



“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

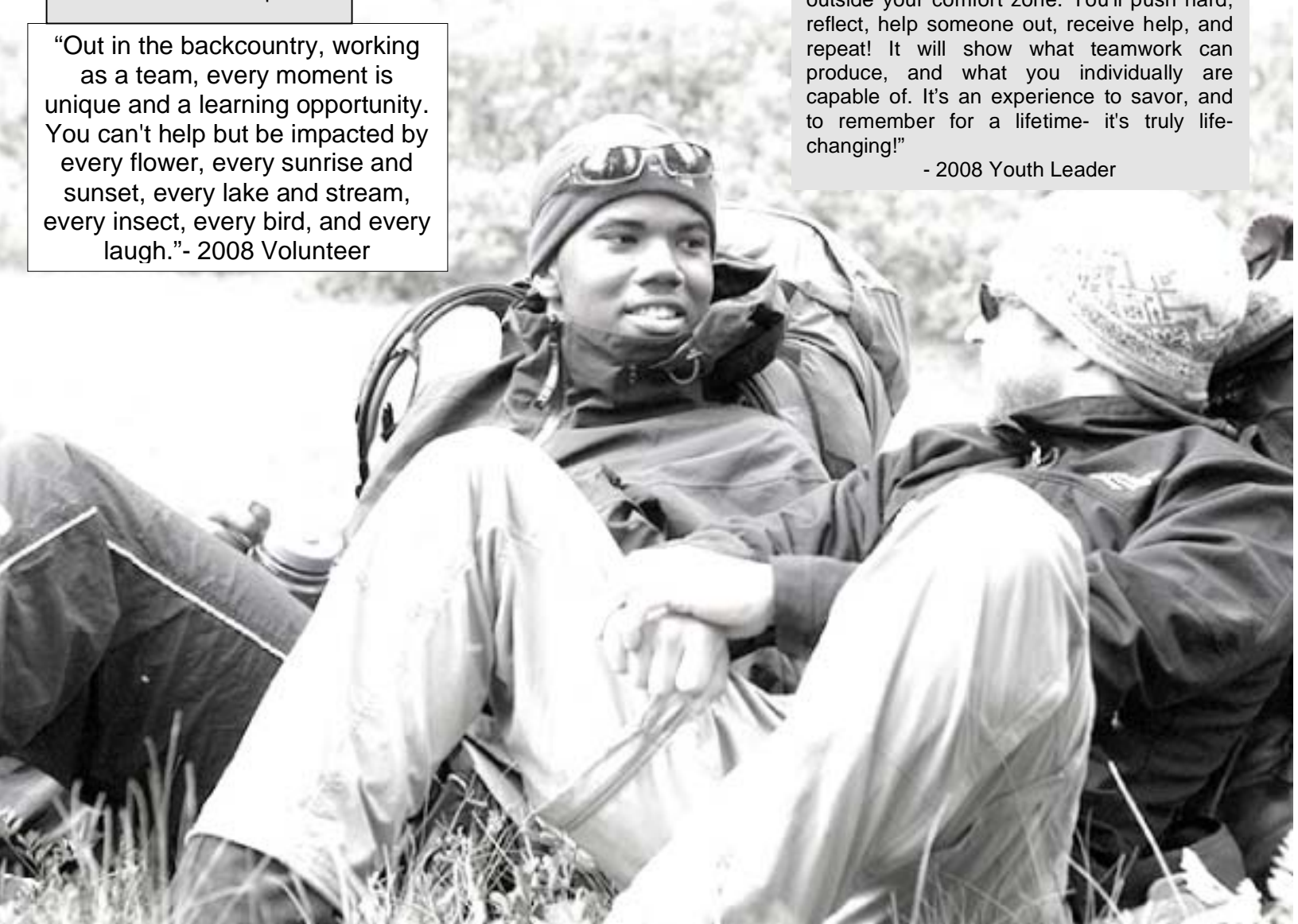
“It was super cool being around amazing women, who showed to care about us and the environment! This was a breath taking away experience!”

-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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BCM Contact 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.



Backpacking 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 teens in a positive way.

T.E.A.M. Building Day- This is a day focused on teen and adult participants beginning to build trust and get to know each other. This day will take place in the several weeks prior to the extended weeklong wilderness trip.

