



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
- Send any Psychological Evaluations, IEP and supporting educational/evaluation documents 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
- Sign up for the day one family luncheon
- 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, choose **GAP Year** from the main menu, then choose **Parent Log In**.

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

### ***Important Dates***

Fall {14 weeks}: September 9<sup>th</sup> - December 11<sup>th</sup>, 2020

Winter Break: December 11<sup>th</sup>, 2020 - January 5<sup>th</sup>, 2021

Spring {16 weeks}: January 5<sup>th</sup> - April 24<sup>th</sup>, 2021

Family Weekend: April 22<sup>rd</sup> - April 24<sup>th</sup>, 2021

## IMPORTANT CONTACT INFORMATION

### **Ian Moore**

Director of GAP Year at SOAR

(307) 455-3084

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

### **Jeremy Neidens**

Director of Eagle View Ranch

(307) 455-3084

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

### **Cynthia Kelly**

Admissions Director

(307) 455-3084

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

### **Stephanie Lowe**

Registrar

(828) 456-3435

[stephanie@soarnc.org](mailto:stephanie@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 & 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 begin 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**, composed of committed mentors 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 aspects 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 mentors, 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 base. Participants will be welcome to talk with their family utilizing the landlines during free times. Throughout the semester, if you would like to speak with your participant, please call (307) 455-3800.

### **Updates**

The director will send out emails at the beginning and end of a phase. Additionally, mentors 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 mentors through their cell phones, unless asked to do so.** If you would like an update beyond what is mentioned please email or call to schedule a time with the director.

### **Letters & Emails**

Parents are encouraged to write letters and/or emails to their participants. Participants will have access to their personal email accounts after 30 days, so **initially** please send emails to [ian@soarnc.org](mailto:ian@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 candy or junk food. Healthier snacks are welcome and all food items will have to be shared with the entire team {please remember allergies among the group as well). 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). Restricting packages by remembering they have a budget to purchase necessary items.

## 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, walk, or other aerobic activities. Mentors 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. **If insurance refuses to fill a prescription a call and explanation can often permit a vacation override.**

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

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

##### **Dubois Drug**

126 E Ramshorn St  
Dubois, WY 82513  
307-455-2400

##### **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 mentors will carry all prescription 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.

Mentors 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 Mentor 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 to be removed from the course.

## **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, mentors 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 laundromat. 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 a winter break that gives you and your child family time. For some participants, seeing their family while at the program 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 base. 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 mentors 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. Spending money is for laundry, essential items, souvenirs, etc. outside of what is already being provided by SOAR through tuition. Participants will receive between \$33 and \$60 every two weeks in spending money depending on their Tier Check-In. 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 a mentor to review these products with the participant weekly. Participants will reconcile their accounts with their mentor using online banking weekly. Participants will lose access to their budget if they go over their available funds and will be charged an overdraft fee. Mentors will work with participants to reconcile their budget and plan better for future purchases. 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 (a personal pocket knife is permitted but will be held until earned through the Tier system), 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 tablets brought will initially be held by mentors. These items will be available for use pending approval by the Director. ereaders just for reading will be allowed.

### **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 progress. You will also receive a written evaluation. The debrief, combined with the Family 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 Family Weekend is your opportunity to celebrate the successes of your child over the course of their entire GAP Year experience. It is very important to both 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 the session nears. Please make arrangements for your child to stay with you during the weekend.

## TRAVEL

Families 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 the right side of the 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 en route to Dubois. Drive through Dubois and pass the Sinclair Station on the west end of town (this is actually the second Sinclair 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 Sinclair Station on the west end of town (this is actually the second Sinclair 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 Rawlings. 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 Sinclair Station on the west end of town (this is actually the second Sinclair 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**

<https://www.rei.com/product/136215/rei-co-op-down-time-0-down-sleeping-bag>

#### **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 6 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**

<https://www.rei.com/product/171684/therm-a-rest-prolite-plus-sleeping-pad>

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
- Weight is important - they will backpack with this pad. It should compress to a size if inflatable that can fit in a pack.

