



# TEEN ADVENTURE

Rubicon Outdoors offers many interesting youth courses throughout the summer months. The listing below details course descriptions, dates and costs. If you are interested in setting up a special youth group trip, please contact us via email or at 800-903-6987.

## KAYAK/ROCK COMBO (GIRLS + CO-ED)

This dual element course starts near the historic location where gold was discovered and the California gold rush began. The south fork of the American River offers some of the most exciting class II/III whitewater in the West. This phase is taught in coordination with Dan Crandle and the folks at Current Adventure and is perfect for both the beginning and intermediate boater. Students will learn the basic skills to safely navigate technical whitewater. Topics covered include safety on water, reading water, paddling techniques, rolling and surfing.

The second phase of this trip will find our feet firmly planted on solid granite at some of the finest climbing areas the Sierra has to offer. Topics covered include safety, movement on rock, knots, belaying, top-rope and multi-pitch rock climbing. Join us for the ultimate experience of the elements.

**AGES:** 13 – 17 (Girls) and 13 – 17 (Co-ed)

**COST:** See Dates + Cost page

**DATES:** See Dates + Cost page



## INTRODUCTION TO ROCK CLIMBING (CO-ED)

This trip is an ideal program for beginners and intermediates looking to develop and strengthen their climbing techniques. The natural progression of bouldering, top-rope, and multi-pitch climbing allows participants to gain the foundational skills necessary to make informed decisions and manage risk in many high angle situations. Program content covers safety skills, movement on rock, equipment familiarity and care, knots, rope handling, belay and anchor systems, rappelling, and ethics. Come join us for a journey into the vertical!



**AGES:** 13 – 17

**COST:** See Dates + Cost page

**DATES:** See Dates + Cost page

## INTRO TO BACKPACKING (CO-ED)

Famous for its unique beauty and world class hiking, Yosemite National Park is the ideal setting for this foundational trip. Participants will be exposed to the basic skills needed for backcountry travel including; navigation, proper clothing, equipment and its uses, campsite selection and set-up, hygiene, cooking and Leave No Trace ethics. Designed for the beginning to novice hiker, this trip is the perfect introduction to the skills needed for extended wilderness travel.

**AGES:** 13 – 17

**COST + DATES:** See Dates + Cost page





### GIRL'S WILDERNESS LEADERSHIP

This course is designed to provide a supportive learning environment for teenage girls utilizing Backpacking, Kayaking and Rock Climbing as vehicles for growth. Our instructors lead participants on a three-week journey of outdoor leadership and skills development. The expedition will include Whitewater Kayaking on the South Fork of the American River, Backpacking in Yosemite National Park and Rock Climbing at Lover's Leap near Lake Tahoe, California. Group members are expected to participate in food planning, contribute to discussions, perform camp duties, as well as cofacilitation of a natural history and skills based presentation. The group will also complete a one-day service project with the US Forest Service. There will be a strong emphasis placed on expedition mentality and "Leave No Trace" ethics. The physical and mental challenges, combined with a small group dynamic, provide an amazing space for learning.

**AGES:** 13 – 17 (Girls)  
**COST:** See Dates + Cost page  
**DATES:** See Dates + Cost page



### SIERRA ROCK CLIMBING (CO-ED)

This course is an in-depth program for aspiring climbers looking to advance their bouldering, top-rope, and multi-pitch climbing techniques. The longer course format allows for travel between Mammoth, near Yosemite National Park, and Lake Tahoe, California. Participants will visit numerous climbing areas while experiencing some of the most spectacular scenery in the Sierra Nevada Mountains. Course content covers; risk management skills, movement on rock, equipment familiarity and care, knots, rope handling, belay and anchor systems, rappelling, and Leave No Trace ethics. Come join us for a journey into the Vertical!



**AGES:** 13 – 17  
**COST:** See Dates + Cost page  
**DATES:** See Dates + Cost page



### ULTIMATE-ELEMENTS (CO-ED)

This course is a unique blend of our most popular courses—an itinerary that lives up to its name. A month long journey focusing on group travel and wilderness skills development, the first phase includes bouldering, top-rope and multi-pitch climbing in a variety of settings where students will learn and develop proper climbing techniques. Phase 2 is a week of water on the South Fork of the American River. Participants will gain the necessary skills to negotiate and navigate class II-III Whitewater. Phase 3 is a backpacking expedition through the sub-alpine and alpine environments of the wild and scenic northern boundary of Yosemite. Weather permitting the group will attempt a non-technical peak ascent of 12,270' Matterhorn Peak. The course includes basic first aid, mountain travel, weather, hazard and risk assessment, navigation, and Leave No Trace camp craft. Our journey culminates with a 4-day student led finale from the high country of Tuolumne Meadows to the valley floor of Yosemite.

