



Dear Family,

We would like to welcome you to the GAP Year at SOAR! Your family is about to embark on a significant adventure, and it is important for you to prepare ahead of time to ensure this is a successful experience for all.

For over 40 years SOAR has provided adventure based programs for youth and young adults with learning and attention issues in a variety of programs across the US. Our Academy at SOAR is a fully accredited and certified Non-Public School by Advance ED (SACS) and the state of North Carolina. SOAR is also accredited by the American Camp Association (ACA), a group comprised of community and camp professionals who are dedicated to enriching the lives of youth and adults through the camp experience. This unique experience in academics and adventure has allowed us the opportunity to create a truly unique and remarkable experience for participants of the GAP Year at SOAR.

More specifically, we believe experiential education is one of the best ways to teach participants how to be successful, independent, and self-sufficient in a close cooperative learning community that is supportive of their individual gifts and differences. Our goal is to give young adults a wide range of activities, skills, and experiences that will not only challenge them while they are at SOAR, but will also relate to their experiences at home and in the future. After participants return home, parents frequently comment to us about how much their young adult has grown, not only physically, but in their attitudes and self-esteem. These are important and positive changes we strive to instill in our participants while on their adventure at the GAP Year at SOAR.

We look forward to providing your young adult with a year full of growth, learning, fun, friends, and many unforgettable memories!

Sincerely,

John Willson  
SOAR, Executive Director

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# Parent Checklist

- Carefully read this GAP Year at SOAR Parent Handbook.
- Complete the Online Enrollment Packet in ParentsWeb. You will be required to upload the following documents:
  - Copy of Medical Insurance Cards (front and back)
  - Physician's Report w/Immunization Records-*Note: This form should be signed by your doctor, indicating a physical has been completed in the past 12 months. Please check with your physician to determine the date of participant's last exam, as you may not need to schedule a new physical.*
- Send Passport (Spring Term only)
- Send any Psychological Evaluations if available

After you have submitted your completed Enrollment Packet, please be sure you have completed the additional steps outlined below:

- Schedule your Inbrief/Arrival Time
- Confirm Travel Arrangements
- Submit Final Payment in ParentsWeb
- Set Up Debit Account

## ***How to Access ParentsWeb***

ParentsWeb serves as your Parent Portal. In ParentsWeb, you can make payments, complete your enrollment packet, update medications, and much more. To access ParentsWeb, please visit our website at [academyatsoar.org](http://academyatsoar.org). At the bottom of every page, you will see a link for **Academy & Gap Parent Log In**.

You may also access ParentsWeb by clicking [here](#).

## ***Important Dates***

Fall (14 weeks): September 6 – December 12, 2017

Winter Break: December 12, 2017 – January 5, 2018

Spring (17 weeks): January 5 – April 29, 2018

## IMPORTANT CONTACT INFORMATION

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GAP at SOAR Director

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[nicole@soarnc.org](mailto:nicole@soarnc.org)

### **Jeremy Neidens**

Director of Eagle View Ranch

Office: (307) 455-3084

[jeremy@soarnc.org](mailto:jeremy@soarnc.org)

### **Lynne Neaves**

Admissions Director

(828) 456-3435

[lynne@soarnc.org](mailto:lynne@soarnc.org)

### **Twila Campbell**

Registrar

(828) 456-3435

[twila@soarnc.org](mailto:twila@soarnc.org)

**EVR Office: (307) 455-3084**

**Admissions Office: (828) 456-3435**

**Fax: (801) 820-3050**

### **Addresses:**

**Send letters and US Mail packages to:**

**P.O. Box 584**

**Dubois, WY 82513**

**Send FedEx and UPS packages to:**

**184 Uphill Rd**

**Dubois, WY 82513**

*\*Do not send mail to our Physical address through the US Postal Service as we do not have delivery service. Please only use the 184 Uphill Rd for FedEx / UPS packages.*

## GAP Year AT SOAR PHILOSOPHY and DESIGN

### “Learning to Thrive and not just survive”

The Gateway Adventure Program (GAP Year) at SOAR has been designed for participants whose primary learning style is outside the traditional classroom teaching methods, experiential and/or kinesthetic in nature. Our program offers a unique combination of independent living skills instruction, and experiential adventures that develop the whole person. Our participant centered model provides young adults with the tools and experiences for success through instruction in the following components: **Academics, Adventures, Self-Advocacy, Life Skills, Project Based Learning, Field Studies, Community and Empowerment**. Emphasis is placed upon applying knowledge to real situations, developing the whole person, and demonstrating the competence to thrive in society (Gibbson, 1994) As a result, they walk away from the program empowered with self-awareness, a zest for learning, and a sense of self-sufficiency unknown before.

