

**TrekNorth High School  
Outdoor Adventure Program**

**Trip Title & Destination:** Appalachian Trail Backpacking Trip

**Trip Dates and Expected Time of Return:** October 7<sup>th</sup> through October 16<sup>th</sup>, 2009.

The group will depart TrekNorth early morning on October 7<sup>th</sup> and drive to Minneapolis Airport. They will be flying on the following flight to Atlanta, Georgia:

Air Tran Departing MSP-ATL at 11:29 am and returning ATL-MSP at 12:15 pm.

The group will then return to TrekNorth the evening of Friday, October 16<sup>th</sup>, 2009 by school vehicles. Please be prepared to pick your son/daughter up Friday evening from TrekNorth.

**Trip Leader(s):**

1. Mike Munson (Wilderness First Responder Certified)
2. Chance Adams (Wilderness First Responder Certified)

**Emergency Contact Numbers:**

218-209-7691 or 218-308-1334

Please know that phone contact with the Trip Leaders during the dates of the trip will be intermittent at best.

**Trip Cost: \$200**

**Outdoor Adventure Credit: 1.5**

**Brief Description of Trip, Activities, and Expectations:**

The AT Backpacking Trip with TrekNorth High School will provide students with a solid understanding of wilderness backpacking skills. It is taught using a combination of classroom lectures and actual trip experience, providing students with the skills necessary to participate in an efficient wilderness canoeing experience.

We will begin the experience in the classroom, where we'll talk about packing, food, gear and the route of travel.

The group will spend the nights at campsites along the Appalachian Trail where the living conditions are rustic and communal; students can expect to share tents with other students, and the campsites will not have running water, flush toilets, or phone service. Transportation to emergency services will be available but limited and could take several hours.

### *Environment*

Backcountry trips means dealing with extreme weather conditions that can quickly change. Students should expect to be prepared for anything from cold and wet to hot and dry conditions. The other environmental factors to be aware of include poisonous and irritating plants, bugs, and animal life. **Only in extreme circumstances will a trip be postponed or will a group leave a site early!**

### *Activities*

Students are also expected to participate in other group activities and chores, such as cooking and cleaning, campsite maintenance, circle discussions and group games.

### *Expectations*

In addition to the learning objectives set forth by the instructors, students are expected to contribute to the success of the experience by doing their fair share of work, by listening to and respecting TrekNorth staff, and by making decisions based on safety of self, others, and the environment. Students are also expected to abide by the rules set forth in the TrekNorth High School Student Handbook and the principles of Expedition Behavior.

### **Learning Objectives**

Upon completion of the course, students are able to:

1. Identify proper clothing and footwear
2. Identify appropriate equipment necessary for the trip requirements
3. Independently pack appropriate gear into backpack
4. Explain proper food and water requirements
5. Independently plan/prepare meals for group
6. Identify and follow the route on the map
7. Operate an MSR Whisperlite stove safely in order to prepare meals
8. Use iodine to purify drinking water from lakes and streams
9. Properly set-up a backpacking tent
10. Demonstrate and contribute to the principals of camp management
11. Successfully complete hike at an appropriate pace
12. Explain and demonstrate the principles of Leave No Trace
13. contribute to the success of the group using the principles of Expedition Behavior

## **Required Clothing and Gear**

### **Clothing**

Synthetic Long Underwear: Top and Bottom

2 Pairs Synthetic or Wool Socks

Fleece/Wool Jacket (2 layers for April or October trips)

Rain Jacket\*

Hat or Bandana

Pants: pack able and quick-to-dry (jeans don't qualify)

Underwear

1 T-Shirt/Long Sleeve Shirt

Winter hat/gloves

Footwear: durable and supportive for activity (running shoes or Chuck Taylors work great!)

### **Gear**

Mummy Sleeping Bag w/ stuff sack\*

Sleeping Pad\*

2 Extra stuff sacks for clothing\*

Headlamp/Flashlight\*

Mess Kit (Tupperware bowl w/ a fork is great)

Plastic Travel Mug

Novel for Personal Reading

Journal for Writing

Small Personal Hygiene Kit (toothbrush, paste, OTC meds, etc)

Sunscreen/Bug Spray (as necessary for season and location)

Extra batteries for light

**\* Gear may be available upon request from TrekNorth High School**

*Remember that in the wilderness "cotton kills", and it is much better to have synthetic and/or wool clothing than it is to have cotton.*

### **Food**

TrekNorth will provide three meals per day plus snacks. Typical fare includes oatmeal for breakfast, peanut butter and jelly or honey for lunch, and a variety of evening meals. If students require specific foods or known allergies exist, it is the responsibility of the student and the student's parent/guardian to inform the school.

