

# **GIVE Trip Handbook**

## Pacific NW Volunteer Excursion



*Growth International Volunteer Excursions*

*The Roots of Change*

## Pacific Northwest Overview

Your GIVE Pacific NW Excursion is coming up soon, so get ready to be immersed in the Cascade wilderness, old-growth forests, and stunning alpine lakes and peaks of sacred land to Coast Salish peoples since time immemorial. You will be volunteering on a variety of environmental projects that preserve the unique ecosystems and wildlife of the Pacific Northwest!

**Trip Intention:** It is our responsibility as global citizens to leave a net positive impact wherever we go. Here in the Pacific Northwest, we work alongside locally-led initiatives/nonprofits that support their mission in protecting ancestral lands, native plant species, and mindful representation of indigenous culture. All while jumping out of your comfort zone to discuss important topics, become stewards of the land, build community, and have fun!

### *Snoqualmie Valley Land Acknowledgement:*

*We acknowledge that we are on the Indigenous Land of Coast Salish peoples who have reserved treaty rights to this land, specifically the Snoqualmie Indian Tribe (sduk<sup>w</sup>albix<sup>w</sup>). We thank these caretakers of this land who have lived and continue to live here since time immemorial.*

This Excursion Overview includes important information about your upcoming trip. Some of this material may appear familiar, but please read the entire overview as some information may have changed. All of the information is important in making sure your experience is as impactful and enjoyable as it can be.

## Preparation Reminders Prior to Departure

### Passports (Required for Non-USA Passport Holders)

If you are traveling from another country, you must have a passport to travel to and enter into America. It is also required that your passport:

- Is a valid passport
- Does not expire for at least 6 months after you return from your host country
- Has sufficient pages for entry/exit stamps

### Traveler's Insurance (Required)

GIVE requires all participants to provide proof of traveler's insurance coverage. This ensures that you have coverage if unforeseen events arise.

You can purchase insurance from the GIVE website under “**Travel Details**” in the menu. You can find it directly at this link: <https://www.givevolunteers.org/prepping-trip/travel-details/#insurance>

Things to remember when filling out your traveler's insurance:

- **Departure & Return Dates:** Be sure to include all travel days (for example, if you're taking a red-eye home, the return date is the day you land back home)
- **Trip Cost:** Must equal the cost of your GIVE trip at a minimum (we encourage you to include the costs of your flights as well)

**USA Residents:** Although you're traveling within the US, we do still require travelers insurance as it covers you for unexpected events leading up to your trip (i.e. sickness, injury, death) and travel related complications such as baggage or flight delays.

**Non-US Residents:** Must provide proof of international travel insurance covering the total trip cost + flight. You are responsible for ensuring your coverage meets our requirements such as trip cancellation and trip interruption.

If you'd like to purchase from a different provider, then contact us to ensure the coverage meets our minimum requirements. Note that your insurance coverage must include trip cancellation and interruption.

### **Medications:**

You are responsible for providing your own over-the-counter or prescription medications throughout your course. This includes allergy medications, anti-inflammatory medications, etc. Please discuss these concerns with your doctor before your trip. If you have asthma (even mild), please do not forget to bring your inhaler! If you have allergies, please do not forget your prescribed epi-pen! Also, it's a good idea to plan ahead and bring vitamins (Vitamin C) and over-the-counter medications in case you start to get sick.

**If any changes to your health occur, it is critical that you update your Traveler Information/Registration** in your Volunteer Profile as soon as possible. You can login to your Volunteer Profile from our website at [www.givevolunteers.org](http://www.givevolunteers.org) If you make any changes within 15 days of your excursion, please notify us by email at [info@givevolunteers.org](mailto:info@givevolunteers.org). If you plan to take medications on the trip, please bring the medication name and description to provide to your GIVE guides when you arrive, if necessary.

