Wilderness & International Leadership Development (WILD) Handbook

GIVE Excursion Overview Table of Contents

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WILD: Pacific Northwest Overview

GIVE’s Wilderness & International Development (WILD) program is a groundbreaking course designed to provide you with all the skills, knowledge, confidence and certifications to become an International Wilderness Guide. The snow-capped peaks,
forested valleys and alpine lakes of Washington’s Cascade Mountain Range will serve as your classroom, with an all-encompassing curriculum covering: Wilderness First Aid (WFA), Risk Management, Outdoor Leadership and International Guiding. The following information will help you prepare for the course.

**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

If you are traveling on a non-USA passport, you are required to upload a color copy of the photo page of your passport to GIVE in your Volunteer Profile at least 80 days prior to your departure date. This page includes your photo and personal information. Please do not send your passport to the GIVE office. If you do not have a passport, order one ASAP to avoid missing your WILD program!

**Insurance (Required)**

GIVE requires all participants to provide proof of insurance coverage. This ensures that you have coverage if unforeseen events arise. Note that insurance requirements are different for USA residents and International residents. See below for more details.

**International Medical and Travelers Insurance**

For USA residents and non-residents, you can purchase insurance from the GIVE website under “Trip Prep” in the navigation. To purchase insurance, go to https://www.givevolunteers.org/prepping-trip/travel-details/#insurance or from GIVE’s website, navigate to the “Trip Details” page on our website.

USA Residents: Must provide Health insurance card and travel insurance covering cost of flight.

Non-US Residents: Must provide proof of international travel insurance covering the total WILD trip cost + flight.

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 course. If you have asthma (even mild), please do not forget to bring your inhaler! 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 in your Volunteer Profile as soon as possible. You can login to your Volunteer Profile from our website at www.givevolunteers.org. If you make any changes within 15 days of your excursion, please notify us by email at info@givevolunteers.org. If you plan to take medications on the trip, please bring the medication name and description to provide to your WILD guides when you arrive in Seattle.

**Safety and General Health Concerns:**

*WILD is considerably more physically demanding than GIVE’s other programs. If you aren’t comfortable with prolonged physical activity in cold, wet environments we recommend looking into some of our other programs.*

Traveling in the cold weather and mountainous, snowy terrain of Washington’s Cascade Mountains inherently involves risk and we maintain a culture of comprehensive risk mitigation throughout the course. Our organization strives to minimize risk through proactive measures. We focus on providing you with an experience of a lifetime that is safe, educational, and inspiring.

Each WILD course will be led by GIVE guides and a Wilderness EMT trained in teaching Wilderness Medicine. Additionally, we take necessary precautions and are prepared with resources, such as medical supplies and routes to local hospitals or clinics. In the event that unforeseen situations arise, we are prepared with a comprehensive risk management plan to respond to the incident(s).

To protect your general health during the course, it is important that you take good care of yourself and are physically prepared to be a participant. We work outdoors daily, engaged in strenuous hiking and field scenarios in the cold weather. 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**

**Flights:**

If you have not already, contact our flight agents at Flight Center for your flight itinerary to Seattle-Tacoma Airport, aka Sea-Tac, in Seattle, Washington. You can find their contact information on our website under the “Travel Details” tab in the navigation.
Prior to departure, 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 Seattle-Tacoma Airport (SEA), aka Sea-Tac, in Seattle, Washington 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 WILD students in route to Seattle 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 Seattle.

**Arrival in Seattle:**

Since we arrange group flight itineraries, most participants arrive at the Seattle Tacoma International Airport (Sea-Tac) around the same time.

**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 hostel.

**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 “**Green Tortoise Hostel, 105 Pike Street, Seattle, Washington 98101.**”

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 hostel.

