



C5 Bridges Leadership Expedition

Travel and Logistics for Teton Valley

Course Itinerary

PRE-COURSE: 1 Day before your course starts

- Travel to NOLS Teton Valley 1690 East 2000 South Driggs, ID 83422. If you are flying, and using a NOLS recommended shuttle below, you can give them that address
- Pre-course orientation will take place anytime between noon and 4:00 p.m. the day before your course start date.

Day 1:

- You will roll through outfitting and rations, personal equipment check, pack packing, load vehicles, and travel to the trailhead before you begin backpacking.
 - Initial discussion of goals, map and route review, and basic leadership and teamwork concepts.

Day 2:

- Instructors teach and role model “leader of the day” responsibilities:
 - decision-making, hiking/mountain travel curriculum, mountain camping, Leave No Trace techniques, debriefing, and next-day planning.

Day 3-6:

- Leadership and decision-making responsibilities transition to expedition participants. Instructors play a coaching role for participants and provide structure for reflective learning, debriefing, and feedback. Depending on the length of travel days the participants plan, there may be the opportunity for a layover day, day hiking, a peak ascent, and further route exploration.

Day 7:

- Meet at the trailhead, drive to campus, shower, final meal at NOLS, then graduation!

Post-course:

- Depart for home in the morning



Accommodations

NOLS will provide accommodation the night before your course start date and for the last night of the course at NOLS Teton Valley Campus

Contact Information

With questions concerning course content or travel logistics, or to submit enrollment forms you can contact your C5 mentor or

NOLS Admission Office (Lander, WY, USA)

Ph: 1-800-710-6657

Fax: (307) 332-1220

Email: admissions@nols.edu

Website: www.nols.edu



Helpful Student Information:

First and Last Day

Because the first day is busy with your preparations for the field sections of your expedition, we ask that all personal matters (phone calls, letters, email, travel arrangements etc.) be taken care of before your expedition begins. Likewise, if you have specific shopping needs that cannot be met by NOLS (see your equipment list), please be sure to take care of them beforehand. There won't be an opportunity to get to town once your course starts. After an early breakfast, instructors will check your equipment and issue any items you need for the course. You will prepare your backpacking food, then pack up to leave town. Once last minute details are completed (generally after lunch), you will be transported to the trailhead to spend your first night camping.

On the last day, you will be picked up early in the morning and transported via NOLS vehicles back to NOLS TVB. Upon arrival, you will clean, repair, and return issued equipment, then take that long-awaited shower. The experience concludes with lunch and the awarding of diplomas. C5 will then provide transportation home the following day.

There will be an orientation meeting at NOLS Teton Valley Branch when you arrive. This meeting gives you an opportunity to get acquainted with your instructors and review the course route and schedule.

Baggage and Equipment

Please check directly with the airline for baggage limitations and allowances. Most international flights allow two 50lb. pieces, so you should be well within your limits. You will be able to store luggage with NOLS while you are in the mountains. Please keep it to a reasonable amount, as our space is limited. Valuables are stored in a locked cabinet. NOLS does not assume any liability for lost, stolen or damaged personal property while in our care.

Personal Expenses

Once your expedition has begun, there will be little opportunity for you to spend money until after the trip. However, there may be opportunities for minor purchases along the road, mainly snacks and beverages, so a little pocket change could be useful.



During your expedition, NOLS will cover the cost of food, transportation, and instruction, as well as the group equipment indicated on the equipment list.

Other Medical Concerns

All NOLS instructors are trained in first aid to deal with emergency medical situations. Remember, however, that we will be in remote areas where immediate medical attention is often many days away.

Expedition Behavior

Starts in Town

You will learn much about what we call expedition behavior on your course. We expect you to demonstrate attention to the course, care for self, others and property while at NOLS Teton Valley as well as in the backcountry.

Collectively the group sets the tone for the course at an orientation meeting the evening you arrive. You will spend your first night camping in tents in the field outside our base building. This gives you a jumpstart on skills for the following day, when your expedition begins in earnest. The first morning's activities include checking personal gear, issuing NOLS equipment and food, and packing up to be driven to the trailhead. Suggest moving to course description

