



COLLEGE BOOTCAMP SUMMER LEADERSHIP CAMPING CURRICULUM

College Bootcamp Summer Leadership Camping Curriculum has been developed by:
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This curriculum incorporates
Andy Andrew's *The Traveler's Gift Seven Decisions that Determine Personal Success*

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Introduction to the Curriculum

Our program has transformed over the years as college persistence has become a priority concern. Not only is it a concern for our local affiliate, college persistence is a concern for the national collegiate system as a whole. In direct correlation to what research has designated as necessary to persistence (i.e. mentoring, support, involvement, and relevant learning). Our Alumni Program has expanded our services to address those and other objectives that we believe are essential to the success of the first generation college student while in high school and once in college.

CIS Alumni are now graduating from colleges, vocational schools and universities ready to meet the world and give back to their communities. It continues to be gratifying to see these young people transition from students who did not see themselves as college attendees to college graduates ready to be successful beyond their dreams and more importantly ready to give back and help those like themselves in finding their way out of poverty and dysfunction.

Over the past twenty years, wilderness orientation programs for college students have expanded across the country. To date, 65 universities provide incoming freshman with overnight adventure programming geared to combat stress, encourage students to go beyond their comfort zones, enhance self-discovery, and develop a greater understanding of their relationship to others.

In 2013 CIS-SCT recognized that if our Alumni Program was to continue to grow we needed to enhance 2 diverse areas of our college career programming: (1) research based programming which removes barriers and increases college persistence of CIS alumni (2) sustainable programming which incorporates an alumni peer mentorship element. Through this endeavor the Alumni Leader Summer Leadership Camping Curriculum was designed. After seeing the tremendous growth our alumni leaders experienced AND, at their recommendation, the curriculum was adjusted for our College Bootcamp Leadership camping trip for first year college freshman. It has been our experience that the curriculum is most effective when co-facilitated by college going Alumni Leaders as they are the “true experts” in dropout prevention and know what it takes for a first generation college student to be successful in post-secondary education. The Alumni Leader Summer Leadership Curriculum is taught in such a way that alumni leaders gain the knowledge and experience to co-lead the bootcamp camping trip curriculum.

At the time this curriculum was published, CIS-SCT had 22 alumni trained as peer mentors who are advisors to 35 college freshman. In line with O’Keefe’s (1989) study of college outdoor orientation programs we have incorporated an intensive 8 week summer college bootcamp program as well as an adventure wilderness program which focus on college retention.

The College Bootcamp Summer Leadership Curriculum aims to immerse first generation college-going freshman in the transition skills that are necessary to college survival. The curriculum is best used in a wilderness adventure area; state or national park. It has been our experience when you take participants several hours from their home, with limited phone and social media, great growth takes place. While cabin camping can be used, tent camping allows participants to deal with vulnerability. The curriculum is designed to be spread over 2 nights of wilderness adventure. Ideas of adventure activities include short hikes (1/2 mile – 3 mile round trip), long hikes (4 miles- 6 miles round trip),

mountain trails, rock climbing, cave exploring, canoeing and river rafting. As alumni journey through the curriculum they learn college survival skills, and gain knowledge in how to address the following issues: straddling 2 cultures (home and college); experiencing changes in family and personal relationships; managing time and events; taking risks; dealing with overwhelmed; confused and stressful feelings; learning how to negotiate new environments; effective communication; and how to explain the demands and rigors of college life to family and friends. Existential activities and hikes place alumni in an unfamiliar learning environment fostering a variety of beneficial dynamics. Activities allow alumni to see old behavior patterns in a new light with a richer perspective allowing them to develop problem solving, communication and leadership skills.

The curriculum follows Andy Andrews' book *The Traveler's Gift: Seven Decisions that Determine Personal Success*. Each morning and evening, alumni explore what makes a great leader. The foundation for personal leadership will be built on the 7 decisions that determine personal success:

1. The buck stops here (I will accept responsibility for all past and future decisions)
2. I will seek wisdom (I will seek out wisdom and change my future)
3. I am a person of action (I will create a new future by creating a new me)
4. I have a decided heart ("A journey of a thousand miles begins with a single step")
5. Today I will choose to be happy (understanding the concept of happiness)
6. I will greet this day with a forgiving spirit (learning to dissipate anger and resentment through forgiveness)
7. I will persist without exception (holding fast to one's dreams)

While existential activities can take place in any remote site new to participants, it is of utmost importance facilitators know the environment well to reduce risk of injury or accidents. Two facilitators trained in group dynamics and who are experienced campers and hikers should be on the trip. Both facilitators should be first aid and CPR certified and should be knowledgeable of meal and hydration needs for the area. Knowledge of the trail systems, unsafe conditions (altitude, weather and animals) is a must! It is recommended that facilitators take at least one individual trip to the destination to plan adventure activities and walk through how curriculum will be used.

For additional information on how to use the curriculum please contact Liberty Nicholas: lnicholas@cissouthcentraltexas.org



Facilitator Notes

- Great preparation goes into a wilderness leadership retreat. Knowing your group members, their personalities and physical limits is very important.
- Prior to the trip, facilitators should research park history, animals, temperature and climate. Are showers available? Will you need cash/coins to use them? How far is the nearest gas station to the park entrance? This is all important info for you and your campers!
- At least one gallon of water per participant should be offered each day. In addition, other hydration liquids (Powerade, Gatorade) should be made available.
- Increased exercise will require increased caloric intake. It is better to bring too much food than too little.
- Endurance exercises require balancing the right amount of water with salt. Make sure participants are snacking frequently and are consuming salty snacks.
- Group sharing time is an important part of the growth process. It has been our experience that setting up chairs in a circle with a real or pretend campfire in the middle is very soothing. If there is a burn ban at your location, set up rocks and sticks to resemble a campfire. At night place headlamps or flashlights in the mock fire.
- Facilitators should discuss how they will address evening group sessions that go longer than scheduled. It has been our experience that great growth takes place during this time. The wilderness experience uncovers many challenges in one's life and the group process can help with the change process. When the group does go longer than planned, it is important to give permission to group members to take care of themselves and go to bed when needed. Facilitators should already have a plan to also take care of themselves by either taking turns staying up with the group or setting a final ending time with the group so they know how much more time they have.
- A charter bus is the best transportation for a large group. An extra vehicle may be necessary.



Session One: What Is a Leader?

▶ ACTIVITY ONE: LEADERSHIP CREST AND NOTE TO SELF ◀

Purpose:

Develop an understanding of the difference between leadership and servant leadership. Explore the leaders in our lives and the qualities they possess. Develop an understanding of the leader participants want to become.

Facilitator Note:

The first activity was created to be facilitated during traveling. If your group is not traveling together on a charter bus the activity can be skipped if time does not permit.

Objectives:

1. Provide an environment to develop a personal understanding of leadership.
2. Enhance and improve self-concept.
3. Introduce concepts of servant leadership.
4. Develop an understanding that the leader you are today is not the leader you will become.

Materials:

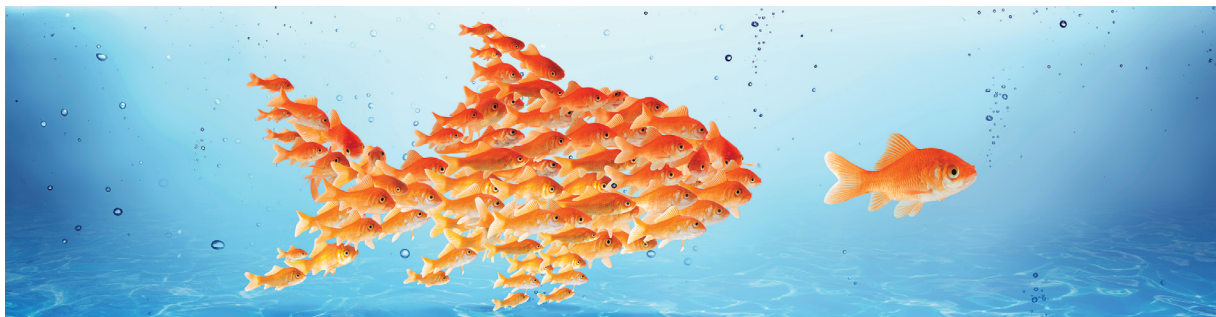
1. Backpack
2. Binders for Campers
3. Map pencils

Introduction:

Inform group that they will be defining what and who a leader is. Explore the following ideas and questions while showing the group a backpack:

- What's in the backpack?
- Do you have a clear perspective of what a leader is?
- What qualities do good leaders possess in your mind?
- In the backpack is what and who you are.
- All the tools you need to make you a great leader will be given to you on this trip.
- What leadership skills are currently in your own backpack?

Facilitator will read a list of leadership traits. Have students reflect on leadership qualities as they are read aloud and pay attention to and write down traits that stick out as strengths they want to develop in themselves.



Leadership Traits:

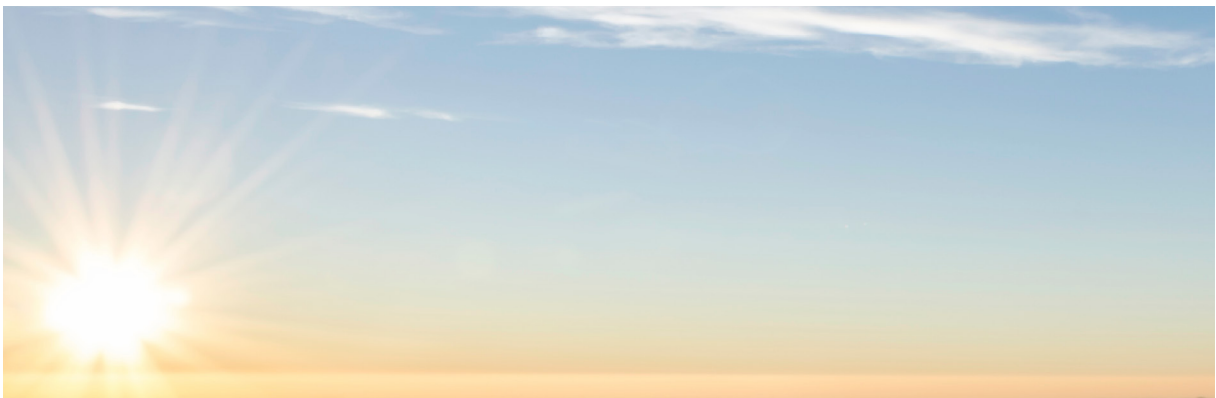
Integrity	Inspires Others	Empathetic
Honesty	Creative	Adapts to Change Easily
Ability to Delegate	Positive Attitude	Passionate
Ethical	High Energy Level	Caring
Effective Communicator	Self Confidant	Serves Others
Confidant	Self Awareness	Meekness
Commitment	Risk Taker	Vision
Sense of Humor	Strategic	Helps the Community

