



Itinerary Overview

Rockies to Rivers Fall Leadership Semester



Welcome to one of the greatest experiences of a lifetime! Colorado Outward Bound semester courses are designed to cultivate leadership and strength of character through challenging outdoor adventures. The 72-Day Rockies to Rivers Fall Leadership Semester focuses on developing the confidence, knowledge and integrity essential for effective leadership indoors and out. Whether you are deciding as a group how to navigate through difficult terrain, working through the inevitable conflict with another student, or considering your life back home from a refreshingly new perspective, this course will help give you the experience to step back into your life with renewed confidence and a greater belief in yourself and your potential.

Your decision to attend this Semester is an important commitment and should be made with the highest awareness of the course's length, difficulties and depth. The people you spend 72 days with -- day and night, through hardship and exuberance, sunshine and foul weather, harmony and conflict - will become like a small family and community. Many previous students have become lifelong friends. However, like any family or community, there are times when everyone gets along and times when they don't. Therefore, it is important that you maintain a spirit of compromise throughout the course. Other members of the patrol may have a slightly different set of goals, desires and objectives than your own.

Through this you learn a great deal about yourself and each other. Remember that to be an effective leader, you must know yourself and how you relate to all types of individuals. How you behave and cooperate during times of strife and stress on your course is a great test of your character and an opportunity to find out what truly lies inside of you. Successful completion of your course demands mastery of skills, trust in your team, fitness, tenacity and compassion. It will not be easy, and there will likely be times when you stop to consider if completing course is worth the effort. When you decide to press on, you and your teammates will have earned a badge of confidence that you will carry with you for the rest of your life. You will know that you are capable of more than you ever thought possible.



Course Areas



Vedauwoo, Wyoming – In an untamed corner of Wyoming’s Medicine Bow National Forest, the granite jewels of Vedauwoo (pronounced “vee-dah-woo”) beckon committed rock climbers. This surreal land features phenomenal formations of rock nestled into aspen and pine forests. Herein lays the perfect mix of wilderness and classroom . An expansive spectrum of beginner to advanced crack and face climbs exist. From your bird’s eye view atop granite domes, look for moose, elk and beaver doing their wild animal thing in the lush forests and lakes below.

The Rocky Mountains, Colorado - One of the most famous mountain ranges in the world, the Rockies stretch 3,000 miles from central Canada to New Mexico. They have provided the foundation of legends and have had a profound influence on the development of the United States. The greatest concentration of high peaks in the Lower 48 — hundreds of “Thirteeners” (13,000+ feet), and 54 “Fourteeners” (14,000+ feet) — is in Colorado. You will be traveling both on and off trail while learning to thrive in one of Earth’s most challenging climates.



Utah’s Canyon Country - This landscape is desolate, mysterious, beautiful and boasts some of the darkest night skies and most remote stretches of land in the continental United States. Wind and water have sculpted the ancient sandstone into a labyrinth of canyons, alcoves, rock bridges, pinnacles, buttes, box canyons, ledges, and arches. In areas such as this, there are many hidden wonders: deep chasms two feet wide with walls several hundred feet on each side; cathedrals of aged red sandstone and hidden reflection pools. To find these places you need to learn how to navigate the complex terrain. You will also learn to leave the beautiful environment as pristine as possible.

Cataract Canyon of the Colorado River- One of the most rugged and beautiful canyons in the West, Cataract Canyon takes you through the heart of Canyonlands National Park. You will learn how to guide a whitewater raft as you float past natural wonders and ancient ruins to the confluence of the Colorado and Green Rivers while preparing for what awaits downstream. The Colorado River roars through 29 exciting rapids that rate with those of the Grand Canyon in power and difficulty, including the famous Mile Long Rapids and “the Big Drops.” In the nearby canyons, fantastic rock shapes carved by the whimsical forces of nature await you as your group ventures off-river to jaw-dropping views



Course Activities



Rock Climbing - Upon your arrival to Vedauwoo, you will get settled into an established campsite that will be used for the course. Your instructors will introduce you to rock climbing essentials and beyond, from self-care to technical skills to risk management. Instruction in rock climbing will be hands-on and experiential. You will learn movement on rock and climbing technique, spotting techniques, belaying, rappelling, and anchor building. See below for a more specific curriculum.

