own equipment and it meets our MINIMUM STANDARDS (see below), you are welcome to bring it. Please be aware that your instructors will assess gear for appropriateness and may ask you to use Outward Bound Gear if they do not find your gear adequate for the course.

- **BACKPACK:** Internal frame, 80 liters or larger
- **SLEEPING BAG:** 3 season mummy bag, synthetic fill, 20°F
- **WATER BOTTLES:** 1 Liter wide-mouth Nalgene
- **RAIN GEAR**—Top and bottom. Must be waterproof (i.e. Gore-Tex, coated nylon, DWR, etc)





# TRAVEL INFORMATION

## COURSE START AT 9:00 AM

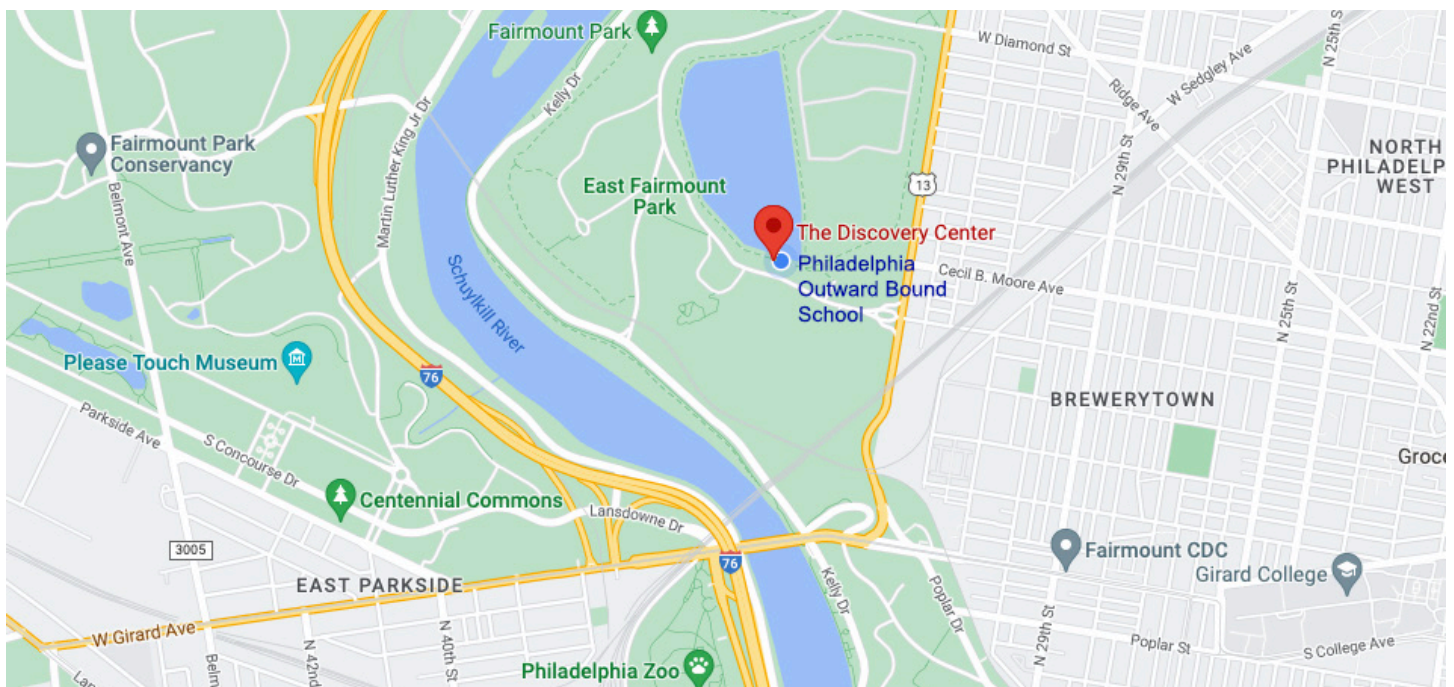
- Location: The Discovery Center, 3401 Reservoir Drive, Philadelphia, PA 19121
- We are located within Philadelphia's Fairmount Park, across the street from Smith Playground and Sedgley Woods Disc Golf Course

## COURSE END AT 1:00 PM

- Families and loved ones are invited to join us for graduation at 1:00 PM on the last day of course. After graduation, students have the option of being picked up by a guardian at our base, or to be transported back to school by Outward Bound Staff.