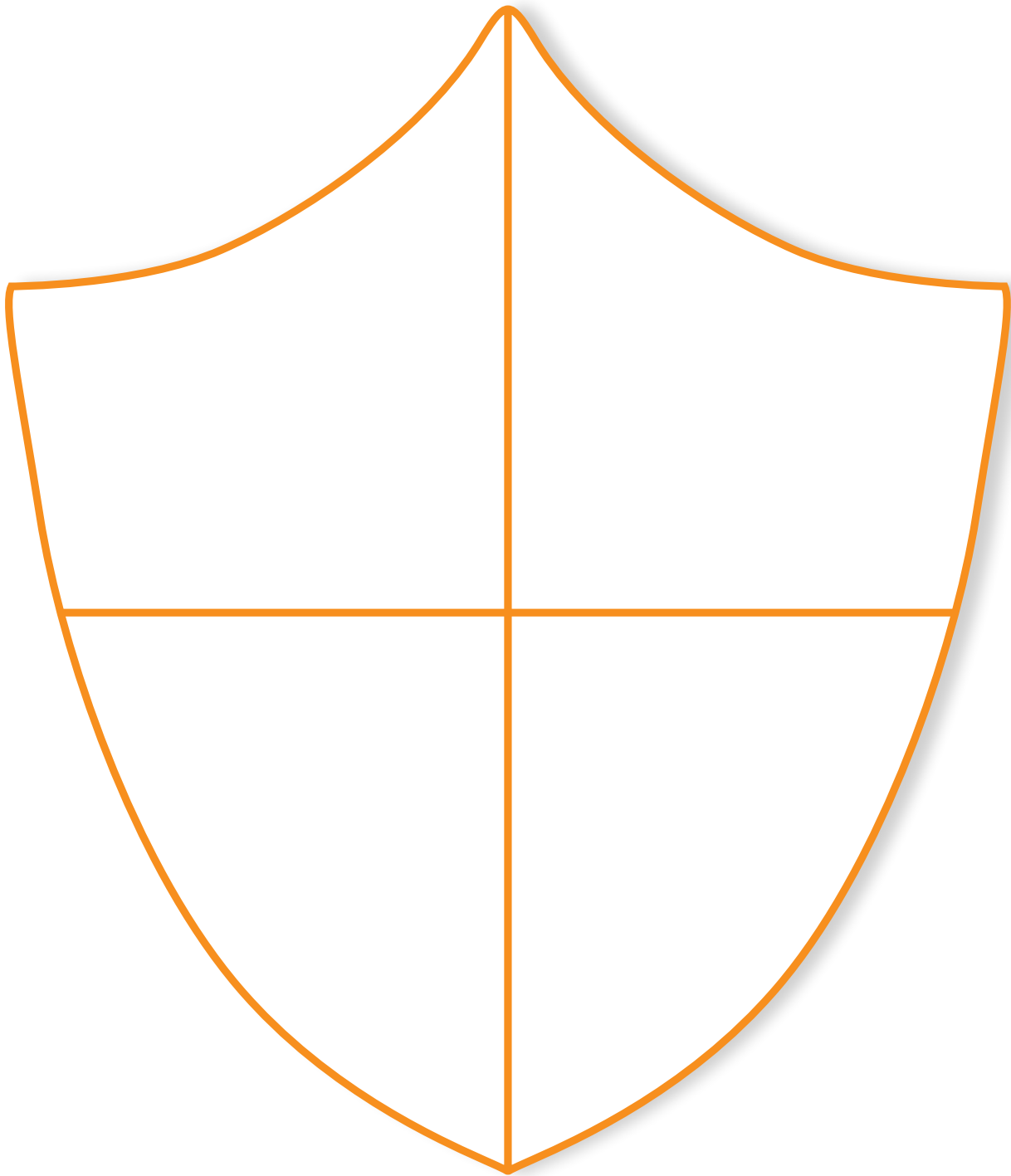
Facilitate Leadership Crest Activity

- Pick four traits you would like to be remembered by.
- Draw an image inside of a crest that represents each of those traits.
- Share with the group your crest and why you chose those traits.

Facilitate Letter to Self Activity

- Begin by thinking about how you will know when you have become the successful leader you want to be?
- What if I said that the leader you are today is not the leader you will become? What do you think about that?
- What do you think about the statement: Potential is not determined by what is seen now by what is realized in the future.
- What positive and negative qualities have you seen in people who have leadership roles?
- During the trip you are challenged to find out the answer of “what is in your backpack” and to fill it with the leadership skills and life principles that make you the person you aspire to become. Students will write a letter to themselves in their binder reflecting on their goals and expectations for this trip. Questions to consider:
 - What do I want to be known for in the future?
 - How can I engage during this trip in such a way that will help me on my journey of becoming a leader?
 - What is my standard for myself on this trip?
 - What might hold me back from being fully present and getting the most out of this time?
 - What is my strategy for overcoming those obstacles?





Session Two: Introduction to Park and Camping Experience

Purpose:

Create an environment in which every participant feels welcomed, engaged and understands the Leave No Trace philosophy, animal safety and camping expectations.

Objectives:

1. Introduction to the College Boot Camp Leadership Challenge.
2. Lead a discussion on the Leave No Trace philosophy.
3. Introduce participants to animals in the park and animal safety.
4. Secure an understanding of confidentiality.
5. Provide an opportunity for participants to participate in the governance of camping expectations.

Introduction:

1. Welcome participants to College Bootcamp Summer Leadership Challenge and mention the following:
 - This trip will be a safe place to build new friendships and develop as a leader.
 - Everyone's ideas and feelings will be respected.
 - Differences will be embraced.
 - Challenges will be worked through as a team.
2. Discussion of State or National Park and the Leave No Trace philosophy.
3. Discuss the different animals who live in the park and region and discuss animal safety measures if they should come in contact with one.
4. Provide a brief overview of the trip which will include the following:
 - The group will learn how to enhance and embrace personal success strategies.
 - The goals of the leadership challenge are as follows:
 - To develop relationship skills among Boot Campers.
 - To develop college students who have the ability to negotiate new environments.
 - To develop leaders who have the ability to successfully complete college and move on to be leaders in the communities we serve.
 - To develop leaders who have a passion for giving back to underserved populations.
5. As a group, discuss the rules of confidentiality – Vegas Rule.
6. Allow group to develop camping expectations including:
 - Buddy Rule.
 - No opposite sex participants in tents.
 - Embracing differences.
 - Taking personal risks in a safe environment.
 - Challenging self and others in a positive way.



► ACTIVITY TWO: TENT CHALLENGE ◀

Purpose:

Create a safe environment which challenges participants to utilize effective communication skills, enhanced cooperation and increase sharing of decision making.

Objective:

1. Introduce students to the camping experience.
2. Enhance understanding of current feelings, behavior, and thinking through the challenge of putting up a tent.
3. Demonstrate respect and effective communication and listening skills to others during potential conflict.
4. Provide an opportunity for reflection and empathy in a safe environment.

Materials:

1. Tents
2. Tent directions

Facilitate the Activity:

- Break up group in sleeping arrangements.
- Hand each group a tent bag which includes all needed items, including directions.
- Instruct participants they have 10 minutes to read directions and decide on a plan of action for the challenge.
- Group will choose one leader who is permitted to speak to the team. Once the initial 10 minutes is up, the leader will instruct set up while everyone else remains silent.
- If a group is caught cheating, the leader will be blindfolded with a bandana.



DEBRIEF:

- What just happened?
- What strategies did you observe/employ?
- In what ways did the group assist/hinder each other during the activity?
- Was the activity easy or difficult?
- Was there anything you could have done differently?
- What kind of communication did your group use?
- What leadership skills did you incorporate?
- How does this activity relate to going off to college or leaving home for the first time?
- What strategies could you use to help you successfully adapt to college and a new living environment?
- What leadership skills did you hear from others or incorporate yourself that you would like to work on during the trip?



Session Three: The First Decision For Success – The Buck Stops Here

▶ ACTIVITY THREE: SHORT HIKE (1/2 – 3 MILES ROUND TRIP) ◀

Purpose:

Explore participant struggles that continually get in the way of personal growth. Develop an understanding of what personal responsibility is. Discover the benefit of experiencing adversity, learning to control your thoughts and emotions, and responsibility for personal success.

Objectives:

1. Provide an environment which allows exploration of personal struggles.
2. Help each participant determine their own personal level of taking responsibility for their choices.
3. Enhance and improve self-concept.
4. Enhance current feelings and behaviors that demonstrate personal choice.
5. Build emotional intelligence through creative interaction with peers.

Materials:

1. Note cards have 1-2 sentences from The First Decision For Success – "The Buck Stops Here" – place a small number at bottom of card so that participants can read them in order
2. When group returns to camp site they will be given the first decision to place in their binder

Introduction:

Explain to group that their task is to explore taking responsibility for their past. Participants will take a 1/2 - 3 mile hike (round trip) to a scenic view. Once participants arrive to destination give each participant a note card. Explore with group that today their journey begins and that each will be given a gift – a traveler's gift. Each will learn seven decisions that determine personal success. The gift is theirs for the taking – if they choose to implement the seven decisions, not only will they become a better person, they will also become a better son/daughter, boyfriend/girlfriend, college student, employee/employer. Encourage each participant to take in the view. After a minute or two have participants form a circle. Ask participants to stand in the center and read their card (in numeric order) out loud so that all can hear it. Challenge group to be respectful and listen to each participant. Explain to group that The Traveler's Gift has some Christian overtones. As they read through the decisions they may hear reference to Christian views. The book was not chosen to make anyone who is of a different faith or belief system feel uncomfortable. It was simply chosen based on its strong personal success strategies.



DEBRIEF (CONTINUED)

- Explore the emotions you felt as you read your card
- How does the first decision: "The Buck Stops Here" reflect to where you are today as a leader?
- As you look around at this beautiful place what does it reveal to you about the choices you are currently making in your life?
- Are you taking personal responsibility for your decisions?
- Do you have a "Why Me" or "Why Not Me" attitude? Explain. Is one better than the other?
- Is your life an apology or a statement?
- If adversity is preparation for greatness how will you move forward and embrace failure?
- Are you taking responsibility for your past?
- Are you controlling your emotions?
- Are you responsible for your personal success?
- In what ways is the first decision important to your role as a leader?
- How does the first decision relate to the beginning of your college career?
- What steps will you implement in your life and in the life that reflect the first decision?
- As group prepares for hike back have them huddle up and say on three:
"The Buck Stops Here!"