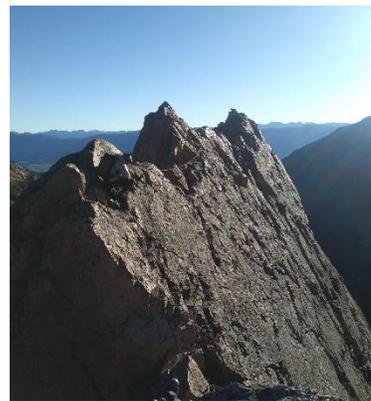
While most of your time will be spent actually climbing, you will hike each day to and from the climbing crags throughout Vedauwoo. Each day will be physically and mentally challenging, so come prepared for long days of climbing, hiking, and learning.

You will camp with at a nearby campsite. You will not be moving camp with backpacks, so you may bring heavier camping gear than you would on a backpacking trip.

You and your course mates will be doing your own cooking, cleaning and camp set- up. As we say at Outward Bound, you'll be crew, not passengers.

Mountain Section –Backpacking and Mountaineering Expedition Your course starts at our premier mountain basecamp in Leadville, Colorado. You will spend the first night camping at our basecamp, then transfer into the backcountry.

While in the mountains, each day is spent learning to live and travel comfortably in this beautiful but demanding environment. You'll learn navigational skills and group decision-making as well as movement through steep alpine terrain. Each day your instructors build on previous skill sets and empower you with more responsibility and freedom. Breaks throughout the day for lunch, snack or just to rest, provide unparalleled views and time to take stunning photos. Time on the trail is a great way to make friends and provide stories and laughter throughout the day.



Wilderness First Aid – After the desert, it's back to the Colorado high country where you spend 2 days participating in a 16-hour Wilderness First Aid class. This certification, which includes CPR, is the entry level standard for work in wilderness settings.



Whitewater Rafting – While on the river, each day is spent learning to recognize and navigate various obstacles and hazards in the river, and how to anticipate the forces of the current from far enough upstream. You and your companions will work to become a team, coordinating your spacing, and paddle strokes. You will have an opportunity to be the captain of your crew and put to use what you've learned as you maneuver your raft through Class II – IV rapids. Interspersed between the rapids are flat-water sections that can last for a full day where there is a current, but no whitewater.

At times, you will take advantage of this calm water to hone your skills and enjoy the view. Time in a raft is ideal for getting to know each other and forming boat pride, laughing your way downriver as you relax into the simplicity of river life.



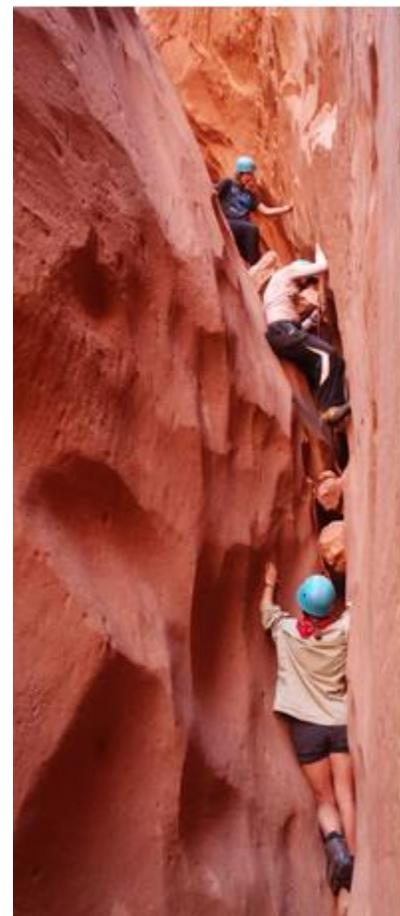
In places, the canyon rims rise thousands of feet above, enclosing you in a remote world of rushing water, delicate ecosystems, and unbelievable beauty. During your course, your instructors will introduce you to the most important elements of the river life: reading whitewater currents, paddling, whitewater captaining, geology of the canyon, environmental stewardship, outdoor cooking, first aid, natural history of the river canyons, and of course, those beautiful star-studded night skies.