### “Every Opportunity to Succeed”

With the goal of **success** in mind, our program promotes the gifts and strengths of every participant, and provides challenges that build self-esteem, self-confidence and self-reliance. One success, however small, builds upon another as the participants begins to recognize their own worth. Each participant is challenged in a variety of **adventure** activities (backpacking, rock climbing, canoeing, among others), and pushed past perceived limits with the necessary support and encouragement to make such a move. **Adventure** provides a significant confrontation with the self, and facilitates an appropriate transition into adulthood (Knapp, 1989). Nature plays an essential role in this kind of experience. It is an opportunity to strengthen the inner self and to discover innate creativity and resourcefulness in the absence of technological crutches. The GAP Year at SOAR **community**, comprised of committed instructors and motivated participants, plays an integral role in the **success** of each participant. The team functions as a single unit, interdependent upon each other. The peer group provides the necessary motivation and encouragement to examine the individual choices and behaviors. **Community** creates a culture of accountability where actions and unfulfilled responsibilities have logical and natural consequences. Participants are also a part of a broader community, through their participation in **project based** service learning and volunteer opportunities. While not a formal therapeutic program, the GAP Year at SOAR is able to facilitate a significant amount of personal growth and development.

### “Survival Skills for the real world”

Participants are provided the opportunity to develop **life skills**, and “Life Success Attributes”. The qualifiers listed in the model are those identified by MH Rasking, RJ Goldberg, EL Higgings, and KL Herman in [Life Success for Children with Learning Disabilities: A Parent Guide](#); Frostig Center, Pasadena, CA; 2003, pub.; [www.LDsuccess.org](http://www.LDsuccess.org). These are indicators of future life success and as such can be nurtured to help develop resilience and a deeper understanding of one’s abilities, challenges and strengths. The GAP Year at SOAR has adapted this groundbreaking research and applied it to our design. The 6 life success attributes include: Self-Awareness, Proactivity, Perseverance, Goal Setting, Support Systems, and Emotional Coping Strategies.

Participants are challenged and encouraged to take responsibility for all aspect of their life, and develop **life skills** through involvement in food planning and preparation, volunteer service, hygiene, budgeting and financial accountability and daily exercise.

# POLICIES & PROCEDURES

## COMMUNICATION

One of our participants' greatest opportunities in the program is developing independence. However, this may mean limited communication with family and friends at first. With over 40 years of experience working with ADHD and LD participants, SOAR has found that while limiting communication can be challenging, it provides the participant with the opportunity to disconnect from their past environment and allows them to fully focus on themselves and their current experience. This enhances their ability to become self aware and proactive in advocating their needs to instructors, verses only communicating frustrations to their families. With this in mind the GAP Year at SOAR has designed the following communication procedures.

### **Phone Use by Participants**

Participants will have the opportunity to earn the use of their cell phones. They will not have access to their phones during the initial phases of the program in order for them to fully focus on integrating into their new environment and aid in developing independence. Due to the outdoor setting of expeditions, participants will have the opportunity to call home only while on campus. Participants will be welcome to talk with their family for up to 30 minutes twice per campus phase until they are able to earn their cell phones. A GAP Year at SOAR instructor will begin and end each conversation, answering any questions. You will be assigned a specific call time during the inbrief process. Throughout the semester, if you need to reschedule your parent phone call due to a scheduling conflict, please call (307) 455-3084 to set up a new time.

### **Updates**

Instructors will speak with parents during the scheduled call home. Additionally, instructors may call to inform parents of issues or needed prescription refills. The Director may call or email periodically to answer questions or to discuss behavior and progress towards goals. **Please do not directly contact our instructors through their cell phones, unless asked to do so.**

### **Letters & Emails**

Parents are encouraged to write letters and/or emails to their participant. Participants will have access to their personal email accounts after the first two week phase, so initially please send emails to [evr@soarnc.org](mailto:evr@soarnc.org) **(Please put participant's name in the subject line).**

Participants are encouraged to write to family and friends whenever they would like. Please provide your participant with envelopes and stamps to facilitate this process.

### **Packages**

We understand your need to send care packages to your participant. Before sending packages, please be aware that we have limited space and excess personal items may increase participants' organizational challenges. Please do not send large amounts of candy or junk food. Healthier snacks are welcome and all food items will have to be shared with the entire team. Please respect the GAP Year at SOAR's guidelines by not sending items that would not be allowed in our outdoor based program (If the item may be in question please feel free to call and discuss it with the Director).

## WELL-BEING

### Overall Wellness

Participants will experience physically challenging activities requiring overall physical fitness. Participants complete an exercise routine each day, such as; a gym workout, morning jog, walk or other aerobic activities. Instructors will perform a weekly health check on each participant to ensure physical and emotional well-being. Please communicate all health concerns or physical limitations of your child prior to arrival.

### Medications & Supplements

#### **Bring medications to Inbrief:**

We encourage participants taking prescription medications to request a 90-day supply from their physician and prescriptions for the session. Participants are expected to arrive with at least a full month's supply of each medication in the **original bottle** with dosage instructions. Participants taking schedule II controlled substances such as ADHD stimulants (Ritalin, Adderall, Concerta, Focalin, Dexadrine, Metadate, etc.) may not be able to obtain more than a 30-day supply of their medication at a time. If requested, many physicians will write multiple prescriptions on the same day, but write a note that the prescription is not to be filled until a specific date. We encourage parents to advocate to their participant's physician to get those handwritten prescriptions prior to inbrief day. This will help to prevent any lapse in medication administration. Participants taking supplements that do not require a prescription are encouraged to bring enough to cover the whole session.