**Transportation to the Hostel:**

GIVE will not provide airport transportation to and from the airport to your hostel on the arrival date and departure date. You can take public or private transportation for a minimal cost as outlined below. Here are directions on how to get to your group accommodations in Seattle:

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

You can take the Sound Transit Light Rail (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 $3) and Bus (about $2), get off at
the Westlake Station. Exit onto Pine St. to 2nd Ave, then turn left on 2nd Ave for one block (going with traffic) until you reach Pike St., where you will take a right. The Green Tortoise Hostel is ¼ of a block down Pike St. on the left, just past Seattle Coffee Works.

You can also book a shuttle ahead of time with Greyline (206-624-5077), or with the van-share company Shuttle Express (shuttleexpress.com: 425-981-7000). Taxis generally cost $25-45 and Seattle also has all the rideshare apps available.

You will be able to exchange arrival information and phone number in your WILD Facebook group. Look out for an email with the Facebook group link.

**Flight Delays or Cancellations:**

If you experience flight difficulties that effect your arrival in Seattle, such as delays or cancellations, please contact GIVE right away by phone at (206) 973-7991 or email info@givevolunteers.org.

In the event of flight cancellations, unexpected delays, or changes, contact your booking agents or the airlines directly. If you booked through Flight Center, contact an agent to assist you with rebooking your flight. Our agents may have access to alternative flights not provided by the ticketing agent at the airport.

- Flight Center USA: 877-862-7051
- Flight Centre AUS: 1300 557-813
- Flight Centre UK: 0161-275-9227

If flight changes result in a layover of more than six hours, contact your Travel Insurance provider. They can assist you with alternate arrangements and explain how your insurance policy applies in your circumstances.

**It’s important to contact GIVE as soon as possible if a delayed flight or cancellation effects your arrival in Seattle!** Either email GIVE at info@givevolunteers.org or call our offices at +1 (206) 973-7991.

**Next Day Flight Arrival:**

If your flight is cancelled or delayed and you are unable to arrive to Seattle on your trip start date, do not panic. Contact GIVE by email at info@givevolunteers.org or call our offices at +1(206) 973-7991 right away. We will contact your guides and assist you to make alternate arrangements to meet the group, which will be an additional expense outside of the trip cost.

**Note that you will be responsible to pay $100 for transportation to our accommodations to meet the group.** Depending on the circumstances, your Traveler’s Insurance may reimburse you for costs incurred as a result of your flight delay or
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. **Tell the representative that you will be traveling to the Stampede Pass the following day and your luggage needs to be sent to the Meany Lodge.** Complete any forms necessary and collect information from the representative to coordinate your luggage deliver.

Phone service at the lodge is extremely limited, so please give the representative your GIVE’s phone number 206-973-7991 to contact when your luggage arrives at Sea-Tac Airport. GIVE will arrange transportation to pick the luggage up at the airport. If you do not specify to have it sent to GIVE, it will remain in Sea-Tac until we return 8 days later. 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

Money Recommendations During Your Excursion:

Since spending habits vary from person to person, please plan according to yours! GIVE suggests planning to spend approximately $50 to $150 USD for purchasing snacks, drinks, meals in Seattle, etc. All water and three meals a day are included during your WILD course, excluding meals on arrival and departures days (day one and day seven).
Important Note:

Any travel expenses outside of the WILD course 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 course location. For international travelers, the required International Travel Insurance that may provide reimbursement for costs if they are within the policy coverage.

Communication

Electronics:

You will be able to charge your cameras and other electronic devices in our course accommodations.

Contacting Home:

You will be able to contact home on your own cell phone/device on the first and last days of the trip. The rest of your time will be spent in and around a remote lodge in the Cascade mountain range wilderness where there is no cell service or WIFI. Phone and Internet access will be limited to the arrival and departure days in Seattle. You should embrace this opportunity to disconnect from the outside world and immerse yourself your surroundings.

An important aspect of the WILD course is to “unplug” from your life back home and “plug in” to the surrounding environment. We ask our participants to unplug from phones, social media, and contact with friends and family at home during their WILD course to make the most of your experience.