### **INSECT REPELLANT**

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

## **WATERBOTTLES**

<https://www.rei.com/product/106339/rei-co-op-nalgene-wide-mouth-water-bottle-32-fl-oz>

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 a 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')**

<https://www.rei.com/product/118267/bluwater-3mm-niteline-utility-cord-50>

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**

<https://www.rei.com/product/111299/osprey-stratos-36-pack-mens>

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**

<https://www.rei.com/product/134072/osprey-atmos-ag-65-pack-mens>

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.

\*Some participants are short or the frame might extend beyond their head.\*

## **FOOTLOCKER/TRUNK & LARGE DUFFLE BAG**

<https://www.walmart.com/ip/Seward-Essential-30-Trunk-with-Lock-Black/740935923?selected=true>

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.

## **WOOL/SYNTHETIC CLOTHING**

<https://thehikingadventure.com/merino-wool-vs-synthetic>

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**

<https://www.rei.com/search?q=hiking+boots>

Make sure boots are a good fit. We recommend wearing a breaking in before arriving to base.

## **SNOW BOOTS**

<https://www.rei.com/search?q=snow+boots>

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**

<https://www.rei.com/search?q=wool+socks>

## **SOCK LINERS**

<https://www.rei.com/search?q=sock+liners>

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.

## **EATING GEAR/MESS KIT**

<https://www.rei.com/product/782238/sea-to-summit-alpha-utensil-set>

<https://www.rei.com/product/111936/sea-to-summit-x-seal-go-container-large>

<https://www.rei.com/product/884337/gsi-outdoors-infinity-backpacker-mug>

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"

## **RAIN GEAR**

<https://www.rei.com/product/125348/rei-co-op-drypoint-gtx-jacket-mens>

<https://www.rei.com/product/137553/rei-co-op-essential-rain-pants-womens>

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 combine 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.

## **WATER SHOES**

<https://www.rei.com/rei-garage/product/171628/chaco-zcloud-sandals-mens> \*Sandals option

<https://www.astraldesigns.com/shop/footwear/mens/water> \*Closed toe water shoes option

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. Astral water shoes are widely popular in the whitewater world and are a closed toe option.

## **HEADLAMP**

<https://www.rei.com/rei-garage/product/166915/black-diamond-revolt-headlamp>

Brands include, Petzel and Black Diamond. You can buy them or order them at gear stores. Prices range from \$30 - \$50.

## **WINTER GLOVES**

<https://www.rei.com/search?q=winter+gloves>

## **GLOVE LINERS**

<https://www.rei.com/product/136791/rei-co-op-liner-gloves>



## GAP YEAR AT SOAR GEAR LIST

### Expedition Equipment:

- 1 internal frame backpack (65L minimum capacity - depending on fit; size with REI)
- 1 Backpack rain cover
- 1 dry bag (36L 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 Thermarest 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 lightweight button up synthetic shirts

### Expedition Hygiene/Self Care:

- 1 Large Quick Dry Towel
- 1 small Travel size 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
- Digital watch with alarms

## **General Clothing:**

### 7 Cloth Face Masks

- 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 mitts structure
- 1 sun/rain hat (a baseball cap is fine if your rain jacket has a hood)
- 3 nice outfits for college visits or time in public {no extra needed}

## **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 personal oral digital thermometer
- 1 deodorant
- 2 toothbrushes
- 1 full length toothbrush cover
- 1 tube of toothpaste
- 2 washcloths

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 **\*\*Very beneficial to take photos in backcountry and international trip\*\***  
Camp Chair (A Crazy Creek type chair or conversion kit for the rest pad is ideal)  
Cell phone, iPod/MP3 player, laptops/tablets **\*will be held until earned through Tier system\***  
Spinning fishing rod/fly rod  
Journal {or purchase upon arrival}  
2 half inch three ring binders with dividers  
3 stuff sacks {help with ex pack organization)  
Personal pocket knife **\*will be held by director until earned through Tier system\***