**AGES:** 13 – 17  
**COST:** See Dates + Cost page  
**DATES:** See Dates + Cost page





## TEEN ADVENTURE FAQs

Below you will find answers to commonly asked questions regarding our trips. If you do not see an answer to a question you might have, please contact us via email or at 800-903-6987.

### Q: WHO COMES ON A RUBICON OUTDOORS ADVENTURE?

Teenagers 13–17 years old with a desire to meet new people, try new things and physically challenge themselves. Our courses are not like a typical camp. We are more like a traveling adventure school learning the skills to become rock climbers, whitewater kayakers, backpackers and stewards of the land. Students climb, kayak or hike everyday. You can expect to be up early and in bed when it gets dark. The group plans and shops for food together. Everyone shares in the cooking, cleaning and camp chores.



### Q: WHERE AND WHEN DO WE MEET?

All trips meet between 10:00AM and 12:00PM at either the Reno International Airport or at the Strawberry Lodge located about 15 miles West of South Lake Tahoe on Highway 50 and at the base of Lover's Leap climbing area. From this point our trips travel to various rock climbing, whitewater kayaking and backpacking areas between Lake Tahoe and Yosemite National Park. Trips depart from the lodge or the airport mid morning on the final day of the course. Participants are responsible for all transportation to and from trip start and finish.



### Q: HOW DO WE TRAVEL?

Travel is by 15-passenger van or Mini-van depending on the group size. Van travel is limited whenever possible and is only used to transport from one activity area to another. All instructors have taken part in a van driver safety program called "Coaching the Van Driver II."



### Q: HOW WILL I SLEEP?

Students will sleep in two or three person tents, tarps or under the stars. Tent teams are of the same gender.

### Q: WHAT SHOULD I BRING?

A complete packing list will be sent once a participant has enrolled. Rubicon provides all group camping and technical equipment. Participants are asked to provide their own clothing, sleeping bag, sleeping pad and a few assorted items on the list. The packing list has been refined over years of running trips. Everything on the list is required. We can provide a sleeping bag, backpack and sleeping pad for a small rental fee if needed. A list of companies that provide quality outdoor equipment can be found on our website. Pre-trip informational support is always available through our office.





#### Q: WHAT ABOUT ELECTRONIC EQUIPMENT?

We ask that all cell phones, beepers, games, etc. are left at home. Students can bring a CD, tape player, MP3 or whatever the newest gadget is for playing music. We ask that these only be used while in the van.



#### Q: CAN I TAKE A SHOWER?

Participants can expect to shower once a week. We usually swim in a lake or stream everyday. We use hand soap and hand sanitizer to keep our hands clean before, during and after meals. Laundry can be done about once a week for trips lasting longer than a week.



#### Q: CAN I CALL HOME?

Students will get the chance to use a phone a few times a week, usually while in transport from one course area to another.



#### Q: CAN MY FAMILY GET IN TOUCH WITH ME?

Our instructors are in contact with our main office on a daily basis while on front country trips and can receive messages via our voice mail system. Courses can be in the backcountry and away from phones for up to seven days. In the case of a family emergency we will do everything we can to get in touch with someone on a course, but it can take several days before a message can be relayed to a group.





## TEEN ADVENTURE EQUIPMENT LIST

This checklist is intended for clothing and personal gear necessary for your courses with Rubicon Outdoors. Attached you will find an equipment checklist. **Items on the equipment list are required unless otherwise noted.**

Any extra items should be limited and are subject to instructor approval. Please pack carefully and as minimal as possible. Duffel bags and backpacks are easiest to handle during transport from the airport and during a course.

Good outdoor equipment can be quite expensive. REI and many other companies all make dependable gear. Many companies have outlet stores. Certain important items, such as rain gear, backpacks, clothes, boots and sleeping bags should be of good quality. Failure to provide proper personal equipment can result in dismissal from a course. Please call if you have any questions.