### **Safety and General Health Concerns:**

There is inherent risk in the adventurous, off-the-beaten-path nature of GIVE's trips, but we maintain a culture of comprehensive risk mitigation throughout our trips. We aim to minimize risk by implementing proactive safety measures and established emergency protocols. Our ultimate goal is to facilitate a life-changing volunteer experience that is safe, educational, and inspiring.

Your trip will be led by experienced GIVE guides with training in Wilderness First Aid, Risk Management, Emergency Response, Mental Health First Aid, and Outdoor Leadership. Additionally, we take necessary precautions and are prepared with adequate resources, such as medical supplies and routes to local hospitals or clinics. We are prepared with a comprehensive risk management plan to respond to any incident(s).

To maintain your general health during the trip, it is important that you take good care of yourself and are physically prepared for all activities outlined in the itinerary. Throughout the trip you will be engaged in strenuous physical activity in a continental climate - meaning there will be intense heat and humidity. This means that **you must constantly be aware of your clothing, hydration, and nutrition**. In the event that you do become ill or need to seek medical attention, we can arrange for you to visit a nearby hospital or clinic to receive care.

## Flights and Arrival in Seattle, WA

### Flights:

If you have not already, contact our flight agents at StudentUniverse for your flight itinerary to Sea-Tac International Airport (SEA). You can find their contact information on our website under the “Travel Details” tab in the navigation.

<https://www.givevolunteers.org/trip-prep/travel-details/>

You are also welcome to book flights on your own to Seattle; however, please email GIVE your tentative itinerary BEFORE booking for review and approval.

Prior to traveling, check your flight departure and arrival online to **ensure that your flight information has not changed**. If it has changed, **contact GIVE immediately** to provide us with the updated flight information.

Your flight will land at the SEA Airport **on the start date** of your trip. Note: if you’re traveling internationally, you may be traveling the day(s) before your excursion start date. **You need to be in Seattle on your trip start date.**

For your departure, you will depart **on your trip end date**. GIVE’s flight agents can provide details regarding preferred itineraries.

You can meet other GIVE participants en route to SEA during your layover(s) or on the plane. To make it easy to identify each other, tie a **green** ribbon or string to your carry-on bag. You can also make a GIVE sign to find other volunteers while in transit to SEA.

### Arrival in Seattle, Washington:

You will be responsible for meeting your group at our pickup spot in Seattle, where you will meet your guides. From there, we will all shuttle over to our accommodations just outside the city for night one. We’ve included detailed arrival instructions below. We will

send another reminder email with these instructions before your trip starts. Please do not plan on meeting your trip leaders until later that evening.

**For US citizens**, after you exit the plane, follow the signs to baggage claim, collect your baggage and proceed to the arrivals hall where you can find a variety of modes of transportation to your pickup spot.

**For non-US citizens**, you will receive an immigration form on the airplane. It will need to be completed and provided to a U.S. customs agent upon your arrival. The form will ask you to provide an address of where you're staying in the United States. Please write "**Camp Long, 5200 35th Ave SW Dawson, Seattle, WA 98126.**" After you pass through customs, you will be in baggage claims. Collect your baggage and proceed to the arrivals hall where you can find a variety of modes of transportation to your pickup spot.

### **Transportation to Our Pickup Spot:**

**GIVE will NOT provide transportation to and from the airport to your accommodation on your arrival and departure dates.** You can take public or private transportation for a minimal cost as outlined below. Here are directions on how to get to your group pickup spot in Seattle:

**Green Tortoise Hostel**  
105 Pike Street, Seattle, WA 98101

You can take the Sound Transit Light Rail ([soundtransit.org](http://soundtransit.org) – follow signs to parking ramp for access to Light Rail) or bus #124 from outside the baggage claim area. For both the Light Rail (about \$5) and Bus (about \$3), get off at the Westlake Station. Exit onto Pine St. to 2<sup>nd</sup> Ave, then turn left on 2<sup>nd</sup> Ave for one block (going with traffic) until you reach Pike St., where you will take a right. The Green Tortoise Hostel is  $\frac{3}{4}$  of a block down Pike St. on the left, just past Seattle Coffee Works.

