

Gluten-Free Information

SRM provides high-quality backcountry food and teaches students how to successfully cook gourmet meals from a ration system. We also seek to accommodate food allergies as much as possible. However, due to the increased cost of providing a gluten-free ration, any student requesting to eat gluten-free (whether due to medical necessity or personal dietary preference) will be charged an additional amount. See the packing list for course specific prices. Thank you for understanding this policy.

SRM BEHAVIORAL AGREEMENT

Be Safe – Be Responsible – Show Kindness and Respect

Your SRM instructors have undergone a rigorous training schedule designed to provide the skills necessary for wilderness leadership and education. All instructors are field tested in order to give you the best wilderness course possible. Your welfare is their utmost concern. Whether you are a new or seasoned outdoorsman, a student, or a youth leader, your ability to humbly follow instruction and direction is vital to the welfare and well-being of everyone on the course. We reserve the right to expel any student who demonstrates behavior that is unsafe, disruptive, and/or distracts from the mission of the course, as well as any student who exhibits behavior or attitudes not in line with the guidelines of this document.

We will not tolerate harassment, use of drugs and/or alcohol, theft and/or misuse of property, low motivation, lack of cooperation, and/or disregard of instructors. If a student is expelled, there will be no refund of tuition and the student must pay all expenses for evacuation, personal food, accommodations, and travel. Evacuation from a course (for any reason, behavioral, medical, or otherwise) back to SRM headquarters incurs a *minimum* \$300 per day evacuation fee, which does not include any additional costs charged by the independent horse packer with whom SRM contracts.

We expect all SRM students to align themselves with the statements listed on this page. Removing a student from course is determined at the discretion of the instructor team in the field. SRM has a 3-strike policy: *if there are more than 3 violations of any of these expectations, then the student will be subject to expulsion.*

BE SAFE

- I will follow all instructor directions.
- I will notify an instructor or peer before separating from the group for any reason.
- I will not engage in horseplay.
- I will follow all safety protocols.
- I will inform instructor(s) of unsafe situations immediately or at the first reasonable opportunity.
- I will not keep any food items in the tent.
- I will always set containers on the ground when someone pours hot water into them.
- I will treat the stove and fire with respect.
- I will bring my 3 essentials to each activity: water bottle, rain jacket, and sunscreen.
- I will stay hydrated and maintain awareness of my water intake.
- I will obtain permission from an instructor to leave an activity.
- I will inform an instructor of my physical needs.

BE RESPONSIBLE

- I will follow Leave No Trace principles at all times. (Listed toward the end of this CIP)
- I will keep track of and care for my personal items at all times.
- I will consolidate and secure all belongings.
- I will take proper care of all SRM equipment.
- I will help my tent group set up when I arrive at camp and take down the tent before we leave.
- I will keep my tent area clean and tidy inside and out.
- I will not wear shoes in the tent.
- I will arrive to meals on time.
- I will help my food group cook at each meal.
- I will help my food group clean up all items at each meal

SHOW KINDNESS & RESPECT

- I will use kind words and actions; no profanity or lewd conversation.
- I will be kind and respectful to all persons.
- I will follow directions from supervising adults the first time they are given.
- I will respect my property and the property of others.

- I will display actions that reflect good character and sound judgment.
- I will use a quiet voice.
- I will not eat food without the food group.
- I understand that all food in my food group ration is shared.
- I will not eat only one food item out of the GORP (e.g., M&Ms).
- I will actively listen when an instructor explains safety protocols and techniques.

LEAVE NO TRACE

SRM courses go to beautiful wilderness areas. We are each called to be effective stewards of God's creation. SRM is a nonprofit partner of the Leave No Trace Center for Outdoor Ethics and is committed to teaching and practicing Leave No Trace Principles on every course. You will learn more on your course, but please be aware of the following procedures for implementing each of the seven Leave No Trace Principles.

1. Plan Ahead and Prepare

Procedure: While SRM will carefully plan your course, **PLEASE DO YOUR PART BY READING YOUR PREPARATION MATERIALS**, choosing the correct personal gear and clothing, and repackage any personal items you bring to minimize potential litter.

2. Travel and Camp on Durable Surfaces

Procedure: Where trails are present you will use them, even if they are wet or muddy. When traveling off-trail, travel side by side rather than single-file to avoid damaging woody plants. You will use established campsites if they are present, or otherwise choose the most durable surfaces available to camp. Understand that good campsites are found, not made. Before leaving your campsite you will naturalize and disguise it, including replacing any rocks you may have moved.

3. Dispose of Waste Properly

Procedure: You will bury your feces in a cat hole at least 6 inches deep and 200 feet from the nearest water, camp, or trail. You will carry out any trash, litter, or leftover food. You will not wash within 200 feet of a water source.

4. Leave What You Find

Procedure: You will leave natural and historical features undisturbed. You will not pick flowers or collect artifacts, fossils, gems, bones, or antlers.

5. Minimize Campfire Impacts

Procedure: You will use a backpacking stove for most meals. You will make campfires only with your instructor's permission and supervision. When making a campfire, you will use existing fire rings when present. You will only burn wood that is dead, on the ground, and no larger around than your wrist so that you can successfully burn it to ash. You will not burn leftover food or other waste. Before you leave the area, you will ensure that the fire is out, scatter the ashes, and restore the appearance of the fire site.

6. Respect Wildlife

Procedure: You will observe wildlife from a distance rather than approaching it, and will not harass wildlife in any way. You will not feed wildlife, intentionally or unintentionally. You will seek to avoid wildlife during sensitive times like nesting or mating.

7. Be Considerate of Others

Procedure: You will respect other visitors and protect the quality of their experience. You will step well off of the trail during rest breaks, seek campsites out of sight of trails, let sounds of creation prevail, and re-latch livestock gates. You will yield to horse packers and other livestock, stepping off the downhill side of the trail.