#### **Options for refilling participant medications:**

Have the participant's physician call, fax, or mail in the prescription one of the following pharmacies:

Walmart-Riverton, WY  
1733 N Federal Blvd  
Riverton, WY 82501  
(307) 856-3269

Safeway-Lander, WY  
1165 Main St.  
Lander, WY 82520  
307-332-3636

Students may be required to pay using their debit card, or SOAR will cover the cost, and bill your account.

#### **Medication Administration Training**

Participants will learn effective tracking strategies to ensure proper self-administration of medications. SOAR instructors will carry all medications and participants will come to them to get their medications at the appropriate times throughout the day. SOAR instructors will remind participants when necessary.

Instructors receive training on medication administration, including information about the common types taken by LD and ADHD young adults, their purpose and contraindications, and a standard protocol for administering medication. If you have any questions about medications, please call or email our Director.

### **Parent Notification of Injury and/or Illness**

Parents will be notified of participant injuries and illness under the following circumstances:

1. When the injury or illness requires medical care beyond the scope of Instructor certification.
2. When the participant is to be seen by anyone other than SOAR staff for medical care.
3. When illness or injury results in the participant being separated from the group for more than one day.
4. When an illness or injury requires a participant be removed from the course.
5. To obtain permission for administration of over-the-counter medication not included in the GAP Year at SOAR's first aid kit (e.g.: cough or cold medication). (Please make us aware of your preferences on the use of these medications at the time of inbrief.)

### **Doctor Visits**

Please perform routine doctor checkups and shots before the start of the program. GAP Year at SOAR personnel will utilize local doctors' offices for participants with unexpected medical issues and will contact parents if their child requires medical attention.

### **Insurance**

If an accident or injury does occur, your child will be transported to the nearest medical facility. Any charges for sickness related to doctor or hospital visits (including prescription medications) will be the sole responsibility of the parent. Family health insurance information must be included in the Medical Information section of your Enrollment Packet form, and a copy of your insurance and prescription card (if applicable) must be on file with the GAP Year at SOAR.

### **Personal Hygiene**

Due to the outdoor nature of our program, traditional bathroom facilities may not always be available. Nevertheless, the GAP Year at SOAR still requires participants to maintain hygiene. Participants are required to brush their teeth twice a day, wash hands before meals and after bathroom use, wash their face, and take care of all other hygiene matters each day. Shower facilities will be used when available on trips. While on base, participants are required to shower a minimum of every other day. If participants are not attending to their hygiene tasks, instructors will monitor the hygiene process.

### **Laundry**

Participants will do their own laundry while on base and in the field, as this is an essential life skill to learn. Participants will use their spending money to complete this task at our local laundry mat. In addition to your large laundry bag, you are welcome to send a small mesh laundry bag that can help keep track of smaller items (socks, underwear, etc.).

### **Food**

The GAP Year at SOAR promotes healthy food options for our participants. In keeping with our philosophy of developing independence and life-skills, participants plan menus for the group as well as purchase and prepare their team's food. We will accommodate vegetarian and non-orthodox kosher diets; however, participants are ultimately responsible for their own food choices. We will do our best to accommodate special dietary needs, but this may result in additional fees. Please contact the Admissions Department if your child has specific dietary needs. If sending care packages, we would ask that food and snacks are healthy in nature to help enforce SOAR's philosophy of a healthy lifestyle. Also, please understand that we are group oriented and your participant may be required to share food items with teammates. Please don't send mass quantities due to limited storage space.



### **Parent Visits**

Due to the inherent nature and design of the program, we have built in times for visits and breaks that give you and your child family time. For some participants, seeing their family may increase the likelihood of homesickness and may be counterproductive to the growth process. Please contact the GAP Year at SOAR Director if you have questions or special requests.

### **Debit Card & Spending Money**

Our goal is to help each participant gain experience with managing and budgeting personal finances. It is vital that accountability and responsibility is instilled into our participants so they may be able to manage a cashless budget on their own.

In order to make this goal a reality, each family will need to take their participant to the bank to open his/her own account **PRIOR** to their arrival on campus. Wells Fargo is a good option as the participants will be utilizing Wells Fargo ATMs. If you choose to go with Wells Fargo, request the Teen Checking Account/Custodial Checking Account. You may utilize a different financial institution, but be aware that the participant will be charged a convenience fee at Wells Fargo ATMs.

Please ensure that your participant receives a debit card in his/her name, chooses a pin number that he/she will be able to remember, and signs up for online banking. Please inform our instructors during the inbrief of the participant's pin number and online banking username and password.

Instead of the GAP Year at SOAR invoicing you for spending money, we ask that when you set up your participants' account, that you deposit \$500.00 in the fall and the spring for participants to utilize while on course. The debit cards will be held by the participants. Each participant will have a budget sheet and keep their receipts for the week in order to allow an instructor to review these products with the participant weekly. Participants will reconcile their accounts with their instructor using online banking each time they return to base every three weeks.

