



## Itinerary Overview

### Colorado Rockies Backpacking & Rock Climbing Leadership Semester



Welcome to one of the greatest experiences of a lifetime! Colorado Outward Bound semester courses are designed to cultivate leadership, strength of character, and service ethic through challenging outdoor adventures. The 55-Day Semester focuses on developing the confidence, knowledge and integrity essential for effective leadership indoors and out. Whether you are deciding as part of a group how to navigate through difficult terrain, working through the inevitable conflict with another student, or considering your life back home from a refreshing 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 55 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. Because of this, it is important that you maintain a spirit of compromise throughout the course. Other members of the crew may have a slightly different set of goals, values and desires than your own. Through this you learn a great deal about yourself and each other. Remember that in order 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. If 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



Get ready for **Rocky Mountain high country**, where rolling forests, steep rocky slopes and miles of remote, alpine meadows create an adventure wonderland. Over 50 peaks push above 14,000' in Colorado, and countless craggy, peaks and ridges weave between valleys as far as the eye can see. If the timing is right, colorful wildflowers will brighten green alpine tundra snow-melt stream banks. You might share camp with elk, deer, moose and myriad other wildlife. You may even stumble upon relics of Colorado's rich human history: from artifacts of the region's indigenous peoples, to historic mining structures and equipment. All of Colorado's course areas share much in common, but below are some of the unique features of yours:

**Sawatch Range** – The Sawatch sub-range of the Colorado Rockies is home to Colorado's two highest peaks: Mt Elbert (14,439') and Mount Massive (14,429'). The range is known for expansive, rolling alpine terrain and encompasses the headwaters of the Arkansas River. The source of the name is somewhat disputed: some sources cite the Ute word "sawup," which means "sand dunes." Great Sand Dunes National Park sits at the southern toe of the Sawatch range. Others source it to Ute words meaning "green place" or "blue water."



Your course will head to **Vedauwoo** (Vee-Duh-Voo) a popular climbing destination in southern Wyoming. Defying gravity up to 500 feet in the air, these ancient rock formations were created by ice, wind, and water. At an altitude of 8,200 feet, the views from the top of these formations are breathtaking. Overlooking dense pine directly below and endless plains

under the wide-open Wyoming skies. The Native Americans named this area Vedauwoo which means "Land of the Earthborn Spirits". You'll see why they believed it was a spiritual place when tons of rock seem to balance on inches of space.



**Continental Divide Area** – The continental divide is a one of a kind geographic feature: it separates the water drainages that ultimately flow to the Pacific Ocean, from those that flow to the Atlantic. The divide runs from Alaska to Panama. Your course will explore the portion of the Continental Divide that surrounds Mount of the Holy Cross and the Holy Cross Designated Wilderness. This area is rich with lush alpine lakes and streams, and seemingly infinite rolling ridge lines.

### Sample Itinerary

The following is an example of what your itinerary may look like. Your actual course plan will vary according to weather, your group's skills and abilities, and your Instructors' preferences.



**Day 1-4** - Course Start & Wilderness First Aid Class

**Day 5-19** – Alpine Backpacking in the Sawatch

**Day 20-30** – Rock Climbing in Vedauwoo, Wyoming

**Day 31-47** – Backpacking & Mountaineering

**Day 48-53** – Finals Experience

**Day 54** – Course End Celebration & Course Debrief

**Day 55** – Students Depart

**Day 52** - Course end and Transportation Home



## 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 55 days. It's hard to describe how intricately linked you will all be. You'll take responsibility for each other's lives while rock climbing, and roping up on a glacier. 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 would include 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 a particularly unusual 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 manage all the details of their day, from navigation to team conflict management.





## Curriculum

The curriculum of the Rockies 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"><li>• Enterprising curiosity</li><li>• Readiness for sensible self-denial</li><li>• Indefatigable spirit</li><li>• Tenacity in pursuit</li><li>• Compassion</li></ul> <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 outdoorsperson in the future, but also prepares you for a lifetime of exploration.

<p>Navigation Map reading Compass use Micro and macro route finding Stove use &amp; maintenance Leave No Trace Travelling and living in comfort Camp craft Campsite selection Shelter construction Cooking methods Nutrition &amp; ration planning Sanitation &amp; hygiene Emergency preparedness Weather</p> 	<p>Peak ascent techniques Travelling in bear country Rock Camp Belay Techniques Knots Climbing technique Protection placement Rappelling Rappel self-rescue Anchor building</p>	<p>Wilderness First Aid 16-Hour Course Patient Assessment Injury &amp; illness prevention Emergency response CPR Treating burns Treating shock Splinting Blisters Wound management Insect &amp; Snake Bites Altitude illness High altitude pulmonary edema High altitude cerebral edema And much more!</p>
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## Course Staff:



The **Course Director (CD)** oversees the entire Semester. They are a bit like the school principal, and establish the priorities, tone and level of instruction for the other staff members. 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 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.

**Mail** – You can receive mail at our basecamp until two weeks prior to course end. Allow for plenty of time for delivery. Address items as follows:

Student Name - CCGL-173  
c/o COBS  
1930 Hwy 300  
Leadville, CO 80461

**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 also 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. Bring debit cards, credit cards and/or cash.