You can also book an Uber/Lyft upon arrival. This will generally run you around \$75 but if you arriving around the same time as some of your fellow volunteers, getting an Uber/Lyft together and splitting it is also a great option.

You will be able to exchange arrival information, connect with your group & GIVE guides in your PNW WhatsApp group.

Once you arrive at Green Tortoise, you are welcome to drop your bags at the front desk for a \$5 holding fee to explore the city. Your GIVE guides will meet you back at the hostel lobby that @ 6pm that evening to transfer to our accommodations for night one.

**If your flight arrives in SEA later than 5pm on Day 1**, your GIVE guides will contact you directly and offer pickup/transportation from the airport to our accommodations for the night.

## Flight Delays or Cancellations:

When traveling, unforeseen events can occur, and travel may not be exactly how you planned. Just remember, it's all part of the experience! If you experience flight delays, cancellations, or other travel-related issues on your trip, don't panic. You have several resources to help get you rebooked and on the next flight.

**We will email you a few days before you depart with a list of resources and FAQ's to help you navigate any travel-related issues. Please print this document and/or save it to your phone to easily reference in the event of a travel-related issue.**

In the event of flight cancellations, unexpected delays, or changes, here's what to do:

1. Go straight to the gate agent at the airport. They will be the best resource to assist you to rebook your flight. If you're not yet at the airport, skip to step 2.
2. While waiting to speak to the gate agent or if you're not at the airport, call your booking agents or the airlines directly. If you booked through **StudentUniverse**, the numbers are below for after-hours assistance. Our agents may have access to alternative airlines not readily available to the gate agent at the airport.

**StudentUniverse: +1-844-985-4117**

\*If there are other GIVE volunteers, work together and choose one point person to speak with the agent to rebook flights.

3. **After your flight has been rebooked, e-mail your updated itinerary to GIVE.** Make sure to include the airline, number, arrival time, and names of other GIVE volunteers with you.
4. Should your delay be substantial, your guides will make alternative arrangements for your pickup – note that **delayed flights may incur additional pickup fees.**
5. If flight changes result in a layover of more than six hours or if you must pay additional fees for your delay, contact your Travel Insurance provider. They can assist you with alternate arrangements and explain how your insurance policy applies in your circumstances. **Make sure to keep all receipts!**

**Talking to gate agents at the airport and calling your flight agents/the airlines are the best resources to rebook your ticket.**

## Next Day Flight Arrival:

If your flight is canceled or delayed and you are unable to arrive in Washington on your trip start date, do not panic. Follow the above steps to contact your travel agent or airline

and rebook your flights. Email your updated itinerary and arrival time to GIVE at [info@givevolunteers.org](mailto:info@givevolunteers.org).

If your flight arrives after day 1, your guides will arrange private transportation to meet your group at our remote accommodations. **You will be responsible for paying \$200 USD for transportation to our mountain lodge. Remember to keep receipts as your Travelers Insurance may reimburse you for costs incurred as a result of your flight delay or cancellation.**

### **Lost or Delayed Baggage:**

If your baggage does not arrive at the airport, do not panic. Go to the lost luggage counter to make a lost luggage claim. Complete any forms necessary and collect information from the representative to coordinate your luggage delivery/pick-up.

Phone service at the lodge can be limited, so please give the luggage representative GIVE's phone number +1 206-973-7991 to contact when your luggage arrives at SEA Airport. Keep the copy of your lost luggage claim safe until your bag has been returned. Depending on the circumstances, your Traveler's Insurance may reimburse you for each day that your bag is lost or delayed.



### **Money**

Since spending habits vary from person to person, please plan according to yours! GIVE suggests planning to spend approximately \$100 to \$150 USD for purchasing snacks, drinks, and souvenirs in Seattle, etc. All water and three meals a day are included during your excursion, excluding meals on arrival and departures days.