### **ITEMS NOT TO BRING**

Do not bring any excessive clothes or items not listed  
Do not bring expensive jewelry or electronics  
Do not bring a lighter or matches  
Absolutely no tobacco, alcohol or illegal substances  
Do not bring personal tents, tarps, hammocks, stoves, or water purification kits  
No open flame candles

## 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, Sinks Canyon

**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 (16 Weeks)

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

**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 18 days

**Phase 7:** Final Living component

# PROGRAMMATICS

## Four Components of the Gap Year Program

### CWC

- ★ Gapper will take 3 classes total throughout the entire program (2 in the fall and 1 in the spring)
- ★ Classes include: College Orientation, Personal Finance, & Workplace Readiness
- ★ Experience a real college campus and utilize facilities

### Life Skills

- ★ Taught by mentors on base
- ★ Happening 1-2 times per week during a base phase
- ★ Topics include: Strengths Quest, Self-Awareness, Self-Advocacy, Life Success Attributes, Basic Auto Mechanics, and more!

### Volunteering

- ★ Happening twice a week during a base phase
- ★ Giving back to our small town community
- ★ Participants decided where they want to volunteer
- ★ Potential volunteer placements include: Fish Hatchery, Assisted Living Center, Boys & Girls Club, Tannery, National Bighorn Sheep Center, Dubois Museum, Warm River Ranch

### Expeditions

- ★ Backcountry element and backpacking in remote locations
- ★ National Parks around the west
- ★ College visits and meetings with accommodative services
- ★ Trips planned by the participants
- ★ International expedition to Belize or Costa Rica
- ★ High adventure activities

## GAP Year at SOAR Tier System

**\*All Tiers have access to 2 Tier bump meetings per semester, gappers set criteria with staff and can cash in whenever suitable\***

### Valley Vagabond

- If a participant falls into this category for 3 consecutive weeks, they will be placed on a contract produced by staff and a Director.
- Earns \$35

### Foothill Founder

- Access to 1 electronic with proposal – Staff will determine time (personal time, etc.) and duration electronics can be used with a maximum of 1 hour a day and 7 hours a week
- Ability to write proposals.
- Earns \$45

### Canyoneer

- Access to 1 electronic device during one of these times listed with the proposal.  
Choices will be made for the entire week:
  - From after breakfast cleanup to start of dinner (9am - 5pm)
  - Or from 5pm - 9 pm
- Allowed to keep the electronic device over the weekend from Friday 5p.m. to Sunday breakfast.
- Ability to write proposals.
- Earns \$50

### Rock Climber

- Access to Electronics daily from wake up until bedtime & Internet with proposal.
- Allowed to keep the electronic device over the weekend from Friday 5pm to Sunday 10 pm.
- Earns a single two hour block of time off that can be used during the two week period while in this tier. The time off block must be used before the end of the phase and cannot be broken up into smaller portions. The time off block must be scheduled and approved by staff at the tier check-in meeting. Earned time off will not be used on expeditions unless approved by staff. Time off cannot be used during CWC Classes, Life Skills Lessons, or Volunteering.
- Ability to carry a personal pocket knife.
- Ability to write proposals.
- Earns \$55

### Summiting Mountaineer

- Access to Electronics & Internet with proposal.
- Earns a single four hour block of time off that can be used during the two week period while in this tier. The time off block must be used before the phase ends and cannot be broken up into smaller portions unless approved by staff. The time off block must be scheduled and approved by staff at the tier check-in meeting. Earned time off will not be used on expeditions unless approved by staff. Time off cannot be used during CWC Classes, Life Skills Lessons, or Volunteering.
- After earning this tier a second time, participants are given an 8 hour block of time off that must be selected and approved by staff and used before the next phase.
- Ability to carry a personal pocket knife.
- Pick a special activity for the next weekend (or during the week if schedule allows)
- Ability to write proposals.
- Earns \$60