▶ ACTIVITY FOUR: ROCK ACTIVITY - CONTINUATION OF PRECEDING HIKE THE FIRST DECISION FOR SUCCESS – THE BUCK STOPS HERE ◀

Purpose:

Explore participant struggles that continually get in the way of personal growth. Develop an understanding of what personal responsibility is. Explore steps that can begin to be made today to rectify struggles.

Objectives:

1. Provide an environment which allows exploration of personal struggles.
2. Help each participant determine their own personal level of taking responsibility for their choices.
3. Enhance and improve self-concept.
4. Enhance current feelings and behaviors that demonstrate personal choice.
5. Build emotional intelligence through creative interaction with peers.

Materials:

1. Rocks brought by facilitators – not rocks from park
2. Permanent markers

Introduction:

Ask group to choose a rock which looks like their greatest struggle. Have participants write one word on the rock that reflects this struggle.

DEBRIEF:

- Explore the emotions you felt as you decided your greatest struggle.
- How does your rock represent this struggle?
- Share your struggle and the word you chose that reflects it.
- What decisions can you make to resolve your struggle?
- What one word best describes the decision you would like to make to resolve the struggle?
- How can your personal struggles get in the way of you becoming an effective college student?
- Rocks are to be placed in your backpack and carried with you throughout your travels.



Session Four: The Second Decision for Success – I will seek wisdom

▶ ACTIVITY FIVE: PAIR UP ◀

Purpose:

Explore how we search out wisdom in our lives. Develop an understanding of what wisdom is and who participants should be gathering wisdom from. Develop an understanding of what a humble servant is. Explore steps that can be made today as you seek wisdom and become a servant leader.

Objectives:

1. Provide an environment to develop a personal understanding of wisdom.
2. Enhance and improve self-concept.
3. Introduce concepts of servant leadership.
4. Develop an understanding that the leader you are today is not the leader you will become.

Materials:

1. Sticky nametags – each nametag will have a word that has a pair. The number of pairs will be determined by the number of participants
2. Sticky nametag pairs: (pairs should represent animals, bugs and terrain of the park you are visiting)

Stars and Moon	Campfire and Warmth	Chocolate and Marshmallow
Bacon and Eggs	Propane and Camp Stove	Hike and Trail
Stake and Tent	Ketchup and Mustard	Road and Trip
Jackrabbit and Rock Squirrel	Shoe and Blister	Sun and Tan
Cactus and Prickly Pear	Canoe and Paddle	Shade and Tree
Thunder and Lightning	River and Tube	Map and Compass
Sleeping bag and Pillow	Hotdog and Bun	

3. Second Decision of Success to be placed in binders
4. Rocks brought by facilitators-not rocks from the park

Facilitate the Activity:

- Each participant will have a word placed on their back.
- Participants are not allowed to look at their own sticky or ask someone else what it says.
- Participants will be told that somewhere within the group is their pair.
- Participants will walk around and find their pair. They may ask Yes or No questions or have the other person act out what is on their back similar to charades. At no time is the participant allowed to ask what the word is.
- Each participant must figure out their word and find their partner by process of elimination.

Introduction of Pairs:

Once group has found their pair, facilitator will read The Second Decision of Success: *I will seek wisdom*. Pairs will then spend 15 minutes exploring two qualities they are seeking assistance or wisdom with and share the qualities with their partner. These qualities don't have to be something difficult, but should be something that if more assistance was given would make them feel more capable as a leader and college student. Enough detail about the qualities they seek wisdom for should be given so that their partner understands them.

Rock Activity:

- Each participant will choose two rocks and will write one word to exemplify the wisdom they are seeking. Rocks will be placed in backpacks.

DEBRIEF (IN PAIRED GROUPS):

- Explore the reasons you chose these qualities?
- What type of wisdom do you feel like you need the most to get a handle on these qualities?
- Has there been a time when you have battled with the same qualities that your partner shared? Explain.
- What wisdom can you share on ways that you have been successful in overcoming similar qualities as those shared by your partner?
- What area of your life do you feel the most wise that you can help others?
- Explore 2 qualities of wisdom with the group that you feel that you can use to enhance your leadership and student roles.

Facilitator will strategically pair groups with partners they can learn from.

As group prepares for dinner have them huddle up and say on three: *“I will seek wisdom!”*



Session Five: Around the Campfire

The Third Decision For Success – I am a person of action

► ACTIVITY SIX: TRANSFORMATIONAL SELF PORTRAIT ◀

Purpose:

Participants will explore ways to “create a new me.” They will participate in a transformational self portrait activity which develops their understanding of the leader they aspire to become and what they hide from the rest of the world. Failure will be explored as a means of a stepping stone to success. Participants explore steps that can begin to be made today to become a person of action.

Objectives:

1. Provide an environment which allows exploration of personal struggles.
2. Help each participant determine their own personal level of taking responsibility for their actions.
3. Enhance and improve self-concept.
4. Enhance current feelings and behaviors that demonstrate personal choice.

Materials:

1. Backpack drawing (p. 21)
2. Colored pencils and markers
3. Rocks brought by facilitators – not rocks from park
4. Permanent markers

Facilitate the Activity:

Begin by thinking of the leader and college student you aspire to become. What people and events in your life have played a role in your development? Some may be good while others may be bad. How have these events affected the person you strive to become? Feel free to write your thoughts down in your spiral if you want. Now think about what you would like to change about yourself as a result of your experiences. It could be a transformation related to your self-esteem, self-confidence, mental/emotional state, etc.

Now that you’ve thought about the person you hope to become, you’re going to create a self portrait. This will be a little different than the typical self-portrait. For this activity, you will be creating a transformational self portrait. This can be a drawing, a collage of words, whatever you want. Don’t feel like you have to restrict yourself...creativity is encouraged!

The First Piece of the Transformational Self Portrait

The first piece of the transformational self portrait you will create will be based on your ideal future self. Base it on the people and events in your life that have played a role in your development, remember, you are creating a self portrait, so this first piece will be a self portrait based on both good and bad events that have taken place in your life and aided in your development. Think back to when you had these experiences and how you felt when they happened. You can create a self portrait based on the details of the experience/event, or you can create something based on one aspect of the experience that might be the source of the person you strive to become, or you can make the first piece an overall reflection of your developing “self.” Create a self portrait of this ideal future self. Use the picture you have been given of a backpack to draw your self portrait.

The Second Piece of the Transformational Self Portrait

The second piece of the transformational self portrait is to help you uncover what you are hiding from the rest of the world. Think back to the people and events in your life that have played a role in your development. Think of what you are hiding about those events that may be keeping you from change. Think back to a time when these events have paralyzed you from moving forward. What scares you, why do you continue to allow these events to dictate your future? On the other side of your backpack draw or write the events or traits that you are hiding from the rest of the world.

DEBRIEF:

Facilitator will begin by exploring the uniqueness we each have and how life events shape the person we become.

- Group will explore their thoughts about the activity.
- Looking at your self portrait tell us about the person you desire to become.
- What people and events have shaped your development?
- What was the easiest part about drawing the person you are transforming into?
- What was the hardest part about the drawing?
- Was it hard to think about people and events that went on the backside that have hindered your development?
- What are you hiding from the rest of the world that if you could let go of it your backpack would be lighter?
- How does it feel to think and talk about the things that you hide from others?



► **ART THERAPY (2014). TRANSFORMATIONAL SELF PORTRAIT ART THERAPY ACTIVITY** ◀

Facilitate the Activity:

Facilitator will begin by reading the third decision for success. After the reading of the decision facilitators will walk around with a bag of rocks. Participants will choose one rock and will then write one word that best describes a time they didn't take action and how that has shaped their self portrait. Rocks will be placed in backpacks and carried along on their journey.

DEBRIEF:

- Share with the group one time you took action and were surprised by how well things turned out.
- What did you learn from that experience that you think you could use in other circumstances?
- What could you do to see those qualities more often?
- How will you incorporate these qualities into your leadership and student roles?
- What did you learn most about yourself?

Before lights out, have students reflect on their day and what the first 3 decisions means in their life. Group will discuss how they will begin implementing the first gifts into their travels.

DEBRIEF:

- What surprised you most about today?
- What common strengths did you find in one another?
- Is there anything you wish you would have done differently?
- As you reflect on today's decisions *The buck stops, I will seek wisdom and I am a person of action* what thoughts do you have?

As group prepares to disband say on three: *I am a person of action!*

Facilitator Notes:

Growth on this trip is determined by the level of “digging deep” that takes place during processing. Participants should be encouraged to reflect on the decisions that have been read and share how the decisions speak to their life journey. When participants share “their story” healing takes place and they begin to realize areas where growth is needed. Once it becomes dark, explain to the group that each night they will be encouraged to come to the middle of the circle and share "their story." If you have participants who have been in group with you before, you may want to speak with them previous to campfire time and ask them if they will share their story first. It has been our experience

that once one participant speaks, others will follow. You may want to remind the group that they only have to share what they feel comfortable in sharing. Story sharing should be uninterrupted and as short or long as the speaker wishes.

If reflection time goes past normal lights out share that if anyone is tired and ready to go to bed it is ok to take care of themselves. Facilitators should have a plan for at least one of them to stay up during sharing times. Personal stories can take anywhere from 15 min to 1 hour. Great healing and empathy building takes place during this time.

As the group disbands for the evening remind group of animal safety and camping/behavior expectations (walking off, noise, language, etc.) Some time should be given to members who would like to stay up and build relationships. Give a time limit. One facilitator may need to come out of their tent and tell group when it is time to retreat to bed. If you have leaders already within the group you can give them the job of watching the time and disbanding the group.

 **Homework: (by Headlamp)**

Your challenge tonight as you prepare to go to bed is to silently reread the 1st three decisions and reflect on your day. As you reflect, begin to plan how you will implement the first decisions tomorrow, in the coming weeks, months, and year.





Session Six: The Fourth Decision For Success – I have decided heart

▶ **ACTIVITY SEVEN: LONG HIKE (4-8 MILES ROUND TRIP)** ◀

Can incorporate multiple adventure activities – Activity Six can take place at the campsite or trailhead

Purpose:

Empower participants to commit to turning their dreams into goals. Discover the need for initiative, determination, and the steps it takes to follow through when working towards a goal. Explore the downfalls of procrastination.

