



“Enhancing the lives of under-resourced urban teens”

Do you want your teen...

To experience the majesty of the outdoors?

To push themselves physically and mentally?

To learn to overcome challenges they will face in life?

BCM Historical Numbers

BCM's first trip: 1989

Number of trips: 394

Number of teen participants: 1859

Number of volunteers: 1682

“I think I needed the stars all around me and all of you here, for me to see how far I've come, and what I've learned, and what I want to do. There have been so many struggles, and I've done my best.”

-2008 Teen Participant

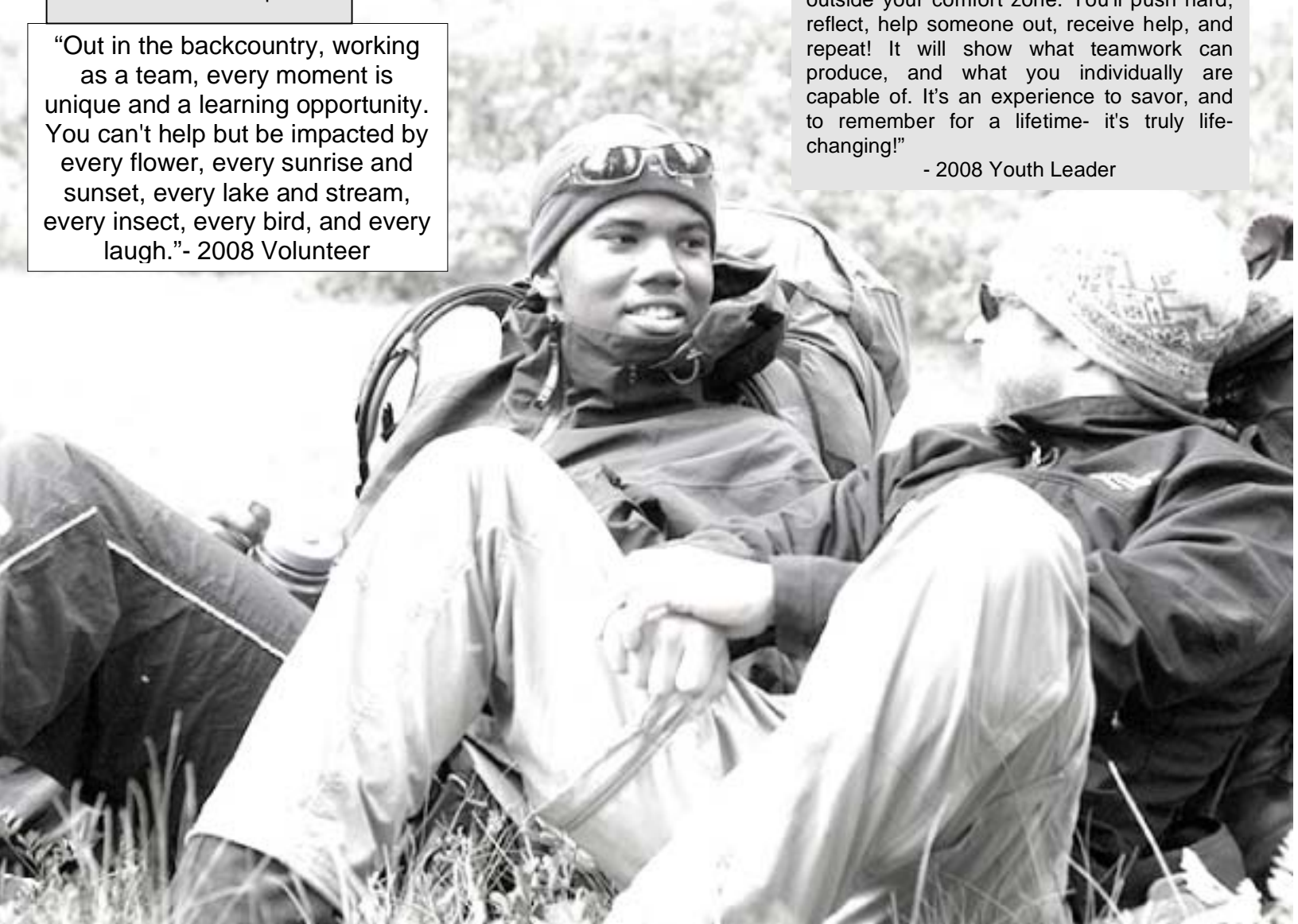
“It was super cool being around amazing women, who showed to care about us and the environment! This was a breath taking away experience!”