### **Important Note:**

**Any travel expenses outside of the itinerary are the responsibility of the participant to pay out-of-pocket, including costs associated with delayed and/or interrupted travel to and from the trip location.** For international travelers, the required International Travel Insurance may provide reimbursement for costs if they are within the policy coverage.

## **Communication**

### **Electronics:**

We will be spending much of our time in the great outdoors and encourage disconnecting from devices and connecting with the experience as much as possible. Service is extremely limited at our accommodations. However, charging outlets will be available.

### **Contacting Home:**

An important aspect of any GIVE trip is to unplug from your life back home and plug in to the experience. We encourage our participants to disconnect from phones, social media, and contact with friends and family during the trip to get the most of your time in Washington.

Most of your time will be spent in a remote area in the Cascades where there is limited to NO cell service or WIFI. Phone and Internet access are limited to arrival and departure days in Washington. Make sure to inform your family and friends that **communication is limited and not to be expected**. In the event of emergencies or case-by-case circumstances, your guide will arrange for you to call or email home. GIVE will also contact your emergency contact upon your arrival into Seattle.

## Home Contacting You:

It is important to let your family and friends know **to expect limited communication with you**. For emergencies, status updates, or general questions, your family can contact the GIVE office at +1 (206) 973-7991 or email [info@givevolunteers.org](mailto:info@givevolunteers.org) while you are on your trip. Our GIVE team will relay any messages to you and your guides.

We will occasionally post photos of the group on our Facebook page and other social media outlets during your trip. Let your family and friends know to follow our Facebook page, Instagram, and GIVE's other social media sites (@givevolunteers). Please inform your family we will do our best to post photos of your group throughout the trip!

## Weather

Come prepared for hot, humid weather throughout the day with occasional rain and cooler temperatures in the evening. Daily average temperatures range from 70-85 degrees Fahrenheit during the day and can drop as low as 45-60 degrees Fahrenheit at night. Please see our suggested packing list below for recommendations on what to pack.

## Accommodations

On day 1 of your trip, you will stay at a private campground just outside the city with dorm-style cabins that sleep 4-6 that you will share with your fellow GIVE travelers. All rooms are separated by gender. The campground has all your basic amenities for the night: showers, bathrooms, food storage, and drinking water.

Our additional accommodations are about 2 hours southeast of Seattle, nestled on a scenic ridge near the eastern portal of the historic Stampede Pass Train Tunnel. Our rustic Lodge accommodations are comfortable and equipped with all necessary amenities, such as electricity, running water, bathrooms, hot showers and bunk beds. **Participants will need to bring their own sleeping bag for their bunk**. The lodge is situated near the meandering Yakima River, and surrounded by the lush, peaceful Wenatchee National



Forest. Our lodge has access to beautiful woods and many small hikes. Be prepared to spend time outside!

The last night of your trip (day 6), you will stay in a downtown hostel centrally located across from the world famous Pike Place Market! You will sleep in shared, dorm-style accommodations with only other GIVE participants and have hallway access to individual communal toilets/showers. This central location is close to the light rail station for your convenience to get to the airport on time.

## Luggage

We encourage you to pack as light as possible. It is required that you bring a travel backpack or duffle bag instead of a hard cover suitcase. **Hard cover or rolling suitcases are not suitable for the areas we'll be traveling or for easy packing into our transportation.** Be sure to check with the airlines for baggage requirements and fees.

- Your carry-on bag: ONE backpack for small treks and to carry your smaller items (water bottle, snacks, etc.) throughout the day.
- Your checked bag, if necessary: ONE travel backpack or duffle bag is recommended.

## Important Note Regarding Valuables:

**When packing your luggage do not put anything valuable in your checked bag.** This includes electronics, copies of your passport, expensive clothing/jewelry, hiking boots, etc. It is best to pack all valuables in your carry-on bag. Pack at least one change of clothes and a small pack of toiletries in your carry-on bag in case your luggage is delayed. Put luggage locks on your checked bag as a safety precaution.