Objectives:

1. Provide an environment that allows participants to explore their dreams of the past, present and future.
2. Help each participant process through decisions they have made in their life thus far, and to help develop a direction for decisions they will make in the future.
3. Enhance determination, commitment, and confidence in dreams.

Materials:

1. Rocks brought by facilitator– not from the park
2. Environment

Activity:

Read The Fourth Decision For Success - I have a decided heart. Once read, ask participants to point to where their courage lives. What color is it? Does it have a shape? How do you know it's there? Then, ask participants to choose an object that best represents a dream you have for yourself. With this object (example: rock) feel it's weight, edges. Imagine the obstacles that could be in the way of you achieving your dream. Now close your hand around the object. You are in control of the object (your dream). Now choose how to return your object to the environment. Throw it, set it down gently... your choice, be creative.

DEBRIEF:

- What object did you choose?
- What stood out to you about it?
- How did it relate to your dream?
- What obstacles could you predict to be in your way of achieving your dream?
- Are you a procrastinator and how does procrastination get in the way of dreams?
- Could you name who would support you in your dream?
- What does it look like when you show support to someone?
- What have you found helpful (and unhelpful) when someone is showing you support?

Facilitate the Activity:

- Pick two rocks that represent your two biggest choices you lack control over.
- Write one word that best describes each choice you wish you had control over on the rock.
- Process.

Instructions for hike:

Today you will hike with the person you were paired with yesterday. You are encouraged to get to know your partner as you will later discuss the qualities of wisdom and action this person most possesses. Your job in this task is to take note of your partner’s qualities as you hike. If you see your partner struggling you should incorporate the wisdom you possess to help your partner through the moment.

► **ACTIVITY EIGHT: TRUST WALK** ◀

Purpose:

Students will be empowered to address control, trust, feeling, and thinking pattern issues.

Objectives:

1. Provide an environment that allows participants to explore their trust and control issues.
2. Help each participant process through trust and control issues that may be barriers to their success.
3. Enhance determination, commitment, and confidence in others and self.

Materials:

1. Blindfolds

Facilitator Note:

This is the first of two activities that are most responsible for personal development. It has been our experience that the trust walk should take place at the second leg of the hike. There should be an element of difficulty and danger. Examples include an area with several obstacles: holes, cactus, fencing, boulders, trees, etc. It can also be done on the side of a trail which has a drop off. In both instances safety measures must be enforced and ample facilitators should be present to safeguard behavior.

Facilitate the Activity:

Paired partners will choose one partner to be blindfolded. The "sighted" partner guides the blindfolded one using verbal cues or slight arm touches. Halfway through the trust walk have partners switch positions.

Safety: Reinforce safe behavior and trust building behavior. Instruct participants to yell "stop" anytime they feel unsafe or see unsafe behavior. Share safety concerns and process trust, control and feelings as necessary.

DEBRIEF:

- How did it feel to lead someone through a dangerous situation?
- How did it feel to not be able to see where you were going?
- Have you felt that way before?
- Did you trust your partner?
- Did your partner do anything to make you trust him/her less?
- Did you feel in control or out of control? Explain.
- How has trust and control impacted your life thus far?
- How does this activity relate to your senior year or freshman year in college?
- What trust and control issues do you need to work on?
- How do you begin to move forward and make changes?



Session Seven: The Fifth Decision For Success – Today I will choose to be happy.

▶ **ACTIVITY NINE: CONTINUATION OF HIKE** ◀

This final leg of the hike can incorporate both an easy trail and obstacles; rock climbing, climbing down a difficult area, etc.

Purpose:

Participants will explore the current blessings in their life and the casual factors of those blessings. Develop an understanding that they have the power over their own happiness. Explore how to encourage others in recognizing and appreciating positive aspects in their life.

Objectives:

1. Help each participant determine their own personal level of taking responsibility of their choices.
2. To build awareness and appreciation of current life blessings.
3. Provide a framework for instructing others in how to regularly express gratitude to enhance happiness.

Materials:

1. Rocks brought by facilitators

Facilitate the Activity:

Facilitator will begin by reading the fifth decision for success. Participants will explore with their partner three things that have gone well-“blessings” throughout our trip. Provide a casual explanation for each good thing. At the end of our trip we will evaluate how you feel.

DEBRIEF:

- Explore the first thoughts you had when thinking about “blessings” in your life.
- How were you able to determine the causal factors of something going well in your life?
- Who or what was responsible for the good thing in your life?
- Did anyone else have influence or caused the blessing in your life?
- Was it difficult to think of three different good things?
- Explore the theory of emotions being contagious.
- How could you encourage someone to acknowledge gratitude?

Facilitate the Activity:

- Pick one rock that represents your biggest obstacle that keeps you from finding happiness.
- Write one word that best describes the obstacle on the rock.
- Place the rock in your backpack.

DEBRIEF (AT THE END OF THE HIKE):

- How was today’s hike like the journey you have in front of you?
- How did the beginning of the hike compare to the new experiences that are about to begin?
- What happened once you got to your first destination?
- What did you learn about trust today?
- Were there parts in today’s journey that were easy?
- How does that relate to your new journey?
- Once things got easy were you prepared for the difficult challenge ahead of you in climbing to the summit?
- What happened at the continuation of your hike once you reached your goal of the summit?
- How does this relate to college?
- Will the beginning of your journey be difficult and then get easier as time goes on? How so?
- Will new obstacles present themselves along the way in college?
- How will you overcome them?
- Once you hit the summit “college graduation” will life remain simple?
- What new challenges will lie ahead?
- How do you continue to goal set and reach new summits throughout life?



Session Eight: The Sixth Decision For Success – I will greet this day with a forgiving spirit.

▶ ACTIVITY TEN: AROUND THE CAMPFIRE – COMMITTING TO FORGIVENESS ◀

Purpose:

Participants will confront the burdens they carry with them. The group will discuss the similarity of the rocks they have been carrying and the burdens that they currently have weighing them down. They will explore the context of the distraction-free wilderness experiences and process the aspect of allowing the hills to take their burdens from them so they can begin their college and military experiences as world-changers who are lighter, freer and have experienced what true forgiveness is.

Objectives:

1. Provide an environment which allows exploration of personal burdens.
2. Help each participant determine their own personal level of forgiveness.
3. Enhance and improve self-concept.
4. Provide an environment which relaxation brings forth peace and forgiveness.
5. Teach mindfulness in a way that participants can incorporate into their daily lives.

Materials:

1. Group will sit in chairs in circle
2. Relaxation music brought by facilitator
3. Mindfulness forgiveness exercise
4. Backpack with rocks participants have been hiking with
5. Sixth decision for binders

Discussion:

I want us all to silently reflect back to our time here in the park. I want you to remember what you saw, what you smelled, what you touched, what you felt. Now I want you to think back to today's hike and the trust activity. Remember the emotions you felt, what you learned. Remember back to our first decision when we chose our first rock and placed it in our backpack. These rocks represent the burdens we carry with us. They are significant, they are heavy, and they weigh us down. Forgiveness is at the heart of compassion. We all carry around memories of shameful choices we have made, of how we have been hurt by others and how others have hurt us. We carry these memories and cannot truly move to freedom until we are able to release them and forgive ourselves and others. As we move through the sixth decision:

I will greet this day with a forgiving spirit we will begin by embracing relaxation and mindfulness as a way to allow our burdens to be carried away and for us to begin to find forgiveness.

Facilitate the Activity:

Begin by closing your eyes and taking a deep breath in through your nose and out through your mouth. Listening to the sounds of nature, noticing the way the wind feels on your face and body, the sun as it kisses your skin, taking a deep breath in through your nose and out through your mouth saying to yourself the words "calm and relaxed". I want you focus on your heart; this is where you feel



emotion, joy, sadness, regret, shame, there may be other areas of your body where you feel those same emotions but I want you to focus on your heart, feel your breath coming in and out of your chest, breathing in and out, expanding and falling, noticing how that feels, hearing the breath as it leaves your body, taking three deep breaths in through your nose and out through your mouth, again in through your nose and out through your mouth, in through your nose and out through your mouth; as you find your heart notice that you are becoming more relaxed. I want you to keep some of your awareness in your heart, I want you to think of one of the incidents you wrote on a rock; the rocks that you carry in your backpack; the burdens of a lifetime - it may be the struggles you continually battle with, that get in the way of your personal growth, or a time that you didn't take action and you could have. It may be the obstacles that are keeping you from finding happiness, the areas of your life you lack control over, or it may be a situation where you were wronged or hurt by someone or a time when you hurt another person. During your travels in the park you have confronted many memories. Now I want you to choose one of these memories. (Pause for 20 seconds) Now that you have decided on a memory I want you to think of it; I want you to see it as a picture or movie playing in your mind. It may be an internal dialog about the situation or you may see the characters acting it out. I want you to notice the heaviness these feelings bring on your shoulders, your chest, anywhere in your body; anywhere you have these feeling and emotions. Now allow yourself to experience the

movie in as much of an experience as possible (Pause 10 seconds). Now I want you to drop that memory and shift your awareness. I want you to focus back on your breathing; taking a deep breath in through your nose and out through your mouth. Again in through your nose and out through your mouth; noticing your heart. The movie may find its way back to your consciousness; while the movie plays, you may experience feelings in your body that go along with this memory; it may be tension in your shoulders, an ache in your head - I want you to find how it feels in your body and notice it. (Pause for 3 seconds) Now focus again on your heart; focusing only on your breathing, taking a deep breath in through your nose and out through your mouth. Again in through your nose and out through your mouth; telling yourself the words: "calm and relaxed." If you find yourself going back to the movie come back to your heart; come back to relaxation. It is perfectly normal for you to go back to the movie; but as the movie begins to play I want you to focus on your breathing and shift your thoughts back to your heart, focus on the rising and falling of your chest. If you are having a hard time leaving the memory, I want you to place your hand gently over your heart; noticing your heart beat and focusing back on your breathing. Now I want you to focus on the memory of the person. In a moment we will begin speaking silently to ourselves or out loud whatever feels right. It's important during this time to understand that forgiveness isn't something that will happen in a flash. It often requires us to go back to it many times and to be gentle with ourselves and give ourselves time to heal. It is very hard to have the feelings and memories associated with the experiences we've written on our rocks. Now focusing on your breathing, we will speak words of healing over ourselves. Be sure to speak with kind and gentle words. Begin by repeating the following words after me: *"I offer forgiveness to the person or action that has hurt me or caused me suffering, intentionally or unintentionally, through their words, thoughts or actions."* Allowing the words to seep into your heart, allowing yourself to stay with the feelings and thoughts you experience. Allowing them to happen and then letting them go and then come back – keeping your breath calm and relaxed, breathing deeply in through your nose and out through your mouth noticing how your heart feels as it rises and falls. And then again saying to yourself *"I offer forgiveness to the person or action that has hurt me or caused me suffering, intentionally or unintentionally, through their words, thoughts or actions."* And then noticing again what you feel and think. Notice the sensations in your body, keeping your breathing