-2008 Teen Participant

“The BCM experience is a special one. The trip is all about perceiving what your personal limits are, and then pushing past them, literally and figuratively! The experience is also a true lesson in what you need to survive, and what are the luxuries. The trip will give you time to have an experience outside your comfort zone. You'll push hard, reflect, help someone out, receive help, and repeat! It will show what teamwork can produce, and what you individually are capable of. It's an experience to savor, and to remember for a lifetime- it's truly life-changing!”

- 2008 Youth Leader

“Out in the backcountry, working as a team, every moment is unique and a learning opportunity. You can't help but be impacted by every flower, every sunrise and sunset, every lake and stream, every insect, every bird, and every laugh.”- 2008 Volunteer





Summer 2010

Dear Parents and Guardians,

Big City Mountaineers (BCM) welcomes you and your teen to our 2010 summer season.

We are honored that you have agreed to allow your child to participate in BCM's one-of-a-kind wilderness program. Your support as a parent is crucial to your young person having the best experience possible and we ask that you help us get your teen motivated and committed to this experience. We want you and your family to be as excited as we are about the BCM team and welcome you to ask questions and become involved in our organization. Please read the included "trip overview" sheet which will help you learn more about what goes on during each day of a BCM trip.

One of the most common questions we receive from parents and guardians is about the safety of their teen while on a BCM trip. While still allowing the wilderness to provide a powerful experience, we take many preventative steps to ensure your teen's safety. Some of the measures BCM takes to provide for your safety including:

- A minimum of one adult trained in wilderness medicine.
- A qualified Team Leader who has prior experience leading groups in a wilderness setting.
- An Emergency Action Plan & staff on-call 24 hours-a-day.
- Pre-selected routes which are appropriate for beginners.
- High quality clothing, footwear and gear for each of our teens.

Despite these steps, one of the biggest risks to your teen is BCM not having all the necessary information to help them should an emergency arise. As a parent or guardian, you are responsible for accurately filling out all of the information asked for on the youth application, while paying special attention to the medical portion. Please return this form to the sponsoring youth organization as soon as possible.

If you have any questions or concerns about the trip, or would simply like more information, please speak with the youth leader from your teen's organization. In cases when the youth leader cannot answer your question, please contact the BCM office and we will be happy to assist you.

Sincerely,

The BCM Staff



Trip Information

Youth Agency _____

Youth Leader Name _____

Youth Leader Contact Information _____

Youth Agency Contact Information (while group is on the Trail)

Name and Phone: _____

Trip Dates _____

Trip Type (Backpacking/Canoeing) _____

Trip Location _____

More detailed information (location, lodging, meeting times, etc.)

Day 1 _____

Day 2 _____

Day 3 _____

Day 4 _____

Day 5 _____

Day 6 _____

Day 7 _____

Day 8 (Canoe trips only) _____

Any other information:



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"Enhancing the lives of under-resourced urban teens through transformative outdoor experiences"

Big City Mountaineers is a 501 (c)(3) tax-exempt non-profit organization.



Boundary Waters Trip Overview

The mission of Big City Mountaineers (BCM) is “enhancing the lives of under-resourced urban teens through transformative outdoor experiences.”

Though each Big City Mountaineers trip has roughly the same itinerary, the trips are unique in their details. The T.E.A.M. curriculum used by each BCM group is specifically designed to help build relationships and impact the goals outlined in the statement above.

Day 1- The first day brings the team together as teens and adults converge at youth agency or BCM's program staging area. Once everyone is together, the team loads the food and personal gear and drives to the outfitter camp where they will stay for the first two nights. After settling in, dinner is arranged and the evening is spent getting to know each other.