## GAP Tier Check-In

Participant Name:	Date:	
Evaluation/Level Expectations: 1 - Consistently: below expectations, does not comply with requests 2 - Occasionally: below expectations, sometimes does not comply with requests 3 - Meets expectations & complies with requests but does not take initiative 4 - Occasionally: above expectations, initiative & role modeling 5 - Consistently: above expectations, initiative & role modeling	Valley Vagabond: below 27 Foothill Founder: 27-33 Canyoneer: 34-39 Rock Climber: 40-45 Summitting Mountaineer: 46-50	*Earning a 2 in any category does not allow you the privilege of being a Summiting Mountaineer*

Mentor:	Score:	Notes:
Group Guidelines and Integrity		
Roles and Responsibilities		
Goal Progress		
<b>Score 1 Total:</b>	<b>/15x22</b>	<b>=</b>
Socialization with Peers		
Cooperation with Authority		
Time Management and Organization		
<b>Score 2 Total:</b>	<b>/15x16</b>	<b>=</b>
Self-care and Hygiene (Sleep, diet, exercise, emotional)		
Budgeting, Journaling, and Food Planning		
Volunteering and Academic Goal		
Participation in Outdoor Activities and Outdoor Skills		
<b>Group 3 Total:</b>	<b>/20x12</b>	<b>=</b>
<b>Overall Tier Score:</b>		<b>Older Score:</b> _____ <b>Previous Score</b> _____ <b>Previous Tier:</b>
		<b>Current Tier:</b>

Goal #1:
Progress:
Strategies:

Goal #2:
Progress:
Strategies:

Goal #3:
Progress:
Strategies:

Greatest Strength this week:
Greatest Challenge this week:
Strategy for next week:

**Health Check:** The participant listed above was visually inspected and rated on a scale from 1-5, 1 being poor and 5 being excellent physical health in that category. Any rating 1-3 in a category will require action steps listed out below.

Record participant temperature in degrees. Contact director if 100 or higher.

Category	Temperature	Bug Bites/ Skin	Sunburn	Feet	General Health	Dental Health	Clothes Change
Rating							

**Details/Treatment required:**

## **GAP Year at SOAR Cell Phone/Technology Agreement Proposal to Make a Change**

**Name:** GAP Year at SOAR Participants

**Date:** 2020-2021

**Proposal:** I would like the ability to use my cell phone and other technology; such as laptops, tablets, ereaders, ipods/MP3 players during the program based on my Tier Level while at the GAP Year at SOAR.

**Reasons:** Having the ability to use my cell phone and other technology makes me feel more at home and independent. It allows me to stay in touch with family and friends. It allows me to have access to the outside world.

### **Parameters:**

- I may use my cell phone and other technology based on my Tier
  - Valley Vagabond: only non-internet based ereaders
  - Foothill Founder: access to 1 electronic (staff will determine appropriate time for use, up to 1 hour per day)
  - Canyoneer: access to 1 electronic from 9am-5pm, or from 5pm-9pm
  - Rock Climber: access to approved electronics
  - Summiting Mountaineer: access to approved electronics
- I may access the internet on my devices based on my Tier
  - Valley Vagabond: no internet access
  - Foothill Founder: access to internet with mentor permission
  - Canyoneer: access to internet with mentor permission
  - Rock Climber: access to internet
  - Summiting Mountaineer: access to internet
- I will not use my cell phone during responsibilities; such as role time, life skills, volunteering, cwc classes, meetings, etc.
- I will not use my devices to take pictures in vehicles or tents
- I may only take a cell phone and/or MP3 player on expeditions
- I will not take my cell phone on the international trip
- I will not take my cell phone/MP3 player into the backcountry
- I may use my cell phone to take pictures/listen to music when appropriate and on day hikes with mentor permission.
- I may contact friends and family on my cell phone when responsibilities are finished
- I will not make phone calls in the van (I can answer if a parent is calling but need to ask to call back at appropriate time)
- I may use apps on my phone when responsibilities are finished
- I will give the staff my phone number so they can contact me when necessary
- I will answer the phone when my staff call me to give me information

### **Why the proposal may be denied:**

- I might not give back device after allotted time based on Tier
- I might access internet outside my Tier privilege
- I might use my cell phone at inappropriate times; such as role time, life skills lessons, volunteering, cwc classes, meetings, etc.

