



Fierce & Fabulous Course Description

Fierce & Fabulous is designed specifically for Female, Transgender and Gender Nonconforming youth who are Queer identified and their Allies entering 10th-12th grade. This is an intentional affinity space for Queer identified youth to create a space where they don't have to hide or pretend to be something other than themselves, for optimal magical growth. This course is a 7 day, 6 night overnight sea kayaking program on Tomales Bay, Point Reyes National Seashore.

Students explore concepts such as trust, social justice, identity, and leadership through activities designed for their age group. Kayaking provides the format and structure through which young people can develop the physical, emotional, and social tools that help them be successful on this course and also with their families, schools and other groups.

Youth will sleep in 4 person tents each night, and take turns cooking nutritious meals for each other. All this while learning the importance of Leave No Trace Ethics, and the connection between the natural world and people. Students will take on different leadership roles each day and guide the daily activities for their peers, with instructor support.

Date	Activity	Location
Day 1	Team Building	Olema
Day 2	Launch at Nicks	Pelican North
Day 3	Layover Bio	Pelican North
Day 4	Paddle	Marshall or N Blue Gum
Day 5	Layover/Hike	Marshall or N Blue Gum
Day 6	Layover/Solo/Tide Walk	Marshall or N Blue Gum
Day 7	Take Out Nicks Cove/Graduation	Nicks Cove/TBD

Expedition Plan

This is an example of a likely trip plan and is subject to modification due to weather, permitting, group size and other variables.

To prepare for your course

Your course will be more enjoyable for you if you come prepared, both physically and mentally. We hope that you will find the activities we have planned to be fun, challenging, and satisfying. The following suggestions are to help you prepare and we always welcome questions in advance



to assist you further!

- Please make sure you **follow the packing list carefully**, so that you have everything you need to be safe and comfortable.
- **Exercise 15-30 minutes 4-5 times a week.** That way, you will feel more confident at course start and have more fun on your course. Choose exercise that stimulates the heart and lungs (walking, running, biking, swimming, soccer, basketball, etc.).
- Being prepared mentally is also important. Sadness about leaving and homesickness are common emotions that we take seriously. Like the other challenges, it is a learning opportunity. To prepare, think about what you can do on course when you feel homesick. Make a plan for yourself with strategies for feeling better. Talk about these with your family and friends.
- You will have the opportunity to take all sorts of risks in a safe environment. Come prepared to discover new parts of yourself, to ask questions, to support others and to try new activities. Bring an open mind and a willingness to say yes to try.
- Take some time to think about what it is that you hope to learn or accomplish, and possibly talk to a friend or parent about your goals.

Your Menstrual Cycle - You may menstruate while on course. It is best to be prepared even if you haven't menstruated before. Be sure to bring a supply of pads, tampons or a Diva Cup. Also be aware that the change in environment may cause lighter, heavier, shorter flow or skipped period.

Weather

The weather along the Point Reyes National Seashore during the summer can be quite foggy with periods of light rain. Heavy fog will typically burn off by mid-day leaving afternoons sunny and a bit breezy. The beaches can be 20 degrees cooler than the East Bay and surrounding valleys. Temperatures may range from the mid 40's to the mid 70s.

Personal Electronics

A key element of GirlVentures' courses is to spend time in community and with nature. GirlVentures does not permit students to use phones or other communication devices including personal tracking devices, music players, or any type of tablet or personal computer. GirlVentures' instructors will be carrying sufficient communication equipment to handle emergencies that may arise.

Mail

Letters and messages from home are important as they serve to show support of your experience. Families, we ask that mail be brought to the course start and we will deliver it on course. Keep in mind that while the letters are a show of love and support they also can trigger feelings of



homesickness. Please keep the letters positive and abide by our request of no more than one-two at course start.

Gear Lending

As part of registration for your GirlVentures course we will lend you all the gear that you will need for your course at no additional charge. This includes clothing if you do not have what is required.