even with the sounds of nature, allowing the mountains to help you come back to your breathing; now once more allowing yourself to speak to the person or action that has hurt you: *“I offer forgiveness to the person or action that has hurt me or caused me suffering, intentionally or unintentionally, through their words, thoughts or actions.”* Again being present with whatever comes up in the body when you repeat these words. Now we are going to let go of the person or action that has harmed you, we are going to let go of this memory and move to a place where we can find forgiveness in ourselves. We’ve been holding on to hurt, anger, rage, and resentment for far too long. This memory or story continues to repeat itself in our life and we feel hurt for it again and again. Today we will offer forgiveness to ourselves. We will begin with deep breaths. Be present with whatever you feel. Taking deep breaths in through your nose and out through your mouth. Begin by saying: *“I offer forgiveness to myself for anyway I have hurt myself or caused myself suffering, intentionally or unintentionally, through my words, thoughts or actions.”* And then again...*“I offer forgiveness to myself for anyway I have hurt myself or caused myself suffering, intentionally or unintentionally, through my words, thoughts or actions.”* And then again *“I offer forgiveness to myself for anyway I have hurt myself or caused myself suffering, intentionally or unintentionally, through my words, thoughts or actions.”* Taking notice of how forgiveness feels. Noticing how the mountain asks to take our burdens, how the wind pleads to take them away. In the beginning you may not totally experience this and

that’s completely natural as we all heal in our own ways. Whatever you are feeling is normal and right. Just notice your feelings and emotions. Feel what letting go feels like. Imagine the mountains taking the memories away. Now finding your heart, noticing how your body feels as you take a deep breath in through your nose and out through your mouth; noticing the relaxation that comes into your body as you take 3 deep breaths in through your nose and out through your mouth. (Pause and take 3 breaths with group) Noticing how your body feels, noticing the sounds in our environment, allowing the sounds to help you feel calm and relaxed, noticing the texture of your chair, and the heaviness of your body; noticing your feet and how they are planted; noticing the feelings of calm and relaxed. Now finding a sense of mindfulness and forgiveness, take a deep breath in through your nose and out through your mouth...repeating the words “*calm and relaxed.*” Now I want you to begin to wiggle your fingers and then your toes; becoming more aware of your environment and those around you. (Pause 15 seconds). Now when you’re ready, open your eyes and take notice of the peace you feel. Look around at the mountains (hills), the sky, breathing in the scent of nature, noticing and embracing peace; noticing the joy that comes with forgiveness. (Give group a minute or two to take in the environment). (*Meditation adapted from Jack Kornfield: Forgiveness Meditation*)

Facilitate Second Forgiveness Activity:

Somewhere near you is your backpack. Inside this backpack you have placed several of your burdens. As you think back to the last two days I want you to remember your first rock as it was placed in your pack. The weight was probably not noticeable. Now think back through yesterday and today as you took on more burdens. I want you to silently think about how your pack now feels. These rocks are significant and represent the many burdens we all carry with us. These burdens, these acts of unforgiveness they weight us down and they don’t allow us to be the best leader, the best college student we can be.

The Sixth Decision for Success – *I will greet this day with a forgiving spirit...* speaks to these burdens. As I read it, I encourage you to allow the words to resonate in you. Allow this environment to help you.

(Read Sixth Decision)

Discussion:

I will greet this day with a forgiving spirit... As you think about these words I challenge you to begin to take the first steps to forgiveness. I challenge you to allow the mountains to take your burdens away. You may not be ready to give up your burdens and that’s ok. Forgiveness is personal. If you are having a hard time finding forgiveness I encourage you to look around and ask yourself why you can’t leave them here and begin your travels to a freer lighter life. Now I want you to look in your pack and read your rocks. Which of these burdens are you ready to give away? Which are you ready to make a commitment of change for? I’m going to give you a couple of minutes to search through your pack and decide which you are ready to give away and which you will continue to carry on your shoulders. (Pause 2-5 minutes). When you are ready to release your burdens, I ask you to walk to the campfire and begin placing your burdens in the fire; this fire will be full of life’s regrets, it is a fire of wrong choices, a fire of anger, a fire of sadness, a fire mistrust, abandonment, hurt, but what it truly represents is a fire of forgiveness... As you place your rocks in the fire read each rock silently or out loud. Allow the words to resonate in your soul. Allow the mountains to take your burdens away. Once you have finished reading the rocks and stacking your burdens you may silently return to your seat.

Facilitator Notes:

This is the most powerful of the activities. The facilitator should allow for plenty of time for the activity to be done. In our experience it is very powerful for the rocks to be thrown into a campfire or river. Participants should not be pressured to give up rocks. Relaxation or soft guitar music helps with the experience. It can be done at night or day. We have facilitated during both and they have been equally powerful. The key is having time for the relaxation exercise plus rock exercise.

DEBRIEF:

- What just happened?
- When we did the mindfulness relaxation exercise, were you able to find a place of peace?
- As you notice how your body feels now, what can you share with the group?
- What do you know now about yourself that you didn't know at the beginning of the trip?
- Are you aware of any changes that may have taken place during the forgiveness exercise?
- Where did you feel most vulnerable in the exercise?
- Where in your body did you find the strength to give up your burdens?
- What was it like to take your burdens out of your pack and give them to the mountains?
- How many of you feel that before you leave you will pick those burdens back up and carry them back home with you?
- How do we get to a place where we can find forgiveness and truly leave them here?
- What do you think you will remember most about this exercise?
- How is this exercise significant as you embrace your journey next year?
- Where do we go from here?
- As you prepare for bed I want you to think on the six decisions you have learned.
- Which has impacted you most?
- Which are you committing to use in your daily life?
- Give group the fourth, fifth and sixth decisions to place in their binders.
- Encourage those who did not share their personal story the last evening to share.

Give group the fourth, fifth and sixth decisions to place in their binders.

Encourage those who did not share their personal story the last evening to share.

Facilitator Notes:

This can be the longest of all the nights. Relationships have been formed, trust has been earned, and they have shared a similar experience in the wilderness. If reflection time goes past normal lights out share that if anyone is tired and ready to go to bed it is ok to take care of themselves. Facilitators should have a plan for at least one of them to stay up during sharing times. Often participants who spoke the night before may wish to expand on their story. Personal stories can take anywhere from 15 min to 1 hour. Great healing and empathy building takes place during this time.

 **Homework: (by Headlamp)**

Your challenge tonight as you prepare to go to bed is to silently read the fourth, fifth and sixth decisions and reflect on your day. As you reflect on your day and your decisions begin to plan how you will use them tomorrow, in the coming weeks, months, and year.

As group prepares for bed have them huddle up and say on three: *I have a decided heart! Today I will choose to be happy! I will greet this day with a forgiving spirit!*



Session Nine: The Seventh Decision For Success – I will persist without exception!

Purpose:

Create an environment in which every participant feels changed, engaged and understands the gifts they have been given to them over the last 2 days.

Objectives:

- Secure an understanding of confidentiality as we prepare to leave (Vegas Rule).
- Explore the growth each participant feels has been made in their life.
- Create excitement as participants travel from the park and become college freshman.

Materials:

1. *The Seventh Decision for Success*

Introduction:

I want us all to take a deep breath and marvel at this breathtaking view. I want you to spend a few minutes reflecting on your week. Thinking about your experiences and the growth you have made. As you reflect I want you to look around, making a mental snapshot of what you see, hear, smell and feel. As you sit quietly allow the hills to speak to you... (Pause for 3-5 minutes).

Begin reading the seventh decision – *I will persist without exception*.

I want to end today with a true story of great American heroics. As you listen to the story, I want you to think where you fit in the story of history. How can you change the face of CIS, the face of the Alumni Program, how do you change the world?

Begin reading the Joshua Lawrence Chamberlain story (pages 182-190 of *The Seven Decisions that Determine Personal Success*).

Facilitate the Activity:

I want you to explore as a group the strength you possess as a leader and incoming college student. You each are blessed with gifts, wisdom, the ability to overcome adversity, and the ability to make good choices. As you think back to the seven decisions of success I want you to choose at least one decision you will truly commit to changing in your life.

DEBRIEF:

- What decision(s) did you choose?
- What motivations are you going to use each day to “charge” ahead in your life?
- In what ways are you going to change your future for the better?
- How will you commit to being the best student and leader you can be?
- What example do you wish to leave for future generations?
- In what ways do you wish to change the world?

Your challenge as you begin your journey as a college freshman is to reflect back on the seven gifts that have been given to you. I encourage you to make a commitment over the next seven weeks to incorporate these gifts into your life. This can be done by beginning with decision one and spending one full week reading the decision before you go to bed or as you wake up. During the week make a conscious effort to incorporate this decision into your life. The following weeks you will dedicate to decisions two through seven. I will be checking in with you periodically to see how this is going. Once we reach the end of our seventh week your alumni leader will contact you and discuss how the seven decisions are impacting your life.

As the group prepares to pack up have them huddle up and say on three: *I will persist without exception!*



Seven Decisions That Determine Personal Success

(taken from *The Traveler's Gift* by Andy Andrews)

THE FIRST DECISION FOR SUCCESS

▶ THE BUCK STOPS HERE ◀

From this moment forward, I will accept responsibility for my past. I understand that the beginning of wisdom is to accept the responsibility for my own problems and that by accepting responsibility for my past, I free myself to move into a bigger, brighter future of my own choosing.

Never again will I blame my parents, my spouse, my boss, my teacher, or other employees for my present situation. Neither my education nor lack of one, my genetics, or the circumstantial ebb and flow of everyday life will affect my future in a negative way. If I allow myself to blame these uncontrollable forces for my lack of success, I will be forever caught in a web of the past. I will look forward. I will not let my history control my destiny.