This account will also be used to pay for laundry and to make additional purchases as necessary. Examples of additional purchases include gear repair or replacement, doctor visits, or if you would like to pay for a birthday party / dinner out. You may put additional money into the account to cover those or other approved costs.

### **Tipping**

This practice is NOT permitted at the GAP Year at SOAR. Please share your appreciation in person or by note to those persons you wish to thank. Some choose to contribute to SOAR's scholarship fund to express thanks.

### **Participant Removal from Program**

There are occasional instances when GAP Year at SOAR participants may need to leave or may be asked to leave the GAP Year at SOAR. These instances include, but are not limited to:

- Illness or injury.
- The participant's profile & behavior upon arrival are inconsistent with information presented in application materials.
- The participant requires an inordinate amount of one-on-one attention from SOAR Staff.
- The participant displays continual aggressive behavior toward other participants, self, or SOAR Staff.
- The participant displays inappropriate sexual behavior.
- The participant uses illegal drugs, alcohol or tobacco products.

The GAP Year at SOAR reserves the right to remove participants from the program due to these and other issues deemed appropriate to maintain the safety of participants and personnel and the integrity of the program. The GAP Year at SOAR recognizes that families may need to remove participants from the program due to family emergencies, etc. While we will make all attempts to facilitate a speedy removal of the participant from the field (normally 6-8 hours), families should be aware evacuations may take more than 24 hours during expeditions. The GAP Year at SOAR does not reimburse families for participant removal.

## **PREPARING FOR YOUR ARRIVAL**

### **Packing**

As you begin planning and packing, keep in mind participants have a limited amount of space to store their belongings. **Don't over pack!** We've carefully selected each item on the gear list to ensure your child will have everything he or she needs. All items on the gear list are required unless stated otherwise. It's essential you purchase all items on the gear list before your child arrives, as there are not many places to purchase gear near our location. Be sure to label all of your child's belongings. While we make every effort to help your child keep track of their belongings, we will not be responsible for lost items.

All expedition group equipment will be furnished with exception of personal clothing, personal gear, and sleeping bag.

### **Do Not Bring**

Please do not bring expensive or valuable jewelry, cigarettes, drugs, alcohol, sparklers/fireworks, weapons (including knives), hair dyes, or skateboards. If any of the above items are brought to the GAP Year at SOAR, they will be gathered & held until the end of the session. However, GAP Year at SOAR will not be responsible for any lost or damaged items.

### **Approved Items**

Cell phones, laptops, iPods/MP3 players, and hand held video games brought will initially be held by Instructors. These items will be available for use pending approval by a Director.

### **Dress Code**

GAP Year at SOAR is dedicated to providing participants with meaningful experiences, which allow them to learn and grow. To that end, we feel an obligation to ensure each person feels comfortable in his or her attire and is not overly distracted by the clothing of those around them. Therefore, we have formalized our dress and personal appearance code. This dress code takes into consideration the need for self-expression, while also eliminating distractions that might undermine our participants' experiences. Clothing that depicts violence, drugs, alcohol, or sexualized references are unacceptable. Participants are not permitted to wear: provocative clothing, pants exposing underwear, clothing with rips, short-shorts, tube tops, or clothing exposing cleavage or the midriff. Uncovered bathing suits should be reserved for water activities and must be a one-piece bathing suit with minimum 1 inch straps. Bikinis are not permitted. Significant appearance changes while at the GAP Year at SOAR are not permitted (drastic changes in hair style or color, piercings, and henna/tattoos).

## PLANNING FOR END OF YEAR

### **Debrief Process**

Debriefs are crucial to a successful transition home. During the debrief, we will review your child's experience and academic progress. You will also receive a written evaluation. The debrief, combined with the Parent Weekend, will help your family develop an action plan for the future and the transition back home. Please contact the Director to reserve your debrief time (as this is a first come/ first serve policy).

### **Family Weekend and End of Year Celebration**

The Parent Weekend is your opportunity to celebrate the successes of your child over the course of their entire GAP Year experience. It is very important both to the GAP Year at SOAR and your child that you attend. This time together will be an invaluable tool to help your family during your participant's transition home. You will be sent more materials as the end of session nears. Please make arrangements for your child to stay with you during the weekend.

## TRAVEL

Parents are **strongly** encouraged to bring their child to the GAP Year at SOAR. If you are unable to accompany him or her, please contact SOAR to coordinate travel arrangements.

### **From Jackson Hole / Jackson Hole Airport (from the West)**

Take 287 / 26 north out of Jackson or turn left out of the airport. The airport is about 10 miles north of Jackson. Proceed 20 miles to Moran Junction. At Moran Junction you will proceed straight ahead on Hwy. 287 / 26 toward Dubois (the road to Yellowstone turns off to the left). It is about 53 miles between Moran Junction and Dubois.