Solo – The rafting section is a good time to take a break from the group, and from the physical difficulties. This is time to process what you've done, where you're headed and what it all means to you. Your instructors will set you out alone with a bit of food, a sleeping bag and a shelter for three days. With no distractions, aside from the wind and the occasional lizard, past students have said this is one of the most impactful sections of course as they gain a deeper insight into what matters most in their lives at home.

Canyoneering - After rock camp you travel to southern Utah, where you will begin the canyon section of course. The desert environment is a wild, rocky and windswept place, but for those willing to spend the time to see, it is also filled with life, beauty and adventure. You and your patrol will spend about two weeks travelling over the vast, red slickrock. You will learn to walk delicately through the fragile and ecologically crucial crypto-biotic soil, and you will weave your way down narrow slot canyons. While the desert has the reputation of being hot you may find this the section of course colder than expected.

Service – Service is a wonderful way to give back to the community while learning about the culture around you. You and your team will perform service in Leadville. While helping local groups with needed projects, you will learn more about this community and space you have been travelling in and around. Past projects have included helping on a farm, learning sustainable farming techniques and assisting other nonprofit organizations in town.





Expedition Life

You will be starting the day with a morning warm up, making breakfast, packing up camp, and hitting the trail. You will be busy and active all day. Once you reach your destination, group members will divide and conquer to cook dinner and set up camp. After dinner, you may meet to address the next day's plans, or to discuss leadership and teamwork methods. Finally, you'll slip into your sleeping bag for a well-deserved rest.

Group Living – You and your course mates will become a family over 72 days. It's hard to describe how intricately linked you will all be. You'll take responsibility for each other's wellbeing while hiking, while rock climbing, and traveling the world. Every action, whether helpful or hurtful, will have a ripple effect on your group. Most of the time, your group will be a source of much fun, humor and camaraderie. It also can be a source of friction and challenge. In "normal" life it can be easy to avoid these frictions, but on course personal space is at a minimum, so you must address it. Working through these challenges is one of the primary sources of learning on an Outward Bound course, especially a semester.

Food – You and your team will learn to cook tasty and nutritious meals over portable gas stoves. Our meals are mainly vegetarian (meat is heavy and spoils quickly) and consist of grains, pasta, nuts, beans, cereals, and other light, dehydrated foods. The food may seem unfamiliar at first—we don't pack many processed foods or "junk food"—but you will find that it tastes good and gives you energy at the end of a long day. A typical breakfast might be granola or oatmeal; lunch generally includes tortillas and cheese or peanut butter and jelly; dinner might be macaroni and cheese or beans and rice. We can accommodate some special food needs (such as lactose intolerance or vegetarian eaters), but only if we know well in advance. If you have an uncommon diet, we may ask you to bring some of your own foods. Contact us for more specific information.

Camp – At camp, all group members pitch in to do what needs to be done, including cooking, washing pots, setting up camp and picking up trash. You'll find that as the expedition progresses, your mastery of these skills will enable you to operate more efficiently and effectively in the backcountry. Depending on section and season, you use a mix of tarps and expedition tents to sleep in. You'll use foam sleeping pads and sleeping bags. Throw in a nicely rolled jacket as a pillow for deluxe lodging.

Student Independence – COBS courses use an intentional progression of skill and responsibility to help students gain a maximum amount of independence while still maintaining oversight of safety concerns. All student independence must first be earned. Independence might begin with cooking or setting up tarps. Well performing groups would then begin managing all the details of their day, from navigation to team conflict management.