Make sure to inform your family and friends that communication is limited and not to be expected. There will not be access to phone or Internet during much of your course. Do not plan to contact home daily. Tell your family that communication is extremely limited and not to expect to hear from you. In the event of emergencies or case-by-case circumstances, your guide will arrange for you to call or email home.

Home Contacting You:

It is important to let your family know not to expect to have communication with you. For emergencies, status updates or general questions, your family can contact the GIVE offices at +1 (206) 973-7991 or email 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 course. Let your family and friends know to follow our Facebook page (www.facebook.com/givevolunteers), Instagram, Twitter, and GIVE’s other social media sites. GIVE’s social media webpages can be accessed through the
social media icons on our website at www.givevolunteers.org. Please inform your family we will do our best to post photos of your group throughout the trip!

Weather

Come prepared for cold, wet weather as well as physical activity in the rain and snow. Please see our suggested packing list below for recommendations on what to pack.

Most of our course will take place nearby the Stampede Pass of the Cascades Mountain Range. Throughout the month of March, daytime temperatures will generally reach highs of around 39°F with nightly lows around 28°F. You should expect to see some rain and snow fall during your trip and prepare for considerable snowpack still on the ground.

Accommodations

During your 2 nights in Seattle, on days 1 and 6 of your course, 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 other WILD participants. The hostel is in a perfect location for you to explore the sights of Seattle and also stock up on snacks for our week in the wilderness!

About 2 hours drive 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, wood-fire heating, 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 also boasts the longest certified rope tow west of the Rockies, granting access to 4 groomed, downhill skiing and snowboarding runs. Depending on the conditions, we may be able to use the rope tow. Feel free to bring your gear for the free 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.

We recommend that you bring one checked bag and one carry-on, or personal bag. 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 throughout the day.
- Your checked bag: 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, 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 travelling 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 adopt the motto “Travel Light!”

Packing Checklist of Recommended Items:

For the Lodge

- Sleeping bag (20°F or lower temperature rating)
- Bath Towel (micro-fiber towels are ideal for light packing)
- Slippers (optional for wearing around the lodge)

Personal Gear

- Day pack
- Waterproof pack cover (in case it rains for day hikes)
- Refillable water bottle (1 liter)
- Notebook with pens/pencils for taking notes
- Wrist-watch for checking vital signs
- Sunscreen
- Headlamp (extra batteries)
- Toiletries (toothbrush, paste, medications, face wipes, etc.)
- Snacks! (There will be 3 meals a day, but snacks will not be available. You can purchase snacks in Seattle on arrival day)
- Small first aid kit
- Camera and charger
- Deck of cards or other games (optional for hanging out at night)
- A good book for downtime

Head, Hands, and Toes

- Winter stocking cap/beanie
- Waterproof gloves or mittens
- Warm socks (synthetic or wool – 3 pairs minimum)
- Hiking boots (water resistant/proof)
Cold-weather Clothing

- Base layer clothes (2 tops and 1 bottom – minimum)
- Insulated pants/leggings (fleece or microfleece)
- Waterproof pants
- Insulated jacket (fleece or microfleece)
- Waterproof jacket
- 2-3 pairs of comfortable, warm clothes for sleeping and hanging around the lodge

The simple rule of winter expeditions is to stay dry and warm. Choose clothing layers that wick moisture, dry quickly, insulate and are waterproof and breathable. By adjusting these layers, you can regulate the amount of warmth you need. The 3 basic layers:

**Base Layer:** This is basically your underwear or the layer next to your skin. Synthetic and merino wool fabrics work best (avoid cotton). They wick perspiration away from your skin to outer layers so it can evaporate. They dry quickly so you spend minimal time in wet clothing. When snow camping, it’s common to wear 2 base layers: a lightweight or mid-weight layer, then a thicker heavyweight layer.

**Middle Layer:** This is your insulating layer. It is primarily designed to help you retain body heat. Fleece or microfleece shirts, pants and jacket and/or a goose down jacket are great middle layers.