The buck stops here. I accept responsibility for my past. I am responsible for my success. I am where I am today – mentally, physically, spiritually, emotionally, and financially – because of decisions I have made. My decisions have always been governed by my thinking. Therefore, I am where I am today – mentally, physically, spiritually, emotionally, and financially – because of how I think. Today I will begin the process of changing where I am – mentally, physically, spiritually, emotionally, and financially – by changing the way I think.

My thoughts will be constructive, never destructive. My mind will live in the solutions of the future. It will not dwell in the problems of the past. I will seek the association of those who are working and striving to bring about positive changes in the world. I will never seek comfort by associating with those who have decided to be comfortable.

When faced with the opportunity to make a decision, I will make one. I understand that God did not put in me the ability to always make right decisions. He did, however, put in me the ability to *make* a decision and then *make it right*. The rise and fall of my emotional tide will not deter me from my course. When I make a decision, I will stand behind it. My energy will go into making the decision. I will waste none on second thoughts. My life will not be an apology. It will be a statement. The buck stops here. I control my thoughts. I control my emotions.

In the future when I am tempted to ask the question "Why me?" I will immediately counter with "Why *not* me?" Challenges are gifts, opportunities to learn. Problems are the common thread running through the lives of great men and women. In times of adversity, I will not have a problem to deal with; I will have a choice to make. My thoughts will be clear. I will make the right choice. Adversity is preparation for greatness. I will accept this preparation. Why me? Why not me? I will be prepared for something great!

I accept responsibility for my past. I control my thoughts. I control my emotions. I am responsible for my success. THE BUCK STOPS HERE!!

THE SECOND DECISION FOR SUCCESS

► I WILL SEEK WISDOM ◀

Knowing that wisdom waits to be gathered, I will actively search her out. My past can never be changed, but I can change the future by changing my actions today. I will change my actions today! I will train my eyes and ears to read and listen to books and recordings that bring about positive changes in my personal relationships and greater understanding of my fellow man. No longer will I bombard my mind with material that feeds my doubts and fears. I will read and listen only to what increases my belief in myself and my future.

I will seek wisdom. I will choose my friends with care.

I am who my friends are. I speak their language, and I wear their clothes. I share their opinions and their habits. From this moment forward, I will choose to associate with people whose lives and lifestyles I admire. If I associate with chickens, I will learn to scratch at the ground and squabble over crumbs. If I associate with eagles, I will learn to soar to great heights. I am an eagle. It is my destiny to fly.

I will seek wisdom. I will listen to the counsel of wise men.

The words of wise men are like raindrops on dry ground. They are precious and can be quickly used for immediate results. Only the blade of grass that catches a raindrop will prosper and glow. The person who ignores wise counsel is like the blade of grass untouched by the rain – soon to wither and die. When I counsel with just myself, I can make decisions only according to what I already know. By counseling with a wise man, I add his knowledge and experience to my own and dramatically increase my success.

I will seek wisdom. I will be a servant to others.

A wise man will cultivate a servant's spirit, for that particular attribute attracts people like no other. As I humbly serve others, their wisdom will be freely shared with me. Often, the person who develops a servant's spirit becomes wealthy beyond measure. Many times, a servant has the ear of the king, and a humble servant often becomes a king, for he is the popular choice of the people. He who serves most grows the fastest.

I will become a humble servant. I will not look for someone to open my door – I will look to open the door for someone. I will not be distressed when no one is available to help.

I will be a servant to others. I will listen to the counsel of wise men. I will choose my friends with care.

I will seek wisdom.

THE THIRD DECISION FOR SUCCESS

▶ I AM A PERSON OF ACTION ◀

Beginning today, I will create a new future by creating a new me. No longer will I dwell in a pit of despair, moaning over squandered time and lost opportunity. I can do nothing about the past. My future is immediate. I will grasp it in both hands and carry it with running feet. When I am faced with the choice of doing nothing or doing something, I will always choose to act! I seize the moment. I choose now.

I am a person of action. I am energetic. I move quickly.

Knowing that laziness is a sin, I will create a habit of lively behavior. I will walk with a spring in my step and smile on my face. The lifeblood rushing through my veins is urging me upward and forward into activity and accomplishments. Wealth and prosperity hide from sluggard, but rich rewards come to the person who moves quickly.

I am a person of action. I inspire others with my activity. I am a leader.

Leading is doing. To lead, I must move forward. Many people move out of the way for a person on the run; others are caught up in his wake. My activity will create a wave of success for the people who follow. My activity will be consistent. This will instill confidence in my leadership. As a leader, I have the ability to encourage and inspire others to greatness. It is true: an army of sheep led by a lion would defeat an army of lions led by a sheep!

A person who moves neither left nor right is destined for mediocrity. When faced with a decision, many people say they are waiting for God. But I understand, in most cases, God is waiting for me! He has given me a healthy mind to gather and sort information and the courage to come to conclusion. I am not a quivering dog, indecisive and fearful. My constitution is strong and my pathway clear. Successful people make their decisions quickly and change their minds slowly. Failures make their decisions slowly and change their minds quickly. My decisions come quickly, and they lead to victory.

I am a person of action. I am daring. I am courageous.

Fear no longer has a place in my life. For too long, fear has outweighed my desire to make things better for my family. Never again! I have exposed fear as a vapor, and impostor that never had any power over me in the first place! I do not fear opinion, gossip, or the idle chatter of monkeys, for all are the same to me. I do not fear failure, for in my life, failure is a myth. Failure exists only for the person who quits. I do not quit.

I am courageous. I am a leader. I seize this moment. I choose now.

I am a person of action.

THE FOURTH DECISION

▶ “I HAVE A DECIDED HEART” ◀

A wise man said, “A journey of a thousand miles begins with a single step.” Knowing this to be true, I am taking my first step today. For too long my heart gauged the direction of the wind. Criticism, condemnation, and complaint are creatures of the wind. They come and go on the wasted breath of lesser beings and have power over me. The power to control directions belongs to me. Today I will begin to exercise that power. My course has been changed. My destiny is assured.

I have a decided heart. I am passionate about my vision for the future.

I will awaken every morning with an excitement about the new day and its opportunity for growth and change. My thoughts and actions will work in a forward motion, never sliding into the dark, forest of doubt or the muddy quicksand of self-pity. I will freely give my vision for the future to others, and as they see the belief in my eyes they will follow me.

I will lay my head on my pillow at night happily exhausted, knowing that I have done everything within my power to move the mountains in my path. As I sleep, the same dream that dominated my waking hours will be with me in the dark. Yes, I have a dream. It is a great dream, and I will never apologize for it. Neither will I ever let it go, for if I did, my life would be finished. My hopes, my passions, my vision for the future are my very existence. A person without a dream never had a dream come true.

I have decided heart. I will not wait.

I know that the purpose of analysis is to come to a conclusion. I have tested the angles. I have measured the probabilities. And now I have made a decision with my heart. I am not timid. I will move now and not look back. What I put off until tomorrow, I will put off until the next day as well. I do not procrastinate. All my problems become smaller when I confront them. If I touch a thistle with caution, it will prick me, but I grasp it boldly, its spine crumbles into dust.

I will not wait. I am passionate about my vision for the future. My course has been charted. My destiny assured. I have a decided heart.



THE FIFTH DECISION FOR SUCCESS

▶ TODAY I WILL CHOOSE TO BE HAPPY ◀

Beginning this very moment, I am a happy person, for I now truly understand the concept of happiness. Few others before me have been able to grasp the truth of the physical law that enables one to live happily every day. I know now that happiness is not an emotional phantom floating in and out of my life. Happiness is a choice. Happiness is the end result in a euphoria that, while elusive to some is totally under my control.

Today I will choose to be happy. I will greet each day with laughter. Within moments of awakening, I will laugh for seven seconds. Even after such a small period of time, excitement has begun to flow through my bloodstream. I feel different. I am different! I am enthusiastic about the day. I am alert to its possibilities. I am happy!

Laughter is an outward expression of enthusiasm, and I know that enthusiasm is the fuel that moves the world. I laugh throughout the day. I laugh while I am alone, and I laugh in conversation with others. People are drawn to me because I have laughter in my heart. The world belongs to the enthusiastic, for people will follow them anywhere!

Today I will choose to be happy. I will smile at every person I meet.

My smile has become my calling card. It is, after all, the most potent weapon I possess. My smile has the strength to forge bonds, break ice, and calm storms. I will use my smile constantly. Because of my smile, the people with whom I come in contact on a daily basis will choose to further my causes and follow my leadership. I will always smile first. That particular display of a good attitude will tell others what I expect in return.

My smile is the key to my emotional makeup. A wise man once said, "I do not sing because I am happy; I am happy because I sing!" When I choose to smile, I become the master of my emotions. Discouragement, despair, frustration, and fear will always wither when confronted by my smile. The power of who I am is displayed when I smile.

Today I will choose to be happy. I am the possessor of a grateful spirit. In the past, I have found discouragement in particular situations until I compared the condition of my life to others less fortunate. Just as a fresh breeze cleans smoke from the air, so a grateful spirit removes the cloud of despair. It is impossible for the seeds of depression to take root in a thankful heart.

My God has bestowed upon me many gifts, and for these I will remember to be grateful. Too many times I have offered up the prayers of a beggar, always asking for more and forgetting to give thanks. I do not wish to be seen as a greedy child, unappreciative and disrespectful. I am grateful for sight and sound and breath. If ever in my life there is a pouring out of blessing beyond that, then I will be grateful for the miracle of abundance.

I will greet each day with laughter. I will smile at every person I meet. I am the possessor of a grateful spirit. Today I will choose to be happy.

THE SIXTH DECISION FOR SUCCESS

▶ I WILL GREET THIS DAY WITH A FORGIVING SPIRIT ◀

For too long, every ounce of forgiveness I owned was locked away, hidden from view, waiting for me to bestow its precious presence upon some worthy person. Alas, I found most people to be singularly unworthy of my valuable forgiveness, and since they never asked for any, I kept it all for myself. Now, the forgiveness that I hoarded has sprouted inside my heart like a crippled seed yielding bitter fruit.

No More! At this moment, my life has taken on new hope and assurance. Of all the world's population, I am one of the few possessors of the secret to dissipating anger and resentment. I now understand that forgiveness has value only when it is given away. By the simple act of granting forgiveness, I release the demons of the past about which I can do nothing, and I create in myself a new heart, a new beginning.

I will greet this day with a forgiving spirit. I will forgive even those who do not ask for forgiveness. Many are the times when I have seethed in anger at a word or deed thrown in my life by an unthinking or uncaring person. I have wasted valuable hours imagining revenge or confrontation. Now I see the truth revealed about this psychological rock inside my shoe. The rage I nurture is often one-sided, for my offender seldom gives thought to his offense.