## CELL PHONES

- During the expedition, phones will be left in a secure area on base, and returned to students on the last day of their course





# FREQUENTLY ASKED QUESTIONS

## WHAT IS OUTWARD BOUND?

The heart of an Outward Bound experience is learning through action. Our mission is to conduct safe, adventure-based expeditions in an exciting and challenging outdoor environment. Our expeditions are structured to encourage growth and discovery, and to inspire leadership, confidence, communication, self-reliance, compassion, and care for the environment. What sets us apart from other organizations providing similar experiences is that we aim to prepare participants with the strength of character and determination they need to thrive with peers, co-workers, and neighbors in the classroom, workplace, community, and in the world.

## WHAT IS AN EXPEDITION?

It is a multi-day, fully outdoor, overnight experience. Each crew is comprised of 8-12 participants and 2-3 professionally trained Outward Bound instructors (school and group crews are also accompanied by an educator or group chaperone). Expeditions begin at our base in Philadelphia before traveling to the designated course area. Each expedition will have focused outdoor skills components which include backpacking, rock climbing, or canoeing - all of which take place in wilderness areas located throughout Pennsylvania, New Jersey, and Maryland. Participants will sleep outside at multiple campsites throughout their course, and will be setting up camp, preparing meals, and navigating by map and compass during the length of their expedition. All crews will return to our base for a lunch and graduation ceremony on the last day.

## WHAT SHOULD I EXPECT ON COURSE?

Participants should come prepared to work hard, have fun and learn new skills. Your time with us will be spent outdoors in the natural world, meeting challenges, practicing leadership, managing risks and working closely within a group. Along the way, you will be guided by your instructors and supported by the camaraderie of fellow participants.

## WHAT FORMS ARE REQUIRED?

In order to participate, each participant must complete a medical form and an assumption of risk and liability waiver. Each form must be signed by the participant and a parent/legal guardian (if participant is under the age of 18), and must be returned 4 weeks prior to course start. Please fill them out thoroughly and completely as every question is important for planning and safety purposes. On the medical form, please be sure to include your height, weight and blood pressure. Your forms will be confidentially reviewed by our medical screening department, and they may need to contact you for further clarification or to request additional information. Outward Bound's screening process is thorough and rigorous in order to ensure the safety of our participants and staff.

## WHAT IS THE CURRENT COVID-19 POLICY AT OUTWARD BOUND?

Outward Bound strongly recommends that all participants be vaccinated against COVID-19 and up to date as defined by the CDC prior to arriving to their course start. Outward Bound does not require participants to be vaccinated against COVID-19. Regardless of vaccination status, ALL participants will receive a Covid-19 rapid test upon arrival on course start morning. If a student tests positive on day 1, or during any point on course, they will be isolated from the group, and will require a family member/guardian or emergency contact to coordinate their travel back home.



## FREQUENTLY ASKED QUESTIONS (CONT.)

### WHAT SHOULD I DO IF THERE'S AN EMERGENCY?

Please understand that you will not be able to speak with participants while they are on course. The purpose of this policy is based on safety and opportunity for participants to focus on their course and on one another. If you have questions or concerns prior to the course, please contact the admissions team at (215) 232-9130 x 8929. If there is a family emergency *during the expedition*, please call the **Course Director: (267) 809-0595**.

