

Wilderness & International Leadership Development (WILD) Handbook



Growth International Volunteer Excursions

The Roots of Change

WILD: Pacific Northwest Overview

GIVE's Wilderness & International Leadership Development (WILD) course is 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 the USA. 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.

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. If you do not have a passport, order one ASAP to avoid missing your WILD program!

Traveler's Insurance (Required)

Although many of you will be traveling within the USA, we require Traveler's Insurance, which is different than regular health insurance. This insurance covers you for unexpected events leading up to your trip that might require you to cancel your trip (i.e. sickness, injury, death) as well as travel-related complications such as baggage loss.

You can purchase insurance through our preferred providers on GIVE's website under "[Travel Details](#)" in the menu navigation.

If you'd like to purchase from a different provider, please 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 and make sure it is uploaded to your Volunteer Profile.

Safety and General Health Concerns:

WILD is more physically demanding than GIVE's other programs. If you aren't comfortable with prolonged physical activity in cold, wet environments please contact our office to see about 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 done so already, be sure to book your flights to Seattle ASAP. Contact our flight agents at Student Universe or book on your own (as long as it meets our requirements).

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 HQ immediately to provide us with the updated flight information.

Your flight will land at the Seattle-Tacoma Airport (SEA), 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 may 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 connect with other participants prior to your trip through your groups' WhatsApp.

Arrival in Seattle:

All participants will be responsible for getting to our downtown accommodation, where you will be staying for night one of the trip. We've included detailed instructions below. 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 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 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 \$5) and Bus (about \$3), 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 ¾ 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 and phone numbers in your WILD WhatsApp group.

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. Update your guides in the Whatsapp Group.

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!**

Next Day Flight Arrival:

If your flight is cancelled or delayed and you are unable to arrive in Seattle on your trip start date, do not panic. Get yourself rebooked following the steps above and contact GIVE once you have your new flight information. If you are delayed beyond the first day, we will 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 for paying up to \$150 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 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. **Tell the representative that you will be traveling to Stampede Pass the following day and your luggage needs to be sent to the Meany Lodge in Stampede Pass.** Complete any forms necessary and collect information from the representative to coordinate your luggage delivery.

Phone service at the lodge is extremely limited, so please give the representative 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 7 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. The required Traveler's Insurance 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 limited to 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 in 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 GIVE HQ 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.

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 near the Stampede Pass of the Cascades Mountain Range. Daytime temperatures will generally reach highs of around 45°F with nightly lows around 28°F. You should expect to see some rain and snow fall during your trip and prepare for early-season snowpack.

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 only other WILD participants. The hostel is in a perfect location for you to explore the sights of Seattle and stock up on snacks for our week in the wilderness (although you will be WELL fed by our epic lodge staff)!

About a 2 hour 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 and travel pillow for their bunk. The lodge is situated near the meandering Yakima River, and surrounded by the lush, peaceful Wenatchee National Forest.

Luggage

Luggage

We encourage you to pack light!! 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. You can also 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!” With that said, we have put a lot of thought into this packing list over the years, and it’s essential you come prepared for life in the mountains. Only the items marked as optional or recommended can be left behind.

All items are **REQUIRED** unless otherwise marked:

For the Lodge

- **Sleeping bag** (32°F or lower temperature rating) – **ABSOLUTE MUST HAVE.**
 - Pillow will be provided but you’re welcome to bring a travel pillow or extra pillow case
- Bath Towel (micro-fiber towels are ideal for light packing)
- Slippers (optional for wearing around the lodge) ***highly recommended for optimal coziness***

Personal Gear

- 2-3 pairs of comfortable, warm clothes for sleeping and hanging around the lodge
- Day pack – *must be large enough to fit extra layers, water, and lunch*
- Waterproof pack cover (in case it rains or snows for day hikes)
- Refillable water bottle (1 liter recommended)
- Notebook with pens/pencils for taking notes
- Wristwatch for checking vital signs – **MUST HAVE** for WFA course!
- Sunscreen
- Headlamp (extra batteries)
- Toiletries (toothbrush, paste, medications, face wipes, etc.)
- **Snacks!** (you will be well fed, but some like their own snacks)
- Small first aid kit ***recommended***
- Camera and charger ***recommended***
- Deck of cards or other games (optional for hanging out at night)
- A good book for downtime (optional)

HEAD HANDS & TOES

We will be outside in the rain and snow every day during WILD. You will need to have adequate clothing to keep you warm and dry.

- Winter hat/beanie
- Waterproof gloves or mittens
- Warm socks (synthetic or wool – 3 pairs minimum)
- **Waterproof boots – we will be spending a lot of time outside hiking and snowshoeing in the snow (water resistant/proof is a must) – wet feet = no fun**

COLD WEATHER CLOTHING

All items below are absolutely required for your participation in WILD. With the entire course taking place in the Cascade Mountains, you will need to come prepared with the necessary clothing to be outside for 2-6 hours throughout the day.

- Base layer clothes (2 tops and 1 bottom – minimum)
- Insulated pants/leggings (fleece or microfleece)
- **Waterproof** shell pants/Snow Pants
- Insulated jacket or Fleece/Microfleece
- **Waterproof** jacket/Snow Coat

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 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.

Here's a great resource for Layering 101: <https://www.rei.com/learn/expert-advice/layering-basics.html>

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 of your group arrives! GIVE **will not** provide transportation from the airport or guide supervision on this day but will provide your accommodation 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 at the hostel 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 around 5:30 am.

After an early breakfast at the hostel, we'll load up in the charter 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 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.

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

By lunchtime you will hopefully be fully certified in Wilderness First Aid (certificates will be emailed to you). After lunch, we'll shift gears to focus on the Risk Management, Outdoor Leadership, 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. The 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 trek through snowy mountains! In the evening, 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 final night.

Day 7 – Departure:

All good things must come to an end... Say your goodbyes to friends and fellow graduates before the journey home. You will arrange your own transportation back to SEA-TAC airport following the instructions provided above.

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 inspiring growth, empowering global citizens, and igniting sustainable change worldwide. With your help, we can make this goal a reality!

GIVE Contact Information

Phone USA +1 (206) 973-7991

E-mail info@givevolunteers.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 Seattle!