**Outdoor Adventure Program**  
**A Program of TrekNorth High School**

In consideration of the program and services offered by TrekNorth High School, I, joined by my parents or guardians if I am less than eighteen years of age, agree and acknowledge as follows:

Acknowledgement & Assumption of Risks

*Although TrekNorth High School has taken reasonable steps to provide me with appropriate equipment and skilled staff for the course for which I have registered, I acknowledge that the activities of the course have risks, including certain risks which cannot be eliminated without destroying the unique character of the activities. The same elements that contribute to the unique character of these activities can cause loss or damage to my equipment, accidental injury, illness, or in extreme cases, permanent trauma, disability or death. I understand that TrekNorth High School does not want to frighten me or reduce my enthusiasm, but considers it important for me to know in advance what to expect and to be informed of the activities' inherent risks. The following describes some, but not all, of the risks inherent to paddling trips with TrekNorth.*

1. Equipment may fail or malfunction, despite reasonable maintenance and use
2. Because of the remote location, communication and transportation can be difficult and sometimes evacuations and medical care may be significantly delayed
3. Travel is by vehicle and then foot over rugged, unpredictable terrain or canoe over open lakes or moving rivers. Attendant risks include falling, collision, capsized boats, and others usually associated with such travel, including environmental risks.
4. Environmental risks and hazards include intense heat and freezing cold, high winds, immersion in cold water, and weather changing to extreme conditions without notice. Possible injuries and illnesses include hypothermia, frostbite, dehydration, muscular-skeletal injuries, and other mild or serious conditions, including those brought on by contact with the plant and animal life native to the destination of the trip.
5. TrekNorth activities are conducted indoors and outdoors, day and night. Physical activities include paddling long distances, hiking across portages with large heavy packs, those associated with camping, and various other group or individual activities.
6. Decisions are made by the instructors and students usually in a wilderness setting, and based on a variety of perceptions and evaluations which by their nature are imprecise and subject to reasonable errors in judgment. Misjudgments may pertain to, among other things, a student's capabilities, environment, terrain, weather conditions, natural hazards, routes and medical conditions.

I acknowledge that engaging in this program may require a degree of skill and knowledge not required in other activities, and that I have responsibilities as a student for my safety and the safety of others. I acknowledge that TrekNorth activities are instructional in nature and I expect to be challenged to expand my skills and judgment. I acknowledge

that the staff of TrekNorth has been available to more fully explain to me the nature and physical demands of this activity and the inherent risks, hazards, and dangers associated with this activity.

\_\_\_\_\_ Parent/Guardian Initial

\_\_\_\_\_ Student Initial

I understand that the description above of the risks is not complete and that other unknown or unanticipated risks may result in property loss, injury or death. I expressly acknowledge and assume the inherent risks identified herein and those inherent risks not specifically identified. My participation in this activity is purely voluntary, no one is forcing me to participate, and I elect to participate in spite of and with knowledge of the inherent risks. Additionally, I acknowledge that the required academic credit to be gained through participation in this program can be gained through other means.

\_\_\_\_\_ Parent/Guardian Initial

\_\_\_\_\_ Student Initial

I represent that I am fully capable of participating in the program, without causing harm to others or myself. Therefore I assume and accept full responsibility for me and for injury, death and loss of personal property and expenses suffered by me and them as a result of those inherent risks and dangers identified herein and those inherent risks and dangers not specifically identified, and as a result of my negligence or otherwise wrongful conduct in participating in these activities.

\_\_\_\_\_ Parent/Guardian Initial

\_\_\_\_\_ Student Initial

**Assumption of Additional Risks and Agreements of Release and Indemnity**

*The U.S. National Park Service and some other federal land management agencies, as well as the state of Minnesota, do not allow educational institutions such as TrekNorth to be released by their students from liability for injuries or other losses occurring on certain public lands or during secondary public education programs. On those lands, and during school activities (including activities and travels with the Outdoor Adventure Program) TrekNorth is limited to the Acknowledgement and Assumption of Risks, above. Your course may include travel and activities off these public lands, and TrekNorth seeks the following additional protection for such travel and activities.*

In further consideration of the services and programs of TrekNorth I (joined by my parents or guardians if I am under eighteen years of age,) acknowledge that I have read and understand the Acknowledgement and Assumption of Risks, above, and confirm its

representations and agree to all its provisions as though they were fully set forth here again. In addition, except with respect to an injury or loss that occurs on public lands whose rules and regulations prohibit doing so, I acknowledge and expressly assume **all** risks of the course and any other activity of TrekNorth, whether those risks are known, unknown, inherent or otherwise.