### HOW CAN I GET PREPARED FOR EXPEDITION?

Group living and wilderness travel can be challenging. Outward Bound is committed to the success of each participant, and our pre-course and on-course practices are designed to achieve positive results. We will work with you to keep motivation high and expectations clear. If you step up to the challenge, you might just have the best time of your life. Being prepared mentally and physically is an essential element of a positive Outward Bound experience. This requires two essential things: arrive with a positive attitude and an open mind. It is also highly recommended that you remain physically active or begin to incorporate physical activity in your routine so your body can more easily adjust to expedition lifestyle. Participants should read the enclosed PACKING LIST to help prepare for their expedition with gear and follow their own physical regiment prior to course. Outward Bound will provide all of the necessary technical gear, such as backpacks and sleeping bags. Participants are welcome to provide their own clothing, and in the event they do not wish to or are unable to obtain items on the packing list, they may borrow clothing or gear from Outward Bound.

### IS EXPEDITION SAFE?

Outward Bound has an excellent safety record, and we work hard to mitigate the risk of injury to our participants. We invest considerable time and resources in training our staff and reviewing our programs to ensure they meet Outward Bound's national safety and quality standards. The accuracy of the information you provide on medical forms and physical and emotional preparation is a safety essential. While safety is our priority, we cannot guarantee against injury or illness. Families will be notified immediately in the case of an emergency.





# FREQUENTLY ASKED QUESTIONS (CONT.)

## HOW ARE INSTRUCTORS TRAINED?

Outward Bound instructors are highly qualified outdoor professionals and educators, extensively trained and certified in both technical and interpersonal skills. Typical certifications include: Wilderness First Responder, Wilderness Lifeguarding, American Mountain Guides Association Rock Climbing and American Canoe Association Canoe Instruction. An instructor must be certified and have both personal experience and professional guiding experience before becoming staff. Outward Bound instructors receive an equal level of instruction in interpersonal skills. This includes group management, conflict resolution, goal-setting and action-planning, managing adolescents in the field, and judgment training. Instructors also learn curriculum, lesson planning, and natural history.

## DO I HAVE TO WANT TO GO?

Yes, participants must be willing and motivated to attend Outward Bound. Courses are not a reform program or “boot camp”. We do not force participants to go on course. In order to make sure all participants have an enjoyable time and learning experiences while on course we ask that everyone fully participate in all course activities and follow the rules and regulations of Outward Bound. Participants will be asked about their motivation level during the enrollment and interview processes.

## WHAT KIND OF FOOD IS PROVIDED?

On course you will be eating nutritious and portable food 5 times per day (breakfast, lunch, dinner and two snacks daily). Staples include grains, pasta, cheese, vegetables, fruit and nuts, selected to meet high-energy demands of the course. Typical meals include cereals and oats, burritos, macaroni and cheese, pasta and tuna or chicken sandwiches. The diet may differ from what you are accustomed to at home. To prepare, we suggest you cut down on soft drinks, coffee and junk food. We are able to accommodate any eating restrictions and allergy concerns with our backcountry menu.

## HOW WILL I STAY CLEAN?

We are very knowledgeable of basic sanitation in the wilderness. There are no showers or indoor restroom facilities on course, however, participants wash hands regularly and learn outdoor methods for staying clean. Deodorant is not advised because it has a tendency to irritate skin when not washed off regularly, and the scent attracts unwanted insects and animals. Personal soap is not necessary, as we provide all you will need.

## WILL I RECEIVE PICTURES FROM COURSE?

While crews do carry an expedition camera, our main goal is to prioritize and maintain the safety of every student out on course. At times on course it can be difficult to take pictures, and in some cases instructors may choose to limit or fully eliminate course camera use. We encourage participants to bring a disposable camera (not digital). If pictures are taken on course with the course camera, they will be shared with participants via a link, 2-3 weeks after course end.



# CONTACT US

If you have any questions about the information in this packet, you may contact us during business hours or by email.

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Discover more at

*www.pobs.org*



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