Curriculum

The curriculum of the Rockies to River Leadership Semester focuses on Colorado Outward Bound's three primary outcomes:

STRENGTH OF CHARACTER	ABILITY TO LEAD	DESIRE TO SERVE
<p>Demonstrating these qualities in action and thought:</p> <ul style="list-style-type: none"> Enterprising curiosity Readiness for sensible self-denial Indefatigable spirit Tenacity in pursuit Compassion <p>Increased self-awareness and self-confidence</p> <p>Increased resilience, initiative, and integrity</p>	<p>Increased ability to set goals, and inspire and guide others to achieve them</p> <p>Increased ability to collaborate, communicate, solve problems and resolve conflicts effectively</p>	<p>Increased awareness of others</p> <p>Demonstrating helpfulness and acts of kindness and compassion toward others.</p>

In addition to the primary outcomes, you'll learn the technical skills necessary for each unique environment and adventure, which not only enhances your ability to be an outdoor leader in the future, it also prepares you for a lifetime of exploration.

<p>Backpacking and Mountaineering</p> <ul style="list-style-type: none"> Navigation Map reading Compass use Micro and macro route finding Stove use & maintenance Leave No Trace Travelling and living in comfort Camp craft Campsite selection Shelter construction Cooking methods Nutrition & ration planning Sanitation & hygiene Emergency preparedness Weather 	<p>Canyon</p> <ul style="list-style-type: none"> Canyon rappel techniques Canyon anchors Pothole escape Cultural and natural history <p>Rock Camp</p> <ul style="list-style-type: none"> Belay Techniques Knots Climbing technique Protection placement Rappelling Rappel self-rescue Anchor building 	<p>Wilderness First Aid</p> <p>16-Hour Course</p> <ul style="list-style-type: none"> Patient Assessment Injury & illness prevention Emergency response CPR Treating burns Treating shock Splinting Blisters Wound management Insect & Snake Bites Altitude illness High altitude pulmonary edema High altitude cerebral edema Level 1 Avalanche Course Using Avalanche bulletins Route finding in avalanche terrain Snow stability assessment Group dynamics and decision making
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Course Staff



The **Course Director (CD)** oversees the entire Semester. They are a bit like the school principle, and establish the priorities, tone and level of instruction for the proctors and sectionals. The CD also consults with students about any more difficult issues and works to resolve conflicts encountered during the course. The CD coordinates the entire staff team to ensure you and your group have the best experience possible.

The **Proctor** of your course is a senior COBS instructor who stays with your patrol throughout the course and supervises the overall curriculum. The proctor also works to educationally tailor the semester for each individual, so that you get what you need most out of each section, including academic credit, when appropriate.

Sectional Instructors are the staff who are with you for particular sections of course. Each sectional staff member is a specialist for that environment and will help to teach the curriculum and guide the course along with the proctor. For example, your mountaineering sectionals will likely be different from your canyon sectionals due to the different skill set.

The **Logistics Coordinator** will also be supporting most of your course with food, gear, and transportation.

These staff work together to provide you the most challenging and beneficial semester possible. Their different perspectives enable us to maintain a high level of involvement with each student's progress.



General Course Information

Groupings - For much of the course you will function in a group of 7-12 people called a “patrol” or “crew”. This group is co-ed and comprised of individuals from diverse backgrounds. The age spread can be wide, with the average age being early to mid-twenties. Relatives and friends are generally placed in different patrols for educational purposes.

Town days - Semester courses are long and demanding. In order to keep energy up, town days have been scheduled in between sections. This will be a chance to eat out, see a movie or do any personal shopping that you might need to do.

Mail - Throughout the course, you will be able to send out mail. Because it is a mobile course, it can be difficult to receive mail. Just prior to your course, your Course Advisor will send the course schedule and mailing addresses to you. Packages containing emergency items should be marked “URGENT” and include the student name and course number (CCGL-082)

Equipment & Personal Belongings - Read the equipment and clothing list thoroughly and carefully, consider all that you bring. Some storage is available at the base camps, but we will not be able to get at it until the end of the course. Rugged cameras, extra batteries/ memory cards, notebooks and pens are well worth bringing. Expensive jewelry and several changes of casual clothing are not.

Money - You may have occasional expenses: laundry, toiletries, a meal out between course section, some new clothing or gear, or souvenirs. Do not bring personal checks. The course schedule and locations do not support banking hours. Please bring cash and/or credit/debit cards.