## Packing for Your Excursion

People tend to over pack while traveling and we suggest that you challenge yourself to only pack the necessities. Be realistic and ask yourself, “what do I really need to have?” Please remember to keep your gear light and compact.

## Packing Checklist of **REQUIRED** Items (unless otherwise indicated):

### General Clothing

- Shirts
  - 2-4 t-shirts and tank tops for
    - Daily volunteer work (*dry-fit shirts are recommended*)
    - Outdoor activities (i.e. hiking) – dry fit shirt
    - Relaxing at accommodations

- At least 1-2 lightweight long-sleeve shirts for sun, plant and insect protection – **important for when we're doing conservation work with prickly plants!**
- Jackets
  - 1 raincoat/poncho (we work rain or shine!)
  - 1-2 lightweight sweatshirts, jackets or sweaters
    - The temperature can drop to 45-60°F at night
- Shorts
  - 1-2 athletic/hiking shorts for
    - Daily volunteer work
    - Outdoor hikes
    - Relaxing at accommodations
- Pants
  - 1-2 pairs of long pants for hiking and sun protection (light weight, breathable, and durable fabrics)
  - 1 pair of comfy pants for relaxing at accommodations
- 1 swimsuit
  - *Pack an additional pair of "swim shorts" if you'd prefer for rafting/float activities*
- 1 set of pajamas/sleeping clothes
- Underwear and socks (*sport or athletic bras recommended*)
- 1 nice/casual outfit for our final night (dinner in Seattle)
- Sunglasses
  - (*Optional*) *Strap cord/lanyard recommended for rafting/float day!*
- Hat for sun protection (*and/or beanie for cooler nights*)

### Footwear

- Sturdy hiking shoes/boots. **IMPORTANT! Must be durable, closed-toed shoes/boots for volunteer projects and hikes.**
- 1 pair of flip flops or sandals (*strap sandals are good for navigating rocky coastlines*)
- 1 pair to get wet while floating (or that can easily fit into a small dry bag)
- Slippers for down time at the lodge (optional)

### Other Gear

- **MUST BRING** 1 compact lightweight sleeping bag (*summer bags are sufficient*)
- 1 small travel pillow
- 1 small day pack backpack. Use this to bring layers, sunscreen, water, etc. when we head out for the day
  - (*bring a rain cover too if possible*)
- 1 towel
  - *A microfiber towel is recommended for quick dry purposes*
- 2 refillable water bottles (1L each) or Camelback (2-3L)
- Personal toiletries: shampoo/conditioner, face wipes, toothbrush and toothpaste, soap, etc.

- 1 pair of work gloves for volunteer projects
- 1 bottle of [river/ocean safe sunscreen](#) (active ingredients: only Titanium Dioxide and/or Zinc Oxide allowed)
- 1 bottle of [natural insect repellent](#)
- 1 headlamp/flashlight and extra batteries
  - *Preferably one that includes red light setting*
  - *Pro tip: our eyes are remarkably adapted to see in the dark, but white LED lights wreck that night vision and make it harder for you and everyone else to see the stars. Red lights preserve night vision and attract fewer bugs*
- 1 rechargeable portable battery for charging phones and small electronics (*recommended, but not required*)
- 1 small waterproof bag to protect electronics & valuables (*recommended, but not required. Ziploc bags work great too!*)
- Phone or a watch with an alarm clock
- Chapstick with SPF
- All prescribed medications, inhalers, or epi-pens
- Small first aid kit and supplies (*recommended, but not required. See below.*)
  - Vitamins (*multi-vitamins, vitamin C, Airborne, Emergen-C, etc.*)
  - Personal over-the-counter medicines (*fever reducers, gastrointestinal medications, anti-inflammatories, motion sickness medication, etc.*)
  - Hand sanitizer/hand wipes
  - Band-aids & mole skin (*for blisters*)
  - Anti-itch cream/wipes
- 1 good book (*optional*)
- Camera (*optional*)
- Deck of cards or other games (*optional*)
- Notebook with pens and pencils for personal journaling (*optional*)
- Snacks!