Day 1- The first day of the wilderness portion brings the team together as teens and adults converge at the BCM office to sort and pickup necessary gear and food. After the gear and food are allotted, the team drives to a trailhead campground. After settling in, dinner is arranged and the evening is spent talking about the coming challenges.

Day 2- The second day is the first day out on the trail. The morning is spent packing up camp, teaching the teens to pack their backpacks, and leaving behind in the vans any items unnecessary in the backcountry. Packs are given one last tightening and the team hits the trail for the backcountry portion of their trip. Today's hike is short and gives everyone a chance to make adjustments and get used to the feel of their backpack. Tonight's dinner is well earned and there is usually plenty of laughter when darkness falls and the teens realize how quiet it is in the wilderness.

Day 3- The third day is dedicated to hiking. The morning is often a long one as the teens get used to “breaking camp” and packing their packs in the thin mountain air. Lunch is a welcome break and the afternoon's hike is usually a bit shorter. The destination for today is either a good campsite to settle in to for the next two nights, or a break before pushing ahead further. After the camp is organized and everyone has eaten, there is time for quotes, reflection, and fun games before everyone falls asleep.

Day 4- Day four is either a time to explore without the weight of full packs, or a shorter version of day 3. Today the team has a better idea of what to expect from each other, and most get into a groove of enjoying the hiking and scenery around them. Camp is usually set close to a lake that offers fishing and swimming, and/or a peak to climb. This time also offers the team a chance to share in group activities and practice skills like journal writing, orienteering, or fly-fishing.

Day 5- The fifth day sees the team begin the hike back towards civilization. Depending on the trail, this means either retracing day 4's steps or following the trail further to complete a loop back to the van.

Day 6- The morning of day six, the teens are almost always up and packed before their leaders for the hike back to the van. Once back at their final nights lodging (varies based on location), 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 7- On the last day everyone heads for home. On the way back to the youth organization, gear is returned to the BCM office, good-byes and congratulations are passed around and final pictures are taken.



Backpacking Gear Checklist *Youth & Youth Leaders*

Travel Days

- o 1 Change of clothes (underwear, t-shirt, socks, pair of shorts)
- o Something to read
- o CDs to share in the van. Please do not bring CD's with profane, violent, abusive, or degrading language
- o Small or medium sized towel (optional)
- o Spending money (Spending money for gifts, candy, etc prior to trip) **No more than \$20** (optional)
- o Feminine care items for females

*Leave valuable items at home. Your travel gear and clothing may be stored in an insecure location.

Wilderness Days

Weather conditions range from 30s at night to mid 90s during the day. Layered clothing is a **MUST**. Snow and sleet are possible. Sleeping attire consists of clean shirt/socks/underwear.

- o 1 Pair spare athletic shoes, closed toe sandals or water shoes for stream crossings and camp
- o 2 Pair underwear
- o 1-2 Spandex or nylon sports bra for girls
- o 1 Pair shorts (NO jeans - Nylon or quick drying material preferred)
- o 1 Pair long pants (NO jeans - Nylon or quick drying material preferred)
- o 1-2 T-shirts (quick drying material preferred)
- o 1 Long-sleeve shirt
- o 1 Visor/cap to keep sun off
- o 2 Bandanas or buffs
- o Personal care items (sample size toiletries: toothpaste, toothbrush, deodorant, non-scented lotion if needed, feminine hygiene products for girls)
- o Lip protection (something like Blistex w/ SPF)
- o Prescription medications, if needed (in a container with pharmacy label). Extra rescue inhaler if you use one.

Items provided by BCM (issued for the trip)

- o 1 Full size backpack
- o 1 Sleeping bag
- o 1 Sleeping pad
- o 1 Tent for every 2-3 team members
- o 1 Pair Timberland Hiking boots (can keep after trip)
- o 2 Pair Socks (can keep after trip)
- o 1 Pair Fleece Pants
- o 1 Fleece Jacket
- o 1 Fleece Vest
- o 1 Waterproof jacket & pants
- o Thermal under layer top & bottom
- o Warm hat & gloves
- o 1 Cup, 1 spoon, 1 bowl
- o 2 Water bottles