

OUTWARD BOUND

expedition welcome packet

VETERANS SEA KAYAKING

To serve, To strive, and Not to yield



BALTIMORE CHESAPEAKE BAY
OUTWARD BOUND SCHOOL

WELCOME PACKET: EXPEDITION PACKING LIST

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ALL OF YOUR REQUIRED FORMS, OUR SCHOOL'S CONTACT INFORMATION, AND RESOURCES CAN BE FOUND AT [OUTWARDBOUNDBALTIMORE.ORG/FORMS](https://outwardboundbaltimore.org/forms)



HISTORY OF VETERANS PROGRAMS

Since 1983, Outward Bound has provided transformational experiences to hundreds of veterans from Vietnam, Afghanistan (Operation Enduring Freedom) and Iraq (Operation Iraqi Freedom). Our first courses for veterans were established through collaboration between staff at Veterans Administration PTSD units and Colonel Bob Rheault, who served as commander of the U.S. 5th Special Forces in Vietnam. The program's current focus is to serve veterans returning home from Afghanistan and Iraq, as well as service members between tours of duty.

Through Outward Bound's program, active servicemen and veterans from current and recent wars take part in wilderness expeditions that are physically, mentally and emotionally challenging in order to build the self-confidence, pride, trust and communication skills necessary to successfully return to their families and communities following wartime service. Outward Bound sequences activities within the program to develop self-responsibility, commitment, teamwork, pride in accomplishment and camaraderie among participants. This course purposefully scaffolds wartime experiences (carrying heavy packs, sore shoulders, rubbery legs, sleeping out, strange noises, sweat, dirt, frustration and anger) with discrete tasks to create positive emotional and mental outcomes.

WHAT TO EXPECT


- Focus on sharing and learning through various leadership philosophies
- Task solving in a set time period
- Practice of new technical and interpersonal skills
- Discussion and reflection without staff interference
- An atmosphere of mutual respect fostering personal growth
- Physical and mental challenges
- Challenge by choice

COURSE ACTIVITIES

Sea Kayaking

COURSE AREA

Chesapeake Bay



[VIEW VETERANS LOOKBOOK](#)



WELCOME PACKET: SAMPLE ITINERARY

THE DAYS AHEAD

All Outward Bound courses have a well researched, and field-tested plan. Listed below is a sample of how the days may be structured for your course. While the activities will be similar from course to course, the days may shift on account of a variety of variables we encounter in the wilderness. This may also include what activity your crew begins and ends the expedition with (eg Backpacking, Canoeing, Sea Kayaking). All decisions to change or modify our itineraries are based on program safety and quality.

DAY 1 | Course start, introductory lessons in sea kayaking and water safety, begin paddling

DAY 2 - 5 | Kayaking, lessons in advanced paddling techniques and Chesapeake Bay ecology

DAY 6 | Kayaking final challenge, solo

DAY 7 | Return to base, clean and de-issue gear, graduation BBQ



WELCOME PACKET: EXPEDITION PACKING LIST

Wearing the proper clothing on your program is crucial. Because our program environments are characterized by unpredictable weather it can get cold at any time of the year. Your packing list has been carefully compiled based on all the weather conditions you may encounter while on your program. Dressing in several light layers rather than one heavy layer allow you more flexibility as the weather and workloads change. Wool and synthetic layers—also called “polypropylene”, “fleece”, “Capilene”, are preferred. Synthetics insulate when wet but weigh less than wool and dry quicker and are also more comfortable next to the skin. If you show up with cotton clothing we will insist you take appropriate clothing items from our gear room.

As a reminder, if you forget any of the gear on this list we can provide items for you to borrow. If you bring any items not needed (including your luggage), instructors will store them in a designated locker for the duration of the expedition.

TECHNICAL GEAR

We provide you with all technical gear and equipment. We've got you covered on everything from backpacks to sleeping bags to back country stoves. We will teach you how to use all technical gear to optimize its performance, and also how to care for it. If you strongly prefer to use your own equipment and it meets our MINIMUM STANDARDS (see below), you are welcome to bring it. Please be aware that your instructors will assess it for appropriateness and may ask you to use Outward Bound gear if they do not find your gear adequate.