### Optional Items:

- Sarong
  - *Pro tip: these are good for EVERYTHING! Get them wet and they'll keep you cool. They make great personal shade devices for hikes and sitting on rafts, and are good for extra bug protection. Wrap them around your waist for a discreet personal changing room. Use them as a towel. Lie on them in the sand. The list goes on...*

### Spending Money:

- Budget \$100-\$150 for souvenirs, snacks, drinks and personal purchases. We recommend bringing at least \$50 in cash, but there are ATMs available to you.

### Items to **avoid** bringing:

- Glass-bottled beverages
- Large amounts of cash beyond \$100

- Breakables
- Expensive jewelry, watches, electronics

## Sample Itinerary

This is a sample itinerary of GIVE's PNW Excursion, and, as such, is subject to modification during your excursion. Traveling **requires flexibility** based on weather, wellness of the group, project partner availability, and other important factors. We appreciate your understanding and adaptability with the itinerary.

### Day 1 – Arrive in Seattle, WA

Trip Start: Arrive in Seattle and enjoy a free day exploring while the rest of your group arrives! GIVE will provide accommodations for the first night in Seattle, and, whether you're taking air or ground transport to Seattle, it is your responsibility to make your way to our meet up spot on the trip start day. The day is free for you to get to know your fellow participants and explore the city before opening orientation that evening. **Your guides will meet you that evening at our meet up spot to transport everyone to our accommodations for the night and host a brief orientation to discuss our adventurous and impactful week together and a more detailed schedule for the following day!**

### Day 2 – First day of Volunteering and check-in to Meany Lodge

Meet your guides bright and early as we head off for our first day of volunteering and exploring in the Cascade Mountains! That evening we'll check into our home for the rest of the week – a historic & rustic mountain lodge surrounded by the Okanogan-Wenatchee National Forest!

### Days 3 - 5 – Volunteer & Explore the Cascade Mountains

Each morning we'll get to volunteer with local nonprofits on a variety of conservation projects where we will support the restoration of indigenous land by removing invasive plants and planting native species to restore riparian buffers along the Snoqualmie River. After lunch, we'll head into the mountains to summit cascade peaks, swim in alpine lakes, hike through old-growth forests, tube down the Snoqualmie river, and chase waterfalls! We'll then head back to the lodge for dinner and free time to relax or take part in group games and discussions around the bonfire!

### Day 6 – Whale-Watching & Final Night Celebration

After breakfast, we'll pack up and say goodbye to our cabin home and make our way to our last volunteer project. After lunch we will head to the marina to embark on a whale-watching tour in the Salish Sea! Known as the "American Serengeti," this region is teeming with whales, dolphins and other marine life. On board we'll have the chance of seeing orcas, humpbacks, minke, and gray whales, as well as sea lions, seals, and bald

eagles! After dinner and a final celebration, we'll head back to our accommodations in downtown Seattle.

*Trip End: When your guides drop you off at the accommodations in Seattle*

### **Day 7 – Departure from Seattle, WA**

All good things must come to an end, but these memories and friendships will be with you forever. Enjoy a free day in Seattle before heading home or off on your next adventure!

### **While on Your Trip**

Please do not hesitate to let your GIVE guides know what you need during the trip. We are here for you! If there is anything you think your guides should know, whether you listed it on your volunteer profile or not, please feel comfortable sharing. Our guides are fully trained and want to help you make this experience as safe, fun, and meaningful as possible.

### **GIVE Contact Information**

**Phone USA** +1 (206) 973-7991  
**E-mail** [info@givevolutneers.org](mailto:info@givevolutneers.org)  
**Mail** 1900 W Nickerson St STE 116 #123,  
Seattle, WA 98119

Please contact us if you have any questions or concerns. Thank you and we are excited to see you in Washington!