- I might use my device to take pictures in vehicles or tents.
- I might take other devices than a cell phone/MP3 player on expeditions
- I might take a device on the international trip
- I might take my device into the backcountry
- I might use my device for unapproved reasons while on day hikes
- I might contact friends and families at inappropriate times
- I might make phone calls in the van (I can answer if a parent is calling but need to ask to call back at appropriate time)
- I might use my phones apps at inappropriate times
- I might not share my contact number with staff
- I might choose to not answer when staff call me to give information

**Counter argument and/or conditions:**

- If I do not give back my device after allotted time based on Tier I will lose privilege for 1 day every hour I do not return the device and will need to speak with the director
- If I use the internet outside my Tier privilege I will lose my device for 1 day first offense, 2 days second offense, 1 week third offense
- If I use my cell phone at inappropriate times I lose the privilege for 1 hour first offense, 2 hours for second offense, 1 day for every offense after.
- If I use my device to take pictures in vehicles or tents I lose the privilege for 1 day first offense, 1 week second offense, until I speak with the director third offense
- If I take an unapproved device on expeditions I lose the privilege for that device and must write a separate proposal to earn it back
- If I take a device on the international trip I will lose the privilege for that device and must write a separate proposal to earn it back
- If I take a device into the backcountry I lose the privilege of that device until I write a separate proposal to earn it back
- If i use my phone for unapproved reasons on day hikes I will lose the privilege for 1 hour first offense, 1 day second offense
- If I contact friends and families at inappropriate times I lose the privilege for 1 hour first offense, 2 hours second offense, 1 day for third offense
- If I make phone calls in the van I will lose the privilege for 1 day first offense, 2 days second offense, 1 week third offense (I can answer if a parent is calling but need to ask to call back at appropriate time)
- If I use my phones apps at inappropriate times I lose privilege for 1 hour first offense, 2 hours for second offense, 1 day for third offense
- If I do not share my contact number with staff I will not have this privilege until I do so.
- If I choose to not answer when staff call I will lose this privilege for 1 day first offense, 1 week for second offense, I will lose privilege until I write separate proposal for third offense

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

Director Signature: \_\_\_\_\_ Date passed: \_\_\_\_\_

**\*\*Mentor Discretion\*\***

## **\*GAP PARTICIPANT CONTRACT\***

(Below is the GAP Contract that participants sign upon arrival to base. The commitments in this contract are discussed on the commitment call with the Director of GAP Year at SOAR)

**General Program Overview** - The GAP year is designed to provide each participant with guidance to successfully maneuver through everyday life with greater independence and confidence and help find the 'next step' upon completing the Program. While attending the GAP Year participants will be working on topics such as time management, organization, budget constraints, and personal growth. To help set the participants up for success, the GAP staff will be heavily involved with the participants day to day living at the beginning of the program. As the program progresses, higher levels of independence will be implemented into the program. Below is an overview of the topics of FAQ's by families.

**General Overall Independence** - Participants are supervised, but they are not constantly being 'watched'. They are able to perform tasks independently and given the opportunity to gain further independence as the program progresses. For example - the participants will initially be supervised at their chosen volunteer locations, but will progressively be more independent, and eventually will just be dropped off at their volunteer locations. Each participant has their own personal living space (ideally with another participant as a roommate). The staff resides in the same house, but has separate sleeping quarters than the participants.