WHAT TO BRING

- Hiking boots [**BACKPACKING COURSES**]
- Closed toed shoes to get wet [**CANOE OR KAYAK COURSES**]
- Comfortable closed toe shoes with tread (for use at camp)
- 4 – 6 Pairs of heavy wool or synthetic socks
- 2 – 3 Pairs of quick drying shorts
- 1 – 2 Pairs of loose fitting pants (nylon sweatpants, camo-pants, wool or synthetic, **NO JEANS**)
- 1 - 2 Sets, top and bottom, synthetic long underwear (**NO COTTON or 50/50 BLEND**)
- 6-10 Pairs of underwear / 1-2 bras (**MUST BE PROVIDED BY STUDENT**)
- 2-3 T-shirts (**COTTON ACCEPTABLE**)
- 1 Lightweight long sleeve shirt (button up or loose fitting) for protection against bugs and sun
- 1 Fleece jacket
- 1 Warm wool or synthetic hat
- Rain Gear (Top and Bottom)
- Toothbrush and toothpaste
- Small flashlight or headlamp
- Baseball hat or sun visor
- 1-2 Bandanas
- Sunglasses
- Sunscreen (SPF 15-30)
- Insect repellent (non-aerosol, 30% or less DEET)
- Chap stick

OPTIONAL ITEMS

- Foot powder
- 3 – 5 Pairs of liner socks (**NO COTTON**)
- 1 Pair gloves or mittens
- Camera (Outward Bound may not take photos on every course)
- Small notebook and pen
- 2-3 Gallon-size ziplock bags

MEDICATIONS

- Prescription medications must be approved by the Medical Screening Department before the program start. If you cannot go for 24-36 hours without your medication, in case of an emergency, we recommend that you bring double the amount needed (with written instructions and original packaging) in separate, non-breakable, waterproof containers.
- Over-the-counter medications are available while on course when needed. If there is a specific medication you need or prefer, please bring it and list it on your medical form.
- YOU MUST BRING AN INHALER IF YOU HAVE ASTHMA**, even if you have not used your inhaler in years.

GLASSES or CONTACT LENSES

- If you wear glasses or contact lenses, bring a spare set, if possible. Even if you only wear glasses for reading, please bring them for use in map reading. Glasses should be held on with a strap.

MENSTRUAL HYGIENE

- While you are on a program your activities and environment may cause changes in your menstrual cycle. Please bring whatever hygiene products you normally use at home.

WHAT NOT TO BRING

- Alcohol, drugs or tobacco. In keeping with legal, safety, health and ethical considerations, these substances are not allowed on our programs. Use of any of these will result in removal from the courses.
- Open toed shoes or sandals (eg Chaco, Teva, Flip Flops)
- Cell phones (can be secured on campus while student are on expedition)
- Please do not bring lotion, soap, deodorant, or perfume. (See FAQ, 'How do I stay clean?')

TECHNICAL GEAR MINIMUM STANDARDS (SEE ABOVE)

- **BACKPACK**—Internal frame, 4500 cubic-inches or larger
- **SLEEPING BAG**—3-season mummy bag, synthetic fill, 20°F
- **WATER BOTTLES**—1 Liter wide-mouth Nalgene®



WELCOME PACKET: TRAVELING TO OUR CAMPUS BY VEHICLE

**COURSE
START
11:00AM**

LOCATION: BALTIMORE CHESAPEAKE BAY OUTWARD BOUND CENTER, 1900 EAGLE DRIVE, BALTIMORE, MD 21207

We are located in Gwynns Falls/Leakin Park, a 1,700+ acre scenic public park with ample nature trails and picnic spots that you are welcome to enjoy should you come early.