Day 2- Day 2 is for getting familiar with the boats, tents, packs & other equipment. You will practice paddling strokes, rescues & portaging. You will also get the chance to practice using the camp gear. You will also need to pack all of your food for the next five days and issue personal and group gear to the team. There is a lot of ground to cover, so be prepared for a busy day.

Day 3- This is your first day on the water and getting an early start is very important. The outfitter will transport your team, boats and gear to the entry point. Once you are loaded up you will begin your five day, backcountry journey! This day can be challenging due to the portaging, paddling in a group and navigating through difficult terrain. Once you arrive at your campsite your Team Leader will go over the chores that need to be done. After dinner and bear bagging, there is time for quotes, reflection, and fun games before everyone falls into a well-deserved sleep.

Day 4- The fourth day is more travel. Today is much like day 3, except that the team has a better idea of what to expect from each other, the environment, and the art of canoeing!

Day 5- Day five is more paddling and with improving skills, your team should feel more comfortable in the boats and surroundings which will lead to more efficient portaging and campsite set up. As on any other day, you may have to deal with periods of wind or rain.

Day 6- On the sixth day you are closer to civilization and may begin to see more paddlers. Available campsites may not be as plentiful as on prior days. Hopefully your campsite will be close to your exit point so tomorrow is not a long paddling day, but that does not always happen!

Day 7- On the morning of day seven, the teens are almost always up and packed before their leaders! You will paddle to the exit point and be picked up by the outfitter (your Team Leader will take care of the logistics). Once back at the outfitter, the gear is cleaned and everybody is able to take a much-anticipated shower. In the evening there is an awards dinner where the teens are commended for their accomplishments on the trip. Everyone talks about the incredible feats and the majestic scenery of the past five days.

Day 8- On the last day everyone heads for home. Depending on where you picked up your gear, you may have to stop at the BCM gear facility to drop off the equipment. Good-byes and congratulations are passed around and final pictures are taken.

Boundary Waters Canoe Gear Checklist Youth & Youth Leader

As you pack for this canoe trip think light. You will be paddling/portaging most days and we want this to be a safe, successful challenge. This is great opportunity to experience and learn the “go light” trend. It is fun and rewarding. By living simply, you realize only essentials are needed to experience wilderness, have fun, and share with friends. This trip is about building relationships not about stuff!

Clothes/equipment to bring for the wilderness

- 1-2 swimsuits/shorts (nylon dries faster than cotton, do not bring jeans).
- 2-3 pair underwear
- 1-2 Sports bras for girls
- 1-2 T-shirts (nylon dries faster than cotton and it better in the cold)
- 1 visor/cap to keep sun off
- 1-2 Bandanas or buffs
- Personal care items (sample size toiletries: toothpaste, toothbrush, deodorant, non-scented lotion if needed, feminine hygiene products for girls). Everything should fit into one quart size Ziploc bag
- Lip protection (something like Blistex w/ SPF)
- Sunblock (SPF 15 or higher)
- Bug spray – something with 20% to 30% DEET is good.
- Second pair of glasses (if you use prescription glasses and you have a second pair).
- Strap for glasses (croakie or something similar if you can)
- Prescription medications, if needed. Extra rescue inhaler if you use one for asthma.

Luxury items for the wilderness – pick one or two of these if you wish. No more than 2: fishing gear, 1 long sleeve shirt for sun protection, book, craft, extra pair of shoes for camp or small pillow.

Additional clothes/equipment to bring for travel days

- Two changes of clothes (underwear, t-shirt, socks, pair of shorts)
- Something to read (optional)
- CDs to share in the van (no profanity, disrespecting women/authority figures, no glorify drugs or violence)
- Small or medium sized towel.
- Soap and shampoo

Items provided by BCM (issued for the trip)

- 1 portage pack
- 1 sleeping bag
- 1 sleeping pad
- 1 tent for every 2-3 teens
- 1 pair Keen shoes (teens keep after trip)
- 1-2 pair Socks (teens keep after trip)
- 1 pair Fleece Pants (if the weather requires it)
- 1 Fleece Jacket
- 1 Waterproof jacket & pants
- Thermal under layer top & bottom
- Warm hat
- 1 cup, 1 spoon, 1 bowl
- 1 water bottle
- Sunglasses (teens keep after trip)