I will now and forevermore silently offer my forgiveness even to those who do not see that they need it. By the act of forgiving, I am no longer consumed by unproductive thoughts. I give up my bitterness. I am content in my soul and effective again with my fellowman. I will greet this day with a forgiving spirit. I will forgive those who criticize me unjustly. Knowing that slavery in any form is wrong, I also know that the person who lives a life according to the opinion of others is a slave. I am not a slave. I have chosen my counsel. I know the difference between right and wrong. I know what is best for the future of my family, and neither misguided opinion nor unjust criticism will alter my course.

Those who are critical of my goals and dreams simply do not understand the higher purpose to which I have been called. Therefore, their scorn does not affect my attitude or action. I forgive their lack of vision, and I forge ahead. I know that criticism is part of the price paid for leaping past mediocrity.

I will greet this day with a forgiving spirit. I will forgive myself. For many years, my greatest enemy has been myself. Every mistake, every miscalculation, every stumble I made has been replayed again and again in my mind. Every broken promise, every day wasted, every goal not reached has compounded the disgust I feel for lack of achievement in my life. My dismay has developed a paralyzing grip. When I disappoint myself, I respond with inaction and become more disappointed.

I realize today that it is impossible to fight an enemy living in my head. By forgiving myself, I erase the doubts, fears, and frustration that have kept my past in the present. From this day forward, my history will cease to control my destiny. I have forgiven myself. My life has begun.

I will forgive even those who do not ask for forgiveness. I will forgive those who criticize me unjustly. I will forgive myself. I will greet this day with a forgiving spirit.

THE SEVENTH DECISION FOR SUCCESS

► I WILL PERSIST WITHOUT EXCEPTIONS ◀

Knowing that I have already made changes in my life that will last forever, today I inset the final piece of the puzzle. I possess the greatest power ever bestowed upon mankind, the power of choice. Today, I choose to persist without exception. No longer will I live in dimension of distraction, my focus blown hither and you like a leaf on blustery day. I know the outcome I desire. I hold fast to my dreams. I stay the course. I do not quit.

I will persist without exception. I will continue despite exhaustion. I acknowledge that most people quit when exhaustion sets in. I am not “most people.” I am stronger than most people. Average people accept exhaustion as a matter of course. I do not. Average people compare themselves with other people. That is why they are average. I compare myself to my potential. I am not average. I see exhaustion as a precursor to victory.

How long must a child try to walk before he actually does so? Do I not have more strength than a child? More understanding? More desire? How long must I work to succeed before I actually do so? A child would never ask the question, for the answer does not matter. By persisting without exception, my outcome – my success – is assured. I will persist without exception. I focus on the results.

To achieve the results I desire, it is not even necessary that I enjoy the process. It is only important that I continue the process with my eyes on the outcome. An athlete does not enjoy the pain of training; and athlete enjoys the results of having trained. A young falcon is pushed from the nest, afraid and rumbling from the cliff. The pain of learning to fly cannot be an enjoyable experience, but the anguish of learning to fly is quickly forgotten as the falcon soars to the heavens.

A sailor who fearfully watches stormy seas lash his vessel will always steer an unproductive course. But a wise and experienced captain keeps his eye firmly fixed upon the lighthouse. He knows that by guiding his ship directly to a specific point, the time spent in discomfort is lessened. And by keeping this eye on the light, there never exists a second of discouragement. My light, my harbor, my future is within sight. I will persist without exception. I am a person of great faith.

In Jeremiah, my Creator declares, “For I know the plans I have for you, plans to prosper you and not to harm you, plans to give you a hope and a future.” From this day forward, I will claim a faith in the certainty of my future. Too much of my life has been spent doubting my beliefs and believing my doubts. No More! I have faith in my future. I do not look left or right. I look forward. I can only persist.

For me, faith will always be a sounder guide than reason because reason can only go so far – faith has no limits. I will expect miracles in my life because faith produces them every day. I will believe in the future that I do not see. That is faith. And the reward of this faith is to see the future that I believed.

I will continue despite exhaustion. I focus on results. I am a person of great faith. I will persist without exception.

The Principles of Leave No Trace

The principles of Leave No Trace might seem unimportant until you consider the combined effects of millions of outdoor visitors. One poorly located campsite or campfire may have little significance, but thousands of such instances seriously degrade the outdoor experience for all. Leaving no trace is everyone's responsibility.

1. Plan Ahead and Prepare

Proper trip planning and preparation helps hikers and campers accomplish trip goals safely and enjoyably while minimizing damage to natural and cultural resources. Campers who plan ahead can avoid unexpected situations, and minimize their impact by complying with area regulations such as observing limitations on group size. Schedule your trek to avoid times of high use. Obtain permits or permission to use the area for your trek.

Proper planning ensures:

- Low-risk adventures because campers obtained information concerning geography and weather and prepared accordingly
- Properly located campsites because campers allotted enough time to reach their destination
- Appropriate campfires and minimal trash because of careful meal planning and food repackaging and proper equipment
- Comfortable and fun camping and hiking experiences because the outing matches the skill level of the participants

2. Travel and Camp on Durable Surfaces

Damage to land occurs when visitors trample vegetation or communities of organisms beyond recovery. The resulting barren areas develop into undesirable campsites, trails, and soil erosion.

Concentrate Activity, or Spread Out?

- In high-use areas, campers should concentrate their activities where vegetation is already absent. Minimize resource damage by using existing trails and selecting designated or existing campsites. Keep campsites small by arranging tents in close proximity.
- In more remote, less-traveled areas, campers should generally spread out. When hiking, take different paths to avoid creating new trails that cause erosion. When camping, disperse tents and cooking activities—and move camp daily to avoid creating permanent-looking campsites. Avoid places where impacts are just beginning to show. Always choose the most durable surfaces available: rock, gravel, sand, compacted soil, dry grasses, or snow.

These guidelines apply to most alpine settings and may be different for other areas, such as deserts. Learn the Leave No Trace techniques for your crew's specific activity or destination. Check with land managers to be sure of the proper technique.

3. Dispose of Waste Properly (Pack It In, Pack It Out)

This simple yet effective saying motivates backcountry visitors to take their trash home with them. It makes sense to carry out of the backcountry the extra materials taken there by your group or

others. Inspect your campsite for trash or spilled foods. Accept the challenge of packing out all trash, leftover food, and litter.

Sanitation

Backcountry users create body waste and wastewater that require proper disposal.

Wastewater. Help prevent contamination of natural water sources: After straining food particles, properly dispose of dishwater by dispersing at least 200 feet (about 80 to 100 strides for a youth) from springs, streams, and lakes. Use biodegradable soap 200 feet or more from any water source.

Human Waste. Proper human waste disposal helps prevent the spread of disease and exposure to others. Catholes 6 to 8 inches deep in humus and 200 feet from water, trails, and campsites are often the easiest and most practical way to dispose of feces.

4. Leave What You Find

Allow others a sense of discovery, and preserve the past. Leave rocks, plants, animals, archaeological artifacts, and other objects as you find them. Examine but do not touch cultural or historical structures and artifacts. It may be illegal to remove artifacts.

Minimize Site Alterations

Do not dig tent trenches or build lean-tos, tables, or chairs. Never hammer nails into trees, hack at trees with hatchets or saws, or damage bark and roots by tying horses to trees for extended periods. Replace surface rocks or twigs that you cleared from the campsite. On high-impact sites, clean the area and dismantle inappropriate user-built facilities such as multiple fire rings and log seats or tables.

Good campsites are found, not made. Avoid altering a site, digging trenches, or building structures.

5. Minimize Campfire Impacts

Some people would not think of camping without a campfire. Yet the naturalness of many areas has been degraded by overuse of fires and increasing demand for firewood.

Lightweight camp stoves make low-impact camping possible by encouraging a shift away from fires. Stoves are fast, eliminate the need for firewood, and make cleanup after meals easier. After dinner, enjoy a candle lantern instead of a fire.

If you build a fire, the most important consideration is the potential for resource damage. Whenever possible, use an existing campfire ring in a well-placed campsite. Choose not to have a fire in areas where wood is scarce—at higher elevations, in heavily used areas with a limited wood supply, or in desert settings.

True Leave No Trace fires are small. Use dead and downed wood that can be broken easily by hand. When possible, burn all wood to ash and remove all unburned trash and food from the fire ring. If a site has two or more fire rings, you may dismantle all but one and scatter the materials in the surrounding area. Be certain all wood and campfire debris is cold out.

6. Respect Wildlife

Quick movements and loud noises are stressful to animals. Considerate campers practice these safety methods:

- Observe wildlife from afar to avoid disturbing them.
- Give animals a wide berth, especially during breeding, nesting, and birthing seasons.
- Store food securely and keep garbage and food scraps away from animals so they will not acquire bad habits. Never feed wildlife. Help keep wildlife wild.

You are too close if an animal alters its normal activities.

7. Be Considerate of Other Visitors

Thoughtful campers respect other visitors and protect the quality of their experience.

- Travel and camp in small groups (no more than the group size prescribed by land managers).
- Let nature's sounds prevail. Keep the noise down and leave radios, CD/mp3 players, and pets at home.
- Select campsites away from other groups to help preserve their solitude.
- Always travel and camp quietly to avoid disturbing other visitors.
- Make sure the colors of clothing and gear blend with the environment.
- Respect private property and leave gates (open or closed) as found.

Be considerate of other campers and respect their privacy.



Teaching Leave No Trace



College Bootcamp Leadership Camping Trip Consent Form

As a willing participant of Communities In Schools College Bootcamp I give consent for my child or self (if 18 years or older) permission to participate in the Summer Leadership Challenge. I further give permission to routine or emergency medical or dental treatment by any licensed medical doctor to be provided in the event of illness or accident if injured and unable to communicate or reach parents while participating in Alumni Program activities.

Name: _____ School: _____

Address: _____ Phone: _____

In the event of an emergency please contact:

Name: _____ Relation: _____

Address: _____ Phone: _____

Please describe any illness/allergies or special medical needs you have:

Please describe any medication and dosage that will be taken during the trip:

Are you allergic to any medications? _____

Do you have any food or insect allergies? If so what is the allergy, how do you take care of it?

When was the last time you had a reaction? _____

Insurance Information:

Insurance Company: _____

Policy Holder: _____

Policy Number: _____ Group Policy: _____

Family Doctor: _____ Phone: _____

My signature gives permission for CIS to use photograph, video picture(s) or audio tape of myself for program purposes.

My signature below releases Communities In Schools and its employees, volunteers, or agents from liability for accidents, injuries, or illnesses that may occur during participation in the program.

Participant Signature Date

Parent Signature (if under 18) Date

Photo Release Form – Adult Participant

I, _____ give permission for myself to be photographed while participating in Communities In Schools College Bootcamp Summer Leadership Challenge camping trip. I realize that these pictures may be produced and used for the marketing of Communities In Schools or may not be used at all. All decisions regarding the production, packaging, and distribution of said material is solely the decisions of Communities In Schools. I do hereby release the right to use my name, likeness, and image in photographs. I understand that myself as an adult participant, volunteers my services for the project stated above and will receive no payment now or in the future. I waive any and all claims to copyright, trademark, patent, or other ownership of the production.

All of my questions regarding this release have been answered and I have been provided a copy for my reference.

Adult Participant Name: _____

Adult Participant Signature: _____

Address: _____

Email Address: _____

Telephone Number: _____

Photo Release Form – Participant Under 18 Years Old

I, _____ give permission for my child _____ to be photographed while participating in Communities In Schools College Bootcamp Summer Leadership Challenge camping trip. I realize that these pictures may be produced and used for the marketing of Communities In Schools or may not be used at all. All decisions regarding the production, packaging, and distribution of said material is solely the decisions of Communities In Schools. I do hereby release the right to use my child’s name, likeness, and image in photographs. I understand that my child is volunteering their services, for the project stated above and will receive no payment now or in the future. I waive any and all claims to copyright, trademark, patent, or other ownership of the production.

All of my questions regarding this release have been answered and I have been provided a copy for my reference.

Participant Name: _____

Participant Signature: _____

Parent/Guardian Signature: _____

Address: _____

Email Address: _____

Telephone Number: _____



Sample Trip Itinerary

Tuesday, July 8, 2014

- 6:30 a.m. Depart from meeting place
- 7:00 a.m. **Session One:** Leadership Crest and Note to Self Activities (on bus)
- 9:30 a.m. Arrive at Park – check in
- 10:30 a.m. **Session Two:** Introduction to park, Leave No Trace philosophy, animals in park and region and animal safety rules
- 11:00 a.m. Lunch – sandwiches, chips, fruit (put on bathing suits)
- 12:00 p.m. **Activity Three:** Tent Challenge
- 1:00 p.m. **Session Three:** The First Decision For Success - *The buck stops here.* (short hike: activity takes place at scenic site)
- 2:00 p.m. **Activity Four:** Rock Activity – *The buck stops here.* (rocks will be brought by facilitators while rocks from the environment will be left alone)
- 2:45 p.m. Play in the water
- 4:00 p.m. **Session Four:** Activity Three: The Second Decision For Success – *I will seek wisdom*
- 4:30 p.m. **Activity Five:** *I will seek wisdom* pairing activity
- 5:30 p.m. Prepare for dinner – setup cooking and cleaning schedule
- 6:00 p.m. Dinner set up/cook – hamburgers, pasta salad, fruit
- 7:00 p.m. Eat/cleanup/get ready for night activities
- 7:30 p.m. Meet at campfire – **Session Five:** The Third Decision For Success –
I am a person of action
- 8:00 p.m. **Activity Six:** Transformational Self Portrait
- 9:30 p.m. Smores and reflection of the first, second and third decisions for success – personal story sharing
- 12:00 a.m. Clean up and get ready for bed – Reminder of animal safety and buddy requirement
- 1:00 a.m. Lights Out

Wednesday July 9, 2014

- 7:00 a.m. Rise and Shine – get ready for day
- 7:30 a.m. Breakfast setup/cook: pastries, donuts, fruit, coffee and hot chocolate
- 8:00 a.m. Eat/Cleanup
 - During cleanup participants begin to pack MRE’s, snacks and waters for hike
- 8:30 a.m. Pack hiking packs i.e. lunch, water, snacks
- 9:00 a.m. **Session Six: The Fourth Decision For Success - *I have a decided heart***
- 10:00 a.m. Prepare and transport or hike to trail head
- 11:00 a.m. **Activity Seven: Long Hike**
 - Empower participants to make their dreams their goal
 - Discover the need for initiative, determination and the steps it takes to follow through
 - Explore the downfalls of procrastination
 - (Participants will hike in pairs created yesterday)
- 11:30 a.m. Rock Activity
- 11:45 a.m. **Lunch and Session Seven: The Fifth Decision For Success – *Today I will choose to be happy***
 - Participants will explore the current blessings in their lives and the casual factors of those blessings.
 - Students will choose a rock from the environment that represents their biggest obstacle as they prepare for their freshman year in college
- 12:30 p.m. **Activity Eight: Trust Walk**
- 2:30 p.m. **Snack and Session Seven: The Fifth Decision For Success – *Today I will choose to be happy***
 - Participants will explore the current blessings in their lives and the casual factors of those blessings.
 - Students will choose a rock from the environment that represents their biggest obstacle as they prepare for their freshman year in college
- 3:30 p.m. Hike to summit
- 4:15 p.m. Hike back down
- 6:00 p.m. Arrive back at camp, grab a snack and prepare to play in water
- 6:30 p.m. Play in water
- 7:30 p.m. Dinner set up/cook – sausage, potato salad, coleslaw, fruit

- 8:15 p.m. Eat/cleanup
 - Participants not cleaning get ready for night and meet at campfire for camp songs
- 9:45 p.m. Meet at the bonfire - Sharing of Stories
- 11:00 a.m. **Session Eight:** The Sixth Decision For Success – *I will greet this day with a forgiving spirit*
- 12:00 a.m. **Activity Ten:** Committing to forgiveness and sharing "their story"
 - Exploration of the true meaning of forgiveness. Using nature as a way to let go (this activity can be done the next morning if stories run to long)
- 1:30 a.m. Get ready for bed
- 2:00 a.m. Lights out

Thursday July 10, 2014

- 8:30 a.m. Rise and shine – get ready for day
- 9:00 a.m. Breakfast setup/cook: pancakes, bacon, fruit, coffee, and hot chocolate
- 10:00 a.m. Eat/Cleanup/Pack lunches for trip
 - During cleanup all other participants will begin packing and breaking down camp
- 12:00 p.m. **Session Nine:** The Seventh Decision For Success – *I will persist without exception!*
 - Create an environment in which every participant feels changed, engaged and understands the gifts they have been given to them over the last 2 days.
- 12:30 p.m. Load charter bus
- 1:00 p.m. Depart for destination
- 4:00 p.m. Drop off at parent pickup spot

Camping List

Camping

Tents
 Tarps
 Sleeping bags
 Air mattress (Twin)
 Air mattress (Queen)
 Air pumps (battery operated)
 Fold up chairs
 Sets of tent stakes
 Lanterns
 Headlamps
 Blow horns
 Extra batteries
 Music with speaker
 Rope for hanging towels
 Camp stoves
 Propane tanks
 Lighters
 Fire starters

Safety

First aid kits
 Extra band aids
 Extra Tylenol
 Extra Ibuprofen
 Mule skin (blisters)
 Snake bite kit
 Sun screen
 Insect repellent
 Aloe vera gel

Hygiene

2 large bottles shampoo
 2 large bottles conditioner
 2 large bottles body wash
 Extra toothbrushes
 Extra toothpaste
 Lip balm
 Baby wipes

Cooking

Plastic table covers
 Drink pitchers
 Emergency rain ponchos
 Large skillets
 Large cutting board
 Deep cooking pot with lid
 Oven mitts
 Pot holders
 Measuring set (4PC)
 Large mixing bowl
 Spatula
 Ladle
 Tong
 Drain serving spoons
 Regular serving spoons
 Can opener
 Napkins
 Plates
 Cups - coffee and drinking
 Wash clothes
 Trash bags
 Sandwich bags
 Quart bags
 Plastic wrap (250 Sq Ft)
 Foil
 Ice chests
 Gallon bags
 Dish soap

Materials for Activities

Binders with spirals or loose leaf paper
 Rocks (10 per camper)
 Copies of *7 Decisions* for each camper
 Copy of Leadership Crest (p. 7)
 Copy (2 sided) of backpack (p. 21)
 Bandanas
 Note cards with First Decision
 Permanent markers
 Stick-on name tags
 Pens and colored markers
 Relaxation music

Things All Bootcampers Should Know

▶ EXAMPLE NOTE TO CAMPERS ◀

Bootcampers,

Things to Know:

- Average high is 95 during the day
- Average low is 75 at night
- Deep canyons, crystal-clear streams, high mesas and carved limestone cliffs characterize this dramatic terrain of Garner State Park
- Located on the southwestern edge of the Edwards Plateau, Garner State Park is part of a unique sub-region known as the Balcones Canyonlands. Edwards limestone uplifted millions of years ago, creating steep canyon walls and some of the most spectacular views in the Texas Hill Country.
- The rock formations in the park were created in the Cretaceous age, which lasted from 138 million to 63 million years ago.
- The Frio Canyon has long been known for its abundant wildlife. Park visitors will see white-tailed deer, black rock and fox squirrels, raccoons and many other species. Rio Grande turkeys, mourning doves, black and turkey vultures, eastern bluebirds and several species of migratory birds reside here. Two endangered species nest in the park: golden-cheeked warbler and black-capped vireo.



Things for Participants to Bring: Everything should fit in 1 bag; pillow & shoes separate.

- Medicine that you take daily
- Pillow
- Towel
- Tennis shoes
- Flip flops (if you want comfy shoes for the ride and camp site)
- Hat
- Sunglasses (if you have some)
- 3 pairs of socks
- 3 pairs of undies
- 3 pairs of shorts
- 3 shirts
- Sleeping clothes
- Light weight jacket, sweater or hoodie (for cool nights. Temps will be in the 50's)
- If you tend to get cold be sure to bring something warm for the cool mountain nights
- Camera or phone for taking pics
- Female personal items
- Backpack – a must you will carry your ow lunch and water on hikes!
- Deodorant, toothpaste, toothbrush
- Excitement, adventure, and readiness for a life changing experience!!

Things We Will Provide for You:

- We will have a large shampoo, conditioner and body wash for female and male showers
- Food, water, snacks, first aid items, sunscreen, bug spray
- Tent and sleeping bag
- Chair
- All entrance fees (no money is needed unless you want to buy a souvenir)
- THE EXPERIENCE OF A LIFETIME!!

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