**Outer layer or shell:** This is your waterproof/windproof/breathable layer. Gore-Tex will provide premium protection or choose less expensive options, such as polyurethane-coated fabrics that are equally waterproof but somewhat less breathable. Look for core vents and underarm vents that expel excess heat and moisture.

**Itinerary (Sample)**

This is a sample itinerary and will be modified/changed during your course. Participation in this course requires flexibility based on weather, wellness of the group, and other factors. We appreciate your understanding and adaptability with the itinerary.

**Day 1 – Arrive in Seattle:**

Trip Start: Arrive in Seattle and enjoy a free day exploring while the rest if your group arrives! GIVE will not provide transportation from the airport or guide supervision on this day, but will provide your accommodations for the first night in Seattle. The day is free for you to get to know your fellow course participants, explore the city and stock up on snacks for our week in the wilderness! We’ll have a brief meeting that evening to discuss logistics for the following day.

**Day 2 – Travel to course location & begin Wilderness First Aid:**
TRIP COMMENCEMENT: Upon meeting your transport to the course location at 6:30 am.

After an early breakfast at the hostel, we’ll load up in the cars and drive 1.5 hours to the trailhead and from there it’s an epic snow-cat journey to our remote mountain lodge. Following a quick tour of the lodge and the surroundings we’ll break into our program orientation. In the afternoon we’ll jump headfirst into our Wilderness First Aid training, practicing hands-on wilderness medicine and rescue techniques. Each evening at the lodge we will come together after dinner for group discussions to help put the day’s lessons into an international context.

Days 3 – Wilderness First Aid:

We’ll start off this day like we will every morning at the Lodge, with a warm, freshly made breakfast before breaking into our daily activities. This day will be a combination of learning Wilderness First Aid concepts in the classroom and then applying them with field scenarios in the surrounding wilderness.

Weather permitting, we’ll take a long break in the middle of the day to fire up the rope tow for skiing, snowboarding and sledding on our private ski hill!

Day 4 – Finish WFA and begin Risk Management & Outdoor Leadership

By lunchtime you will hopefully be fully certified in Wilderness First Aid, with a shiny new certificate to prove it. After lunch, we’ll shift gears to focus on the Risk Management, Outdoor Leadership, Mental Health First Aid, Teamwork and Wilderness Skills components as we embark on a snowshoe trek into the surrounding wilderness.

Day 5 – Expedition Planning:

This is the day that you will apply all concepts learned throughout the week as we break off into groups to plan expeditions for the following day. Execution of these expeditions will serve as the final assessment for course participants. Once you’ve presented your orientations, feel free to spend the afternoon skiing, snowboarding or sledding, learning how to build an igloo, or just relaxing at the lodge!

Day 6 – Final Assessment Expeditions:

Lead our final expedition through some of the Pacific Northwest’s most spectacular Wilderness as we reach new altitudes on our way to Bryant Peak! That night, it’s back to Seattle for one final night of reflection and celebration.

TRIP END: After our final meeting at the hostel that night. No guide supervision will be available from this point on, but GIVE will cover your accommodation for the night.

Day 7 – Departure:
All good things must come to an end… Say your goodbyes to friends and fellow graduates before the journey home.

**During Your Course**

Do not hesitate to let your GIVE guides know what you need during the course. We are here for you! We want you to work hard and enjoy this experience to the fullest! GIVE is dedicated to inspire growth, empower global citizens, and ignite sustainable change worldwide. With your help, we can make this goal a reality!

**GIVE Contact Information**

| Phone USA  | +1 (206) 973-7991 |
| Phone AUS  | +61 (02) 8011-3174 |
| Phone UK   | +44 (207) 193 3163 |
| E-mail     | info@givevolunteers.org |
| Skype      | info.give |
| Mail       | 2442 NW Market St. #425 Seattle, Washington 98017 USA |

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