COURSE END / GRADUATION CEREMONY

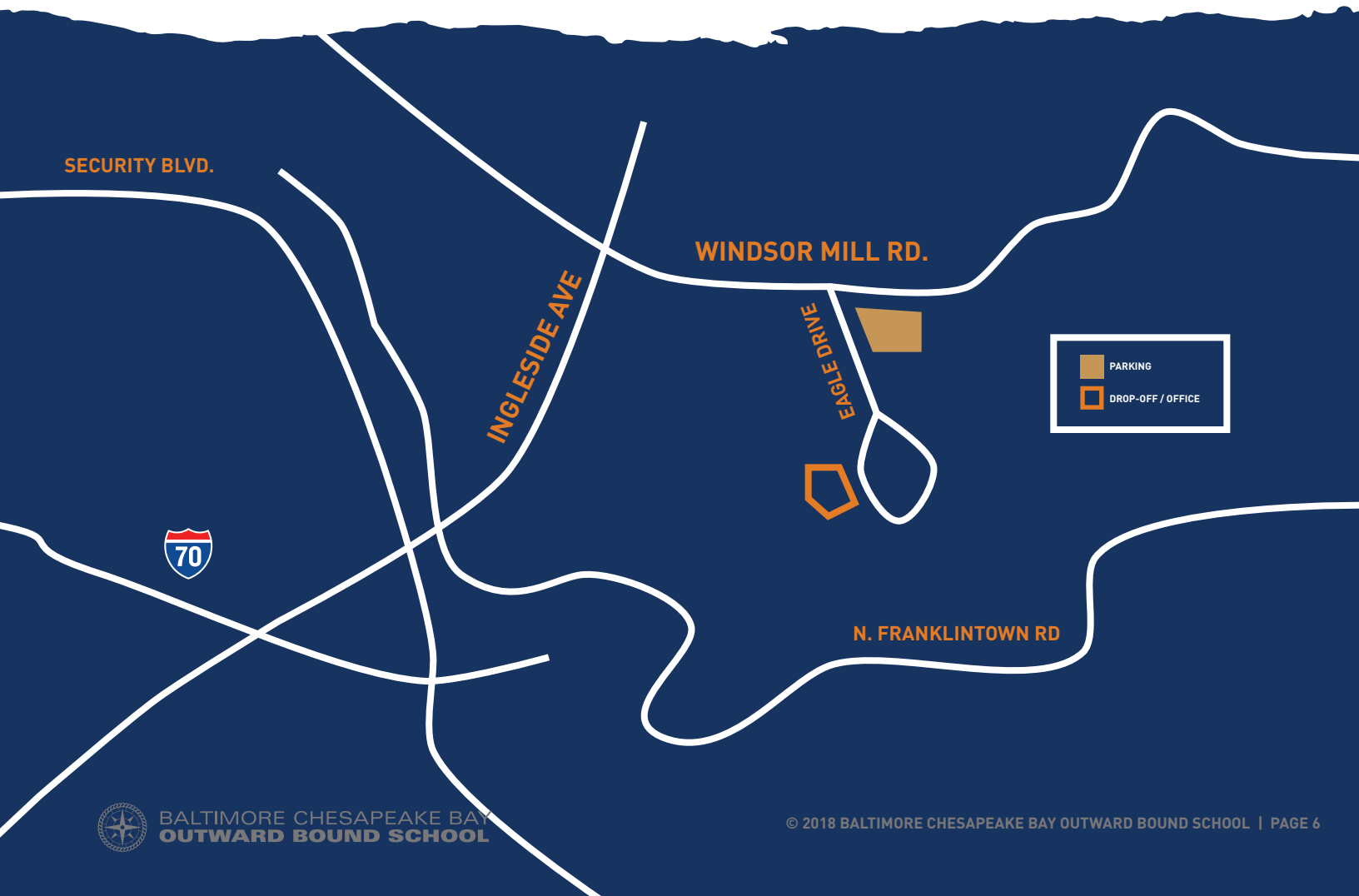
- Families are invited to join us for Graduation at 11:00 AM on the last day of course.

TRAVEL PROBLEMS?

Call the Course Director at (443) 442-4444 as soon as possible if you plan to be delayed. We will work with you to facilitate necessary pick ups.

CELL PHONES

During the expedition phones will be left in a secure area on base and returned to you on the last day of the course.



WELCOME PACKET: EDUCATIONAL APPROACH

The positive outcomes our students experience manifest in the form of increased self-confidence, awareness and respect for the interdependence of individuals and a desire to make a positive difference in their own lives and in the lives of others. Strangers become life-long friends. Small accomplishments on a course become life-long habits. Through shared challenges, adversity, failure and success, students discover and develop new skills, confidence and passion.

DESIGN PRINCIPLES

LEARNING THROUGH EXPERIENCE

Outward Bound students move through a sequence of engaging experiences, like backpacking, that promote skill mastery and incorporate reflection. Throughout the activity, students learn from their success as well as failure.

CHALLENGE AND ADVENTURE

The unfamiliar settings where Outward Bound expeditions occur challenge our students mentally and physically. Amidst the demands of the expedition, students learn to dig deep and to push themselves, where they often find there is more in them than they know.

SUPPORTIVE ENVIRONMENT

Each expedition is designed to support physical and emotional safety. Skilled and compassionate instructors use group facilitation methods and the natural world around them to help foster a caring, positive and inclusive group culture.

FOR MORE ON OUR EDUCATION APPROACH VISIT OUTWARDBOUNDBALTIMORE.ORG/EDUCATIONAL-APPROACH



WELCOME PACKET: FREQUENTLY ASKED QUESTIONS

WHAT IS OUTWARD BOUND?

The heart of an Outward Bound experience is learning through action. Our mission is to conduct safe, adventure-based expeditions in an exciting and challenging outdoor environment. Our expeditions are structured to encourage growth and discovery, and to inspire leadership, confidence, communication, self-reliance, compassion and care for the environment. What sets us apart from other organizations providing similar experiences is that we aim to prepare students with the strength of character and determination they need to in the workplace, in their families, and in the world.

WHAT IS AN EXPEDITION?

It is a multi-day outdoor, overnight experience. Each student will be part of a crew comprised of 8-12 students and 2 professionally trained Outward Bound instructors. Our expeditions begin at our campus in Baltimore before traveling to our designated course areas. Each expedition will have a focused outdoor skill component(s) which include backpacking, rock climbing, canoeing, or sea kayaking - all of which take place in wilderness areas located throughout Maryland, Pennsylvania and West Virginia. Students will be sleeping outside at multiple campsites throughout their course, and will be setting up camp, preparing meals, and navigating by map and compass during the length of their expedition. All crews will return to our campus for a graduation ceremony on the last day.

WHAT FORMS ARE REQUIRED?

You're required to complete the Medical Form, and Liability Form. In order to participate, ALL forms need to be fully completed, signed, and returned to Outward Bound. One of our Admissions Coordinators may need to contact you for clarification or to request additional information. You may find links to download your forms (some are available as online forms) and all other course related information at www.outwardboundbaltimore.org/forms. Forms must be complete and you must be available for follow up if needed or you WILL NOT BE ALLOWED TO PARTICIPATE. Outward Bound's screening process is thorough in order to ensure the safety of our students and if we determine it is not medically safe for you to go on an expedition, we may not clear you.

HOW DO I LEARN MORE ABOUT THE PROGRAM?

Our website is a great resource for learning more about our character education programs, our community impact, and outcomes based research. We also offer a series of informative emails about your Outward Bound program that you may receive after completing your Required Forms. Please make sure to check your inbox for our email opt-in messages so you receive those communications. You may unsubscribe easily at any time.

WHAT ELSE DO I NEED TO KNOW?

Important information about your expedition and what each student should bring is answered in our Frequently Asked Question document and Packing List, but we are always here to help. Please call if you have any questions after reviewing these documents. Additional resources and information is available on our website at www.outwardboundbaltimore.org.

WHAT SHOULD I DO IF THERE IS AN EMERGENCY?

If you have questions, concerns, or if there is a family emergency during the expedition, please call the Course Director: (443) 442-4444. This phone is available strictly for true emergencies, and is monitored 24-hours a day, 7 days a week during your expedition.



WELCOME PACKET: FREQUENTLY ASKED QUESTIONS (CONT.)

IS IT SAFE?

Outward Bound has an excellent safety record and the safety of our students is a priority. We invest considerable time and resources in training our staff and reviewing our programs to ensure that they meet high standards of safety and quality. The accuracy of the information you provide on medical forms is essential to maintaining our standard for safety. Families will be notified immediately in the case of an emergency while on expedition.

WHO ARE OUR INSTRUCTORS?

Safety for our students and staff is among our highest priorities. Two highly trained Outward Bound instructors will accompany students on all expeditions. We require our instructors to carry a Wilderness First Responder certification – a high level of wilderness medical training, in addition to their First Aid and CPR training. In addition, all of our staff have been screened and cleared by the national FBI criminal record database, the State of Maryland Criminal Record database (Local / State Police databases), and the State of Maryland Child Protective Services database. Instructors on your type of course will have experience working with adult populations, and members of the armed services.

WHERE DO STUDENTS SLEEP?

Students on expedition will not be in cabins or permanent buildings, but will sleep outdoors in tents or tent like structures. Crews will be moving to multiple camping locations during the duration of their expedition.

WHAT KIND OF FOOD IS PROVIDED?

Nutritious and portable food is packed for each crew – grains, pasta, cheese, vegetables, fruit, and nuts – selected to meet the high-energy demands of our students. Typical meals include burritos, macaroni and cheese, and tuna sandwiches. The diet may differ from what students are accustomed to at home so we suggest cutting down on soft drinks, coffee, and junk food before an expedition. We are able to accommodate any and all eating restrictions, or allergy concerns with our available backcountry menu.

HOW WILL I STAY CLEAN?

We are very aware of basic sanitation needs and self-care. There are no showers on course – students wash hands regularly and learn outdoor methods for staying clean even though there will be no access to indoor restroom facilities. Deodorant is not allowed as it has a tendency to irritate skin when not washed off regularly and the scent attracts many unwanted insects and animals. Personal soap is also not necessary as we provide all you will need.

WHAT HAPPENS IF THE WEATHER IS BAD?

The course will continue regardless of weather. Instructors will teach students basic safety precautions and protocols. Our support staff will remain fully aware of weather conditions in the areas where our students will travel, and may adjust their expedition route to avoid any dangerous weather.

WHAT WILL BE HAPPENING ON THE EXPEDITION?

In addition to the physical activities of an outdoor overnight expedition, Outward Bound's Educational Framework uses challenge and adventure to allow students to learn through experience. A supportive environment of peers and instructors make it easier to try new things, speak your mind, listen, and to be heard – all elements of today's most successful leaders. We value and teach compassion, integrity, excellence in craft, inclusion, and diversity. Each student will return having practiced the skills of a leader and they will be more aware of their personal strengths and abilities.

HOW CAN A STUDENT PREPARE FOR AN EXPEDITION?

Outward Bound can be physically demanding. Working on physical fitness and improving eating habits will help students have a great expedition experience. Be excited! An amazing opportunity is ahead.

WHAT HAPPENS IF I NEED TO CANCEL?

We understand that emergencies arise and on rare occasions students must withdraw from their course. We ask that you make every effort to participate. You and your crew were carefully selected from a far larger pool of applicants. If after careful consideration you decide that you do need to withdraw, please contact the Admissions Team at admissions@outwardboundbaltimore.org. Students needing to withdraw will not be penalized.

[MORE FAQ'S ONLINE](#)



QUESTIONS?

CALL (410) 448-1721

EMAIL ADMISSIONS@OUTWARDBOUNDBALTIMORE.ORG

24-HR EMERGENCY LINE: (443) 442-4444

Discover more at www.outwardboundbaltimore.org/forms

   @outwardboundbmore
 @outwardboundBCB



**BALTIMORE CHESAPEAKE BAY
OUTWARD BOUND SCHOOL**



“I truly had a breakthrough and a life-changing experience. I don’t think it would be possible if the program wasn’t put together specifically for Vets. I feel like a new man, with a different direction in life.”

Veteran Alumnus

BALTIMORE CHESAPEAKE BAY OUTWARD BOUND SCHOOL

SEE RESEARCH