You will cross Togwotee Pass and then begin descending toward Dubois. About 10 miles east of Togwotee, you will pass the Tie Hack Memorial (right side of road). Dunoir Station and the road to Union Pass are next along your route (also on right side of road). About 3 miles past the Union Pass road cut-off, the road to Stoney Point will turn off to the right. This is just past mile marker 49.

Turn right on that road and proceed about 1/2 mile to a T-intersection. Turn right onto Uphill Road at the T-intersection (stay on this main road, drive uphill). Proceed about 1.5 miles up Uphill Road to a left hand fork. Bear left and drive another 1/2 mile to the Eagle View Ranch entrance. The Eagle View Ranch gate is on the right hand side of the road just past the entrance to our lower base camp (Eagle View arena on the right). Drive through the gate and proceed up the drive to our upper base camp.

### **From Riverton / Riverton Airport (from the East)**

Exit the Riverton airport, turn right on Hwy 26 and travel 75 miles to Dubois. You will pass through Kinnear and Crowheart enroute to Dubois. Drive through Dubois and pass the Exxon Station on the west end of town (this is actually the second Exxon you will pass). From this landmark, drive four miles to the road to Stoney Point and turn left. The Stoney Point entrance is the second left-hand turn-off past mile marker 49.

Proceed about 1/2 mile to a T-intersection. Turn right onto Uphill Road at the T-intersection (stay on this main road, drive uphill). Proceed about 1.5 miles up Uphill Road to a left hand fork. Bear left and drive another 1/2 mile to the Eagle View Ranch entrance. The Eagle View Ranch gate is on the right hand side of the road just past the entrance to our lower base camp (Eagle View arena on the right). Drive through the gate and proceed up the drive to our upper base camp.

### **From Salt Lake City (from the Southwest)**

Exit Salt Lake City on I-80 East through Evanston and Green River to Exit 104 in Rock Springs. Exit right and turn right on Hwy 191 to Farson. Turn right on Hwy 28 to Lander. Hwy 28 joins with Hwy 287 just south of Lander. Continue on Hwy 287 through Lander to the intersection with Hwy 26. Turn left on Hwy 26 / 287 and proceed to Dubois. You will pass through Crowheart enroute to Dubois.

Drive through Dubois and pass the Exxon Station on the west end of town (this is actually the second Exxon you will pass). From this landmark, drive four miles to the road to Stoney Point and turn left. The Stoney Point entrance is the second left-hand turn-off past mile marker 49.

Proceed about 1/2 mile to a T-intersection. Turn right onto Uphill Road at the T-intersection (stay on this main road, drive uphill). Proceed about 1.5 miles up Uphill Road to a left hand fork. Bear left and drive another 1/2 mile to the Eagle View Ranch entrance. The Eagle View Ranch gate is on the right hand side of the road just past the entrance to our lower base camp (Eagle View arena on the right). Drive through the gate and proceed up the drive to our upper base camp.

### **From Denver (from the Southeast)**

Proceed north out of Denver on I-25 to I-80 West just south of Cheyenne. Exit onto I-80 West and proceed to Exit 215 in Rawlins. Turn right onto Hwy 287 Bypass until it joins Hwy 287 and proceed to Lander. Continue on Hwy 287 through Lander to the intersection with Hwy 26. Turn left on Hwy 26 / 287 and proceed to Dubois. You will pass through Crowheart enroute to Dubois.

Drive through Dubois and pass the Exxon Station on the west end of town (this is actually the second Exxon you will pass). From this landmark, drive four miles to the road to Stoney Point and turn left. The Stoney Point entrance is the second left-hand turn-off past mile marker 49.

Proceed about 1/2 mile to a T-intersection. Turn right onto Uphill Road at the T-intersection (stay on this main road, drive uphill). Proceed about 1.5 miles up Uphill Road to a left hand fork. Bear left and drive another 1/2 mile to the Eagle View Ranch entrance. The Eagle View Ranch gate is on the right hand side of the road just past the entrance to our lower base camp (Eagle View arena on the right). Drive through the gate and proceed up the drive to our upper base camp.

## The GAP Year at SOAR GEAR GUIDE

Did you ever receive a gear list from an outdoor program and panic? So much stuff! Likely questions arise. Where do I begin? The outdoor gear industry is like anything else, "you get what you pay for." Do you need to purchase expensive gear from a specialty store? Not necessarily. Start by asking yourself these questions:

- How much am I willing to spend?
- Will this equipment ever be used again?
- How comfortable do I want my child to be?

With all of this in mind, let's talk gear! Here are a few tips in looking for the most critical items:

### **SLEEPING BAG**

[http://www.rei.com/product/864541/the-north-face-aleutian-0-sleeping-bag-](http://www.rei.com/product/864541/the-north-face-aleutian-0-sleeping-bag)  
[http://www.campmor.com/outdoor/gear/Product\\_42241](http://www.campmor.com/outdoor/gear/Product_42241)

#### **What to look for in a sleeping bag:**

- The comfort rating is measured in degrees F. Remember the temperature rating is relative. If you are cold or warm natured, remember to compensate accordingly.
- Weight is important - look for a bag that is as light as possible. A 0 - 5 F degree bag should weigh no more than 5 to 7 lbs.
- Compressibility refers to the size of the stuff sack the sleeping bag can be stuffed. The smaller, the better. Be careful, manufactures know you will be evaluating compressibility so they sell very small stuff sacks with their bags. Make sure your child can get the bag back into the sack without difficulty.
- The most efficient sleeping bag design is the mummy bag with a hood or draw string.
- The fill or insulation in a bag will determine the warmth to weight ratio. There are two types of fill: synthetic and down. We require synthetic fill such as Dacron II because it will maintain some insulating value even when wet and will dry much faster than down.