### FABRICS

The clothing layers should consist of several types of fabrics. **Polypropylene** or other **synthetic fabrics** are required as they move the moisture (sweat) away from your body to the outside of the layer, reducing evaporative cooling and keeping you dry. **Wool or synthetic pile/fleece** fabrics don't absorb water so they keep you warm (though soggy) even if they get wet. Pile also dries very quickly. **Cotton does not keep you warm or dry when wet.** For raingear, coated nylon works well, however it does not breathe. **Waterproof-breathable fabrics, such as Gore-tex, are ideal.** A simple Gore-tex shell, whatever label it has on it, will work perfectly. The material more than the company is what keeps you dry. Good simple quality is what you are looking for.

### THE LAYERING SYSTEM

Combinations of these types of fabrics creates a layering system. The purpose of a layering system is to be able to mix and match the layers of insulation to match the weather conditions and your activity level to maintain a comfortable body temperature without excess sweating (which can result in heat loss). Throughout the day you will need to layer up and layer down as conditions and activity levels change. Typically in the morning and evening when it is colder, you will need more layers on. The **inner layer** keeps the skin dry. The **middle layer** provides even more insulation and protection. You may wear these during the day or in the evening when your activity level is low and it starts to cool off. The **outer layer** provides the ultimate warmth barrier. The **shell layer** protects you from wind and rain. A waterproof rain jacket is essential in case of bad weather. The **head layers** are for the sun during the day and to prevent heat loss a promote warmth in the evenings. Your **feet layer** is as important as any. If you are wearing a wool sock you should wear a lightweight synthetic liner sock against your foot. Wool against bare skin for extended periods of time can cause irritation. People tend to believe having two sock layers means that your socks will slide against each other so that the friction from you boots is between the sock layers rather than against your skin. If you are wearing only one sock a mid to heavy weight synthetic sock is recommended.



## TEEN ADVENTURE EQUIPMENT LIST

### BOOTS

A pair of **solid mid-weight boots** is recommended. The boots should be waterproofed with a recommended compound before your course. Comfortable and durable boots are very important. **Above all, make sure your boots are well broken in before you arrive. Otherwise your feet will pay the price. We cannot emphasize this enough. Non-broken in boots invariably cause blisters.**

### SLEEPING BAG

All participants must have a sleeping bag that stuffs into a stuff sack. Large slumber bags for car camping will not work. We suggest either a **down or synthetic bag. It should have a temperature rating between 0 and 25 degrees Fahrenheit.**

### BACKPACKS

**Internal frame packs are recommended for ease of packing and transport.** Your pack should be made for extended backcountry trips and not a trekking style travel pack. Packs for backpacking, mountaineering and other related courses should be **at least 5,000 cubic inch capacity.** Day packs and climbing packs should be **2,000 cubic inch capacity.**



## TEEN ADVENTURE REQUIRED EQUIPMENT LIST

### HEAD

- 1 wool/pile hat or balaclava
- 1 brimmed sun hat

### UPPER BODY

- 3 short sleeved T-shirts
- 1 long sleeved T-shirt
- 1 polypropylene mid-weight long underwear top
- 1 polypropylene expedition-weight long underwear top
- 1 fleece jacket or wool sweater
- 1 down coat (optional, recommended if you get cold easily)
- 1 waterproof rain jacket (waterproof/breathable fabric)

### LOWER BODY

- 1 pair quick dry shorts
- 1 polypropylene mid-weight long underwear bottom
- 1 polypropylene expedition-weight long underwear bottom
- 1 pair fleece/wool pants (optional, recommended if you get cold easily)
- 1 pair loose fitting cotton or synthetic pants
- 1 waterproof rain pants (waterproof/breathable fabric)

### HANDS

- 1 pair wool/fleece gloves/mittens

### FEET

- 4 pair synthetic hiking socks
- 1 pair medium-weight hiking boots
- 1 pair sneakers (should be able to get wet)
- 1 pair sandals

### MISCELLANEOUS

- two 1 or 1½ quart/liter water bottles
- 1 fork & spoon
- 1 bowl (preferably pint size Tupperware/ Nalgene with lid)
- insulated mug
- personal toiletries
- sun screen and lip balm (at least 25 SPF)
- journal and pencil/pen
- sunglasses and strap
- camera(optional)
- head lamp (extra batteries and bulb)

### SLEEPING AND PACKING SYSTEM

- backpack 4500–5500 cu/in capacity (only for trips with backpacking component)
- climbing/day pack 2000–2500 cu/in capacity
- duffel bag
- sleeping Bag: 15 degree Fahrenheit rating, mummy style
- sleeping Pad