GirlVentures provides all expedition style backpacks, sleeping pads, sleeping bags, water bottles, tents, stoves and cooking/eating utensils regardless of whether or not a student owns their own. This is a measure of equity and an important detail in trouble-shooting any gear maintenance that may arise.

If you already have an item on the gear list, please bring it to your gear fitting. If you do not have a particular item we will lend that item to you. It is important that you pay attention to the various fabric types. We typically do not allow very much cotton on our courses as this fabric does not function well in outdoor environments, leaving us vulnerable to hypothermia and feeling chilled. Synthetic fabrics are required to ensure your safety on course.

Packing List

Please follow the checklist carefully and make sure you have all required items. Choose small/compact items (e.g. travel size toothpaste). All items that you are bringing from home should be packed in a duffle bag or suitcase and brought with you to course start. On Day 1 the instructors will provide you with your borrowed GV items and review your clothing and gear to make sure you have everything you need.

Upper Body	☐ 2 long underwear shirts - synthetic material only ☐ 2 t-shirts Synthetic ☐ 1 long-sleeve lightweight shirt for sun protection - cotton button-down or flannel is perfect ☐ 1 thick fleece/synthetic puffy jacket that fits over other top layers ☐ 1 medium fleece or wool sweater ☐ 1 waterproof lightweight rain jacket (coated nylon or gore tex type material) ☐ 2 sports bra ☐ 1 bathing suit (GV does not provide)
-------------------	--

Lower Body	☐ 2 long underwear pants/tights - synthetic materials only ☐ 1-2 pair shorts - quick drying / nylon shorts preferable ☐ 1-2 pair hiking pants - quick drying / nylon shorts preferable ☐ 1 pair synthetic fleece pants or flannel pajama pants ☐ 1 pair of waterproof lightweight rain pants (coated nylon or gortex material) ☐ 6 pairs of underwear
Head	☐ 1 lightweight wool or synthetic hat (for warmth) ☐ 1 sun hat or baseball cap ☐ 1 pair of sunglasses (sturdy and dark with a keeper band) ☐ 2 bandanas – 1 for hair; 1 for washing
Feet	☐ 4 pairs wool/synthetic hiking socks (above ankle) ☐ 1 pair hiking shoes or sneakers ☐ 1 pair of water shoes: e.g. old sneakers, Crocs or closed-toed sandals. No flip-flops or sandals (GV does not lend water shoes)
Toiletries	☐ Toothbrush, toothpaste, and comb/brush (we will provide biodegradable soap) ☐ Tampons, pads or Diva Cup in a plastic Ziploc (even if you've never had your period before) ☐ Sunscreen, SPF 15 minimum ☐ Lip balm, SPF 15 minimum
First Day Outfit	Items to be worn on the 1st day ☐ T-shirt ☐ Hiking pants ☐ Warm sweatshirt or hoodie ☐ Running shoes/sneakers (these will also be your camp shoes to give your feet a rest from the hiking boots) ☐ Underwear, bra (if needed), and cotton socks
Last Day Outfit	To be packed separately in a backpack or small duffle - clean clothes for last day ☐ Pants or skirt ☐ T-shirt ☐ Sweatshirt / warm layer ☐ Underwear, bra (if needed), & socks
Other Items	☐ Watch, ideally with an alarm ☐ Disposable Camera - no phones allowed ☐ Journal/small notebook and 2 pens/pencils ☐ One book (optional) for reading before bedtime ☐ A day pack, such as school backpack (approx 25-35 liters)



Medicine

If you are on medication, we need to know about it - it should be on your medical form. On Day 1, turn your meds in to the instructors. Medication must be approved before your course begins.

Bring double the amount needed, with dosage instructions, in 2 separate waterproof containers or ziploc bags. This includes inhalers, epi pens, prescriptions and all over the counter (OTC) medications even if only taken periodically. Instructors will keep all medications in the first aid kit and administer all medications, including prescription, OTC and herbal supplements.