**Electronics** - We try to remove as many distractions as possible at the beginning of the program to ensure full investment. The GAP staff will safely store most electronics for approximately the first 30 days of the program. This includes cell phones, laptops, ipads, and other electronic devices. The participants will have access to these devices during those first 30 days at appropriate times such as making phone calls home and expedition planning. They will also have the opportunity to earn additional electronic use dependent upon their degree of performance. It is the intent of the program for the participants to be completely autonomous by the end of the GAP Year. We do not allow hand held video games, PSP's, or other gaming devices.

**Medication** - The staff will oversee all prescription medications at the beginning of the program. Unless otherwise requested by the families, the participants will be responsible for taking any non-prescription opportunity to gain further independence regarding medication oversight, but any changes in medication oversight will be discussed with families prior to approval.

**Meals** - At the beginning of the program participants and staff will be working together to ensure healthy, appropriate meals. Together they will form a menu plan, develop a grocery list, purchase items staying within a designated budget, and prepare meals. It is the intent of the program for the participants to be fully independent with the meal preparation process by the end of the program.

**Central Wyoming College (CWC)** - The participants will be attending a total of 3 predetermined classes throughout the program; College Orientation, Personal Finance, & Workplace Readiness. The GAP schedule allows the group to attend classes once a week during the base phase of the program, and CWC works directly with the GAP Year to provide college level courses for the participants. It is the intent of the program for each participant to obtain 4 transferable college credits at the conclusion of the program.

Life Skills - There will be classes led by the GAP staff during the base phases of the program that will focus on life skills that the participants will be able to use after returning home. Some topics may include basic vehicle maintenance, social media use, conflict resolution, life mapping, communication, and advanced cooking skills. Other topics can be added based on the needs of the group and feedback from the participants.

Volunteering - The participants will have a couple of initial volunteer opportunities pre-arranged during the first base phase of the program. They will then be provided with information on a variety of volunteer opportunities throughout the Dubois community, and will choose one for themselves to attend twice a week during all base phases following the first expedition.

Expeditions - The group embarks on a total of 6 extended expeditions approximately two weeks in duration, with additional trips to Yellowstone and other nearby locations. One of the expeditions is an international trip to Belize or Costa Rica in February/March. As with all other facets of the program, the GAP staff is intricately involved with the planning process for the first expedition. Concurrent expeditions are then planned more and more by the participants which includes destinations, activities, budget compliance, purchasing food, and reservations. It is the intent of the program for the participants to be completely autonomous in the planning and facilitation of the expedition experience by the conclusion of the GAP Year.

Finances/Personal Money - We allow participants to retain their own debit card, but ask that there be a designated amount of money made available (\$500) per semester. Each participant will earn money through the Check-In process based on their earned Tier (See Tier Descriptions in Programmatic Forms p. ), and will have a weekly check in with a GAP staff member to ensure proper budget management. The budget is accumulative, and is available for the participants to purchase any items they see fit (souvenirs during expeditions, appropriate snacks, and personal items such as toothpaste). We ask that participants do not bring additional funds (even though it may be money they earned from employment), as this can detract from the budget experience designed for the GAP Year. There are exceptions for additional funds to be used such as birthdays and alternate activities that may be planned.

Exclusive Relationships - SOAR has a policy of no exclusive relationships. This means participants will not have exclusive friendships or any type of intimate relationship while at SOAR. Participants are expected to be inclusive and maintain appropriate physical boundaries. With our small group format leaving people out or the potential of discomfort with a break-up could result in major group dynamic challenges. We will discuss healthy relationships and encourage all to have strong friendships.

SOAR is a drug, alcohol, and tobacco free organization. We do not allow any of the participants to use or have in their possession any of these items while enrolled in the program.

As a new GAP participant, I \_\_\_\_\_, recognize that I am joining the program to better myself and I am committed to personal growth. I understand that there will be challenges during the program and I will be willing to work through those challenges in a healthy manner.

I have read all of the information above and I agree to abide by the GAP policies and adhere to the safety procedures throughout the program for my well-being and those around me.

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

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

## NOTES: