

ABOUT YOUR CHILD'S COURSE



COURSE OVERVIEW

Expedition Details:

- Outdoor, overnight experience that takes participants into wilderness environments and teaches them how to travel
- Begins at our base in Baltimore before traveling to our designated wilderness course areas located throughout Maryland and/or Pennsylvania.
- All crews return to our campus for a graduation ceremony at 1PM on the last day

During their expedition, students will:

- Be in a crew of 8-12 students and 2 Outward Bound instructors, and in most cases a teacher chaperone
- Participate in wilderness activities (backpacking, canoeing or climbing)
- Navigate by map and compass
- Set up camp and prepare their own meals
- Sleep outside at multiple campsites throughout their course

COURSE ACTIVITIES: Backpacking/Rock Climbing OR Canoeing

COURSE AREAS: Appalachian Trail (MD/PA) OR Potomac River (Western MD)

COURSE END / GRADUATION: Families are welcome to attend the course-end graduation which begins at 1PM on the last day of course.

SAMPLE ITINERARY

Listed below is a sample of a schedule for your child's course. While the activities are similar from course to course, the days may change based on weather or program safety and quality.

- DAY 1** | Meet and pack gear at base, drive to course area, introduction to backcountry travel
- DAY 2** | Backpacking or Canoeing, travel skills development
- DAY 3** | Introduction to technical outdoors skills, solo
- DAY 4** | Final challenge
- DAY 5** | Return to base, clean and return gear, graduation ceremony

Learn more at [OUTWARDBOUNDBALTIMORE.ORG/PLANNING/COURSE-INFORMATION](https://outwardboundbaltimore.org/planning/course-information) or in your child's digital welcome packet.

PACKING

MEDICATIONS

- **PRESCRIPTION MEDICATIONS** MUST BE APPROVED BY OUR MEDICAL SCREENING DEPARTMENT BEFORE THE PROGRAM START. If your child cannot go for 24-36 hours without their medication, in case of an emergency, we recommend that they 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 your child needs or prefers, please bring it and list it on your medical form.
- **YOUR CHILD MUST BRING AN INHALER IF THEY HAVE ASTHMA**, even if they have not used their inhaler in years.
- **GLASSES or CONTACT LENSES:** If your child wears glasses or contact lenses, they should bring a spare set, if possible. Even if your child only wears glasses for reading, please have them bring them for use in map reading. Glasses should be held on with a strap.

CELL PHONES

During the expedition phones are left in a secure area on base and returned to students on the last day of the course. **You will not be able to speak with your child while they are on course.** 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.

PACKING CHECKLIST

Your child's packing list has been carefully compiled based on all the weather conditions they may encounter while on your program. Wool and synthetic fabrics are preferred.

IF YOUR CHILD DOES NOT HAVE ANY OF THE GEAR ON THIS LIST, YOU DO NOT NEED TO BUY IT. WE WILL PROVIDE ITEMS FOR YOUR CHILD TO BORROW.

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

We provide students with all technical gear and equipment. If your child packs any items not needed, instructors will store them in a designated locker for the duration of the expedition.

Learn more at [OUTWARDBOUNDBALTIMORE.ORG/PACKINGLIST](https://outwardboundbaltimore.org/packinglist) or in your child's digital welcome packet.

FREQUENTLY ASKED QUESTIONS

IS IT SAFE?: Outward Bound has an excellent safety record. Safety of our students is a priority. We train our staff and review our programs to ensure that they meet high standards of safety and quality.

WHERE DO STUDENTS SLEEP?: Students sleep outside in tents or tarps. Sleep groups are determined by students' gender. Crews move to and sleep in multiple campsites during the course.

WHAT KIND OF FOOD IS PROVIDED?: We pack nutritious foods such as grains, pasta, cheese, vegetables, fruit, and nuts for our students. Examples of meals are burritos, macaroni and cheese, and tuna sandwiches. We are able to plan around any food and allergy concerns listed on your child's medical forms.

HOW WILL MY CHILD STAY CLEAN?: Students wash hands regularly and learn outdoor methods for staying clean even though there will be no indoor restrooms or showers. Deodorant is not allowed as it can irritate skin when not washed off, and the scent attracts many unwanted insects and animals.

WHAT HAPPENS IF THE WEATHER IS BAD?: The course will continue regardless of weather. Instructors teach students basic safety precautions for bad weather. During the course our support staff monitors weather conditions where our students travel, and may change their route to avoid dangerous weather.

Learn more at [OUTWARDBOUNDBALTIMORE.ORG/ABOUT/FAQ](https://outwardboundbaltimore.org/about/faq) or in your child's digital welcome packet.