### **SLEEPING PAD**

<http://www.rei.com/product/865154/therm-a-rest-trail-lite-sleeping-pad>  
[http://www.campmor.com/outdoor/gear/Product\\_43030](http://www.campmor.com/outdoor/gear/Product_43030)

A sleeping pad is an important part of camping equipment. In addition to comfort, the pad is an essential item providing insulation from the cold ground.

Important information about sleeping pads includes:

- There are two different mattress styles - closed foam and self-inflating open foam
- The closed foam mat price ranges \$9 to \$25
- The self-inflating mattresses are more expensive, starting at \$40
- Closed foam mats are better for icy/snowy conditions

### **INSECT REPELLANT**

A non-aerosol repellent is required (cream or liquid). Aerosol sprays can damage the waterproof characteristics of fabrics including jackets and tents.

### **RAIN GEAR**

<http://www.rei.com/product/859278/marmot-precip-rain-jacket-mens>  
[http://www.campmor.com/outdoor/gear/Product\\_36898](http://www.campmor.com/outdoor/gear/Product_36898)

Effective rain gear consists of a separate top and bottom. There are two types of jackets that are adequate: waterproof-non breathable and waterproof-breathable. Breathable materials allow sweat to evaporate through the jacket. Non-breathable will not. Due to the physical nature of the course, we strongly recommend breathable fabrics to ensure comfort. You may also choose to purchase a Soft Shell jacket that combines a

fleece and water-resistant Layer. These technical fabrics are great in a variety of conditions, but can eventually become saturated in a downpour. The easiest way to ensure comfort is to utilize a number of layers. We recommend a combination of under layer, fleece and a waterproof outer layer for maximum effectiveness in cold, wet conditions.

**WATERBOTTLES** [http://www.campmor.com/outdoor/gear/Product\\_98226](http://www.campmor.com/outdoor/gear/Product_98226)

Water bottle, also known as a Nalgene, should hold at least 1 qt. and **not leak**. The best option is a plastic "Nalgene" brand bottle with wide mouth. The army surplus canteen is a 50/50 gamble as about half of them leak. The old western style round canteens typically leak and are hard to pack. Please insure you pack three water bottles.

**NYLON CORD (50')** <http://www.rei.com/product/868899/ultimate-survival-technologies-paracord-550-utility-cord-30>

This cord is used in the camping setting for clotheslines, lashing gear, etc. It is a small diameter cord and is sometimes referred to as "parachute" cord. Please bring at least 50 feet.

**DAYPACK** <http://www.rei.com/product/854158/rei-lookout-40-pack-mens#specsTab>  
[http://www.campmor.com/outdoor/gear/Product\\_67215#](http://www.campmor.com/outdoor/gear/Product_67215#)

A daypack is a small backpack used to carry essential gear for day excursions. A school-type book bag will NOT suffice. The daypack must be large enough to carry the "five essentials" and then have a little room left over for lunch items (3,000 cubic inches/24 liter). The five essentials include: rain gear, water bottles, flashlight, whistle, and extra warm clothing. Some daypacks have a waist belt. This is a nice feature as it redistributes some of the weight of the pack from the shoulders to the torso.

**EXPEDITION BACKPACK** [http://www.campmor.com/outdoor/gear/Product\\_84095](http://www.campmor.com/outdoor/gear/Product_84095)  
<http://www.rei.com/product/766117/gregory-whitney-95-pack#specsTab>

Please pack all of your field gear and clothing in a large backpack. Backpacks should be comfortable, fitted and approximately 5500 – 7000 cubic inches with a sturdy hip pad and a good suspension system. Prices range from \$150 - \$350. **Fit is the most important factor when purchasing a backpack.** We recommend an internal frame pack, with plenty of space for all required gear. It is also important to purchase a Rain Cover for your backpack that is compatible with the size and shape of your backpack. This will help prevent gear from becoming wet.

**FOOTLOCKER/TRUNK & LARGE DUFFLE BAG**  
<http://www.walmart.com/ip/Garrison-Trunk-Olive-Green/1739550>

Please pack all of your base gear and clothing in a trunk/footlocker and large duffle bag. A 30"x15"x12" trunk is recommended. They typically sell at Wal-Mart for around \$40.00.

**EATING GEAR/MESS KIT** [http://www.campmor.com/outdoor/gear/Product\\_81003](http://www.campmor.com/outdoor/gear/Product_81003)

Eating gear should be sturdy but does not need to be fancy. A plastic bowl or a metal sierra cup, spoon and fork are sufficient. They do not need a full blown "cook set".