\_\_\_\_\_ Parent/Guardian Initial

\_\_\_\_\_ Student Initial

If I am an adult student, or the parent or guardian or a minor student, I agree, to the fullest extent allowed by law, for myself and on behalf of the minor child, if any, as follows:

- a) To release and discharge TrekNorth, its employees, directors, contractors, and all other persons or entities associated with it and its activities (individually and collectively referred to as “Released Parties”) from any and all claims of injury or loss which I or the minor child may suffer, arising out of or in anyway related to my, or the minor child’s, enrollment or participation in the activities of TrekNorth High School. I understand that in signing this document I, for myself and the minor child, surrender all rights to make a claim or file a lawsuit against a Released Party, for personal injury, property damage, wrongful death, products liability, breach of warranty or contract or under any other legal theory, except in cases of intentional wrongs or the gross negligence of TrekNorth.

\_\_\_\_\_ Parent/Guardian Initial

\_\_\_\_\_ Student Initial

- b) To defend and to indemnify (that is, protect by payment or reimbursement, including attorney’s fees and costs) any and all Released Parties from any claim which may be brought by the minor child, a co-participant, rescuer or any other person, including a member of my or the minor child’s family, asserting a loss, including by reason of my, or the minor child’s injury or death, which may arise from or in anyway relate to my or the child’s enrollment or participation in the activities of TrekNorth High School.

\_\_\_\_\_ Parent/Guardian Initial

\_\_\_\_\_ Student Initial

The Release and Indemnity described above includes but is not limited to any claim arising out of or in any way related to transportation or other occurrences to and from any activity of TrekNorth High School, and the use of TrekNorth’s equipment or facilities.

*The Release and Indemnity described above includes claims arising in whole or in part from negligent acts or omissions of the Released Parties or any of them.*

*The Following Provisions Apply to the Acknowledgement and Assumptions of Risks and The Agreements of Indemnity and Release:*

I, joined by my parents or guardian if I am less than eighteen years of age, further agree as follows:

TrekNorth is authorized to obtain or provide emergency hospitalization, surgical or other medical care for me.

\_\_\_\_\_ Parent/Guardian Initial

\_\_\_\_\_ Student Initial

Any dispute between TrekNorth and me and/or my parents or guardian shall be governed by the substantive laws of the State of Minnesota, and any mediation or suit shall occur or be filed only in the State of Minnesota.

\_\_\_\_\_ Parent/Guardian Initial

\_\_\_\_\_ Student Initial

If I have any legal dispute with TrekNorth which cannot be settled through discussions between the parties, I will attempt to settle the dispute through mediation before a mutually acceptable mediator whose name appears on the registry of names recognized by Minnesota courts as qualified persons for mediation assignments. I also agree to pay all costs and attorney's fees incurred by TrekNorth in defending a claim or suit, if the claim is withdrawn or to the extent a court or arbitration determines that TrekNorth is not responsible for the injury or loss.

\_\_\_\_\_ Parent/Guardian Initial

\_\_\_\_\_ Student Initial

TrekNorth High School and persons designated by it may use my photograph for sale or reproduction in any manner TrekNorth chooses, including for advertising display, audiovisual presentations or otherwise.

\_\_\_\_\_ Parent/Guardian Initial

\_\_\_\_\_ Student Initial

If any part of this agreement is found by a court or other appropriate authority to be invalid, the remainder of the agreement nevertheless will be in full force and effect.

This agreement is entered into voluntarily, after careful consideration and is binding upon the persons signing below, their heirs, executors, administrators, wards, minor children and other family members.

*THIS STUDENT HAS READ THIS PAGE AND THE PREVIOUS PAGES AND UNDERSTANDS AND AGREES TO THE ACKNOWLEDGEMENTS AND ASSUMPTIONS OF RISKS, AGREEMENTS OF RELEASE AND INDEMNITY AND THE ADDITIONAL PROVISIONS, ABOVE.*

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
STUDENT SIGNATURE                      DATE                      AGE    PRINT NAME

At least one parent or guardian must sign below if the student is under 18 years of age to reflect their understanding and agreement, for themselves and on behalf of the student, to the provisions of the Acknowledgements and Assumptions of Risk, Agreements of Release and Indemnity and additional provisions, above, including, though not exclusively, their agreements to release and indemnify TrekNorth High School.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Parent Signature                      Date

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Parent Signature                      Date

**Parent Notification and Agreement:**

Students must have a **Medical History Form** on file with TrekNorth High School and the form must be up-to-date with medications and/or medical conditions. Students must also have proof of insurance on file with the school. Please speak with Mark Larson if you have concerns. Please arrange for you student to have a ride home at the designated return time.

By signing, I signify that my student has a **Medical History Form** on file and permission to attend the trip with TrekNorth High School.

\_\_\_\_\_/\_\_\_\_\_/\_\_\_\_\_  
Parent/Guardian Signature                      Date