**WOOL/SYNTHETIC CLOTHING** [http://www.campmor.com/outdoor/gear/Product\\_54237](http://www.campmor.com/outdoor/gear/Product_54237)  
<http://www.rei.com/product/861660/rei-sahara-convertible-pants-with-no-sit-zips-mens-32-inseam>

Wool or synthetic (also known as fleece or polyester) clothing is an important component of a successful outdoor experience. Wool and/or synthetic clothing will keep you warm under the most unfavorable conditions, even when the clothing is wet. Cotton will not! Please **do not** substitute cotton clothing for wool

or synthetic clothing items indicated on the Gear Lists. Cotton is an ideal material for jeans and T-shirts as long as you have the wool or synthetic clothing available for cool or rainy weather.

### **BOOTS**

<http://www.rei.com/product/813907/keen-gypsum-wp-mid-hiking-boots-mens>

[http://www.campmor.com/outdoor/gear/Product\\_15684](http://www.campmor.com/outdoor/gear/Product_15684)

Boot selection and preparation are important. Ensure the boots are comfortable and able to accommodate a pair of trekking socks for a crisp mountain morning. Reputable makers of lightweight hiking boots include: Lowe, Hi-tech, Danner, Vasque, Merrell, and Asolo. It is critical that you break in any boot before the start of your course. Failure to do so will result in blisters and sore feet. Ensure you purchase waterproof leather or GoreTex hiking boots with flexible un-shanked sole.

### **SOCKS**

[http://www.campmor.com/outdoor/gear/Product\\_11412](http://www.campmor.com/outdoor/gear/Product_11412)

Quality socks are important in preventing blisters. Cotton socks will increase the foot moisture and discomfort. Please purchase wool or synthetic wool socks, such as Smartwool or Thorlo Backpacking socks. Although these are more expensive, they are more durable and worth the cost. Just be sure to put the participants name on the socks! You may also consider purchasing a liner sock, which can be worn in combination with the backpacking socks. This will further decrease friction between the foot and the boot, and can extend the time in which socks can be worn prior to washing.

### **WATER SHOES**

<http://www.rei.com/product/707627/keen-newport-h2-sandals-womens>

Water shoes will be worn in all water based activities such as swimming. A Velcro-strap "Teva" type is common, as is the slip-on water shoe. However, some Velcro shoes may get sand stuck in the straps which can create blisters. Keen and Chaco are two brands of popular water shoes that provide a structured foot bed and are longer lasting than most inexpensive water shoes.

### **FLASHLIGHT**

[http://www.campmor.com/outdoor/gear/Product\\_83476](http://www.campmor.com/outdoor/gear/Product_83476)

New technology has created a flashlight / headlamp that uses L.E.D. bulbs and consumes less battery power. Brands include, Petzel and Princeton Tech. You can order them at gear stores or Campmor. Prices range from \$30 - \$50. Headlamps are strongly recommended.



## GAP YEAR AT SOAR GEAR LIST

### Expedition Equipment:

- \_\_\_ 1 internal frame backpack (5,500 - 6,000 cubic inch minimum capacity)
- \_\_\_ 1 Backpack rain cover
- \_\_\_ 1 dry bag (2500 cubic inch minimum capacity)
- \_\_\_ 1 zero degree or below Packable synthetic sleeping bag
- \_\_\_ 1 waterproof compression stuff sack for sleeping bag (make sure it fits the Sleeping bag)
- \_\_\_ 3 multi-sized compression stuff sacks for clothing and organization
- \_\_\_ 1 sleeping pad (Ridge Rest or Therma Rest Standard pads are highly recommended)
- \_\_\_ 1 bowl, one cup, one fork, one spoon (made of plastic or metal)
- \_\_\_ 1 laundry bag
- \_\_\_ 1 large box of Gallon sized Ziplocs
- \_\_\_ 1 large box of Quart sized Ziplocs
- \_\_\_ 1 Packet of black sharpie markers

### Expedition Clothing:

- \_\_\_ 2 expedition-weight polypropylene long underwear top and bottom
- \_\_\_ 2 lightweight polypropylene long underwear top and bottom
- \_\_\_ 3 pair of quick dry pants (convertible are ok)
- \_\_\_ 4 pair quick dry shorts
- \_\_\_ 4 quick dry tee shirts (non-cotton)
- \_\_\_ 1 balaclava (facial hat)
- \_\_\_ 1 synthetic fill puffy winter jacket
- \_\_\_ 2 Long sleeve light weight button up synthetic shirts

### Expedition Hygiene/Self Care:

- \_\_\_ 1 Large Quick Dry Towel
- \_\_\_ 1 small Travel sized Toiletry bag
- \_\_\_ 1 small Bottle of biodegradable soap
- \_\_\_ 1 travel sized toothbrush and full length case
- \_\_\_ 1 travel sized hairbrush (for long hair)
- \_\_\_ For contact wearers: 1 travel sized bottle of contact solution and case
- \_\_\_ For Males: 1 travel sized bottle of Gold bond Powder

### General Equipment:

- \_\_\_ 1 day pack with waist belt (at least 3,000 cubic inches)
- \_\_\_ 2 one quart largemouth water bottles (Nalgene is best)
- \_\_\_ Sunglasses
- \_\_\_ Whistle with lanyard to wear around neck
- \_\_\_ Small headlamp with a L.E.D. bulb & extra batteries
- \_\_\_ Watch with alarm



### **General Clothing:**

- \_\_\_ 10 pairs of underwear
- \_\_\_ 8 pair thick wool or polypropylene socks
- \_\_\_ 1 pair of thick wool or pile or fleece pants
- \_\_\_ 1 thick wool or pile fleece sweaters
- \_\_\_ 3 bathing suits
- \_\_\_ 1 belt
- \_\_\_ 1 set GoreTex (or similar waterproof breathable material) pants and jacket storm gear
- \_\_\_ 1 thick wool, pile or fleece hat
- \_\_\_ 1 pair wool or pile or fleece gloves
- \_\_\_ 1 waterproof shell mitten structure
- \_\_\_ 1 sun/rain hat (a baseball cap is fine if your rain jacket has a hood)

### **General Footwear:**

- \_\_\_ 1 pair waterproof hiking boot with flexible un-shanked sole and over the ankle support.
- \_\_\_ 1 pair water shoes: closed toed and strapped on...no FLIP FLOPS
- \_\_\_ 1 pair lace up running shoes
- \_\_\_ 1 pair of Teva/Chaco type sandals
- \_\_\_ 1 pair of winter boots

### **Base Equipment:**

- \_\_\_ 1 Duffle Bag
- \_\_\_ 2 sets single bed sheets (fitted, flat & pillow case)
- \_\_\_ 1 single bed comforter or blanket
- \_\_\_ 1 pillow
- \_\_\_ 1 laundry bag

### **Base Clothing:**

- \_\_\_ 8 pair socks for running
- \_\_\_ 2 pairs shorts
- \_\_\_ 8 pairs of pants
- \_\_\_ 8 tee shirts
- \_\_\_ 2 pair of sweatpants
- \_\_\_ 2 hooded sweatshirts
- \_\_\_ 2 Collared Shirts

### **Base Hygiene/Self Care:**

- \_\_\_ 1 Deodorant
- \_\_\_ 2 toothbrushes
- \_\_\_ 1 full length toothbrush cover
- \_\_\_ 1 tube of toothpaste
- \_\_\_ 2 wash cloths

- \_\_\_ 3 bath towels
  - \_\_\_ Razors and shaving supplies, if needed
  - \_\_\_ Hairbrush
  - \_\_\_ Body wash
  - \_\_\_ Shampoo & Conditioner
  - \_\_\_ For Females: Tampons and Pads
- \*\*\*\*No colognes, hairsprays, or mousses - they smell like food to animals

**Optional Items:**

- \_\_\_ Camera with charger or batteries
- \_\_\_ Camp Chair (A Crazy Creek type chair or conversion kit for the rest pad is ideal)
- \_\_\_ iPods and laptops (these items will be used according to protocols)
- \_\_\_ Spinning fishing rod/fly rod

**ITEMS NOT TO BRING**

1. Do not bring any excessive clothes or items not listed
2. Do not bring expensive jewelry or electronics
3. Do not bring a lighter or matches
4. Absolutely no tobacco, alcohol or illegal substances
5. Do not bring a knife.
6. Personal tents, tarps, hammocks, stoves, or water purification kits.

## PROGRAM CALENDAR:

*A complete calendar will be furnished to you at the beginning of each semester. Please note this schedule is subject to change pending weather, expedition locales, and other factors as necessary.*

### Fall (14 Weeks)

**Phase 1:** Students arrive, compile self-awareness data (Strengthsquest and Learning Styles Inventories), develop routine, trip planning/preparations for expedition 1, begin regional adventures to Yellowstone/Tetons

**Phase 2:** First Expedition

**Phase 3:** Residential living, volunteer at chosen option, college course one day a week at Central Wyoming College, Community involvement, trip planning/preparation for second expedition

**Phase 4:** Second Expedition

**Phase 5:** Residential living, service projects/volunteer, college course one day a week at Central Wyoming College, plan/prepare for final expedition

**Phase 6:** Final expedition

**Phase 7:** Final Living component

### Spring (17 Weeks)

**Phase 1:** Students arrive, review self-awareness data, develop routine, trip planning/preparations for expedition 1, begin regional adventures

**Phase 2:** First Expedition

**Phase 3:** Residential living, volunteer at chosen option, college course one day a week at Central Wyoming College, Community involvement, trip planning/preparations for second expedition

**Phase 4:** Second Expedition (International Trip to Costa Rica or Belize)

**Phase 5:** Residential living, volunteer at chosen option, college course one day a week at Central Wyoming College, Community involvement, trip planning/preparations for final expedition

**Phase 6:** Final Expedition

**Phase 7:** Final Living component

## NOTES: