



Dear Parent/Guardian and GUTS! participant!

We are delighted that your child will be participating in a GUTS! 2019 Summer Outdoor Adventure. This letter will outline some important trip details.

As you know, GUTS! is a unique leadership program that has been designed to address issues that commonly affect many girls and gender diverse youth today. As such, it requires the support, involvement, and understanding of both the participants and parents to be successful.

We recommend that all overnight trip participants come to the **Summer Orientation Monday, June 3, 5:30- 7:00pm at the YWCA as well as their required pre-trip gear check meeting at the YWCA, for which they can sign up for a time slot online** . See the trip schedule document to find the appropriate sign-up link. Please note there will not be a gear check for the GUTS! Bike Day Camp.

We have enclosed a basic itinerary for your child's trip (which is meant to be loosely interpreted and remain flexible), as well as any waivers or forms you need to complete. Please complete these and bring them to the orientation on June 3, or drop them off / mail to: GUTS!/ YWCA Missoula, 1130 W. Broadway, Missoula, MT 59802.

The leaders of the trips are all experienced in working with girls and young women. A Wilderness First Responder qualified to handle medical emergencies in the field will be present on every trip. Two to three qualified and trained volunteers will also be on each trip along with one to two trained youth leaders.

We are excited about the adventures we have planned for this summer! If you have not already paid in full, **please submit the remainder of your registration fee (on our website, via mail, or bring in to our office) by Monday, June 3**. We look forward to seeing you soon, and thank you again for your interest in GUTS!.

Happy adventuring!

Roe, Tess, and Destiny
GUTS! Core Summer Staff 2019
YWCA Missoula
1130 W. Broadway
Missoula, MT 59802
(406) 543-6691
ywcaofmissoula.org

GUTS! Summer 2019 Trip Calendar

GUTS Summer Orientation:

Monday, June 3rd, 5:30pm-7:00pm at YWCA Missoula, 1130 W. Broadway

Gear check: Use the sign-up link next to your trip to reserve a time slot. Come to the YWCA with your bags packed for your trip, and a GUTS! staff member will review your gear. It should take between 20-30 minutes.

****Some details below are pending and all are subject to change****

Trip 1: June 15- June 19: Youth Leadership Training Trip. *Over the course of five days we will have a few nights in the backcountry (location will depend on current snow levels), in addition to time in a front country cabin where we will set goals for the summer, learn more about Youth Leader responsibilities, play games, and cook and eat together.*

- **Trip 1 Gear Check:** Sign-up for a time slot at the link below (June 12 or 13)
<https://doodle.com/poll/qbr2n3xg7pnu2meh> YWCA Missoula
Departure: Saturday, June 15, 9:00 am at YWCA Missoula
Return: Wednesday, June 19, by 5:00 pm at YWCA Missoula

Trip 2: June 25-30: Wild Horse Island/ Flathead Adventure (advanced trip)

Day 1: travel to Wild Horse Island; Day 2: Canoeing, kayaking and orienteering at Wild Horse Island; Day 3: Leave the Island- service project in Flathead; Day 4-6: Backpacking to Three Lakes Peak

- **Trip 2 Gear Check:** Sign-up for a time slot at the link below (June 20 or 21)
<https://doodle.com/poll/78bwn3mp6dfbpf59> YWCA Missoula
Departure: Tuesday, June 25, arrive at 9:00am YWCA Missoula
Return: Sunday, June 30, pick up at 5:00pm YWCA Missoula

Trip 3, July 8-12: Sapphire Adventure for Middle School (beginner trip)

Day 1: Visit Raptors of the Rockies, arrive at Homestead Organics; Day 2: Farm day, cool off in the pond, packing; Day 3-5: Backpacking to Fuse Lake

- **Trip 3 Gear Check:** Sign-up for a time slot at the link below (July 3 or 4)
<https://doodle.com/poll/4yite87uc9vsfbem> YWCA Missoula
Departure: Monday, July 8, arrive at 9:00am YWCA Missoula
Return: Friday, July 12, pick up at 5:00pm YWCA Missoula

Trip 4, July 22-27: Flathead Reservation Adventure for High School Girls

Day 1: Travel to our camp, play in the lake; Day 2: service project in the community, swim in the Flathead River; Days 3-6: Backpacking to Finley Lakes

- **Trip 4 Gear Check:** Sign-up for a time slot at the link below (July 17 or 18)
<https://doodle.com/poll/435hfv5zazbdz8w8> YWCA Missoula
Departure: Monday, July 22, arrive at 9:00am YWCA Missoula
Return: Saturday, July 27, pick up at 5:00 pm YWCA Missoula

Participant's Name: _____

Waiver and Release Agreement

Please read carefully before signing. This is a release of liability and waiver of certain legal rights.

In consideration of my being permitted to participate in the activities of Girls Using Their Strengths (GUTS!) and /or the YWCA Missoula, I agree to the following Waiver and Release.

I acknowledge that hiking, backpacking and other outdoor activities have inherent risks, hazards, and dangers for anyone that cannot be eliminated, particularly in a wilderness environment. I UNDERSTAND THAT THESE RISKS, HAZARDS, AND DANGERS INCLUDE WITHOUT LIMITATION:

1. Travel in rugged country with possible avalanche danger.
2. Encounters with wildlife.
3. Temperature extremes.
4. Inclement weather conditions and unavailability of immediate medical attention in case of injury.
5. Injuries due to hiking accidents.

I understand these risks, hazards and danger of outdoor activities and have had the opportunity to discuss them with the GUTS! Staff. I understand that these activities may require good physical conditioning and a degree of skill and knowledge. I believe I have the good physical condition and the degree of skill and knowledge necessary for me to engage in these activities safely. I understand that I have these responsibilities. My participation in this activity is purely voluntary. No one is forcing me to participate and I elect to participate in spite of these risks. I AM VOLUNTARILY USING THE SERVICES OF GUTS!/ YWCA Missoula WITH FULL KNOWLEDGE OF THE INHERENT RISKS, HAZARDS AND DANGERS INVOLVED AND HEREBY ASSUME AND ACCEPT ANY AND ALL RISKS OF INJURY , PARALYSIS OR DEATH.

Lastly, I for myself, my heirs, successors, executors and subrogees, hereby KNOWINGLY AND INTENTIONALLY WAIVE AND RELEASE, INDEMNIFY AND HOLD HARMLESS GUTS!/YWCA, their directors, officers, agents, employees, and volunteers from and against any and all claims, actions, causes of action, liabilities, suits, expenses (including reasonable attorneys' fees) which are related to, arise out of, or are in any way connected with my participation in this activity including, but not limited to, NEGLIGENCE, of any kind or nature, whether such damage loss, injury, paralysis or death results from negligence of GUTS!/ YWCA or from some other cause I, for myself, my heirs, my successors, executors, and subrogees, further agree not to sue GUTS!/YWCA Missoula as a result of any injury, paralysis, or death suffered in connection with my use and participation in the activities of GUTS!/ YWCA.

I agree that GUTS!/ YWCA Missoula may photograph and record my likeness and activities. I grant the following rights to GUTS!/ YWCA Missoula, her/his agents and assigns: permission to use and re-use, publish and re-publish, and modify or alter the image(s) taken during the shoot. Use of the images for editorial, commercial, trade, advertising, and any other purpose may be done in any medium now existing or subsequently developed, worldwide in perpetuity for the purposes stated above.

I waive my right to inspect or approve any editorial text or copy that is used in connection with the Images and release and discharge GUTS!/ YWCA Missoula and her/his agents and assigns from any and all claims arising out of use of the images for the purposes described above, including any claims for libel, invasion of privacy or other tortuous act.

I HAVE CAREFULLY READ, CLEARLY UNDERSTAND, AND VOLUNTARILY SIGN THIS WAIVER AND RELEASE AGREEMENT.

Date

Participant's Signature

If participant is under age of 18, Parent/ Legal Guardian

Participant's Name (Printed)

Parent's Name (Printed)

HEALTH HISTORY

NAME: _____ DATE OF BIRTH _____

TRIP: _____ DATE OF TRIP: _____

IN CASE OF EMERGENCY, PLEASE CONTACT:

Name: _____ Relationship: _____

Home Phone: _____ Cell Phone: _____

Street Address: _____ City: _____

State: _____ Zip: _____

WE REQUIRE FULL DISCLOSURE OF YOUR CURRENT HEALTH. THE INFORMATION YOU PROVIDE MAY ASSIST PEOPLE IN THE UNLIKELY EVENT OF AN ACCIDENT. THEREFORE, BEFORE YOU FILL THIS FORM OUT, PLEASE READ IT CAREFULLY. FULL AND ACCURATE COMPLETION OF ALL SECTIONS IS VERY IMPORTANT.

PLEASE LIST ALL INFORMATION REGARDING THE FOLLOWING:

All known allergies: _____ Disabilities: _____

Heart Conditions: _____ Phobias or Fears: _____

Past Injuries/Illnesses/Seizures and Dates: _____

Past Operations and Dates: _____

Current Medications: _____ Do you wear glasses/contact lenses? _____

Please list any other medical information or history that would be important for us to know: _____

IF PARTICIPANT IS UNDER THE AGE OF 18, PARENT/GUARDIAN MUST COMPLETE THE SHADED BOX

Doctor's Name: _____	Doctor's Phone _____
Doctor's Address: _____	
Insurance Policy: _____	Group Number: _____
Blood Type: _____	

PERMISSION TO RECEIVE FIRST AID & TO SECURE MEDICAL HELP

I am sufficiently fit to participate in this program. I have completed health history information that is accurate, complete, and true to the best of my knowledge. I agree to notify the program facilitator(s) of any changes to my health and fitness, which may occur before or during the program. Should I become ill or injured, I give permission for the program facilitator(s) to render first aid and to seek emergency medical or rescue services, as they see fit and at my cost.

Signature (If under 18 parent or guardian must sign): _____ Date: _____

Print Name:(last) _____ (first)

GUTS! Girls Using Their Strengths Gear List for 2019 Summer Outdoor Adventures

An outdoor enthusiast must be prepared so that travel through the backcountry is safe and fun. Use this list for packing. Please keep in mind that you are trying to pack as **light** as possible because we will have limited room in our vehicle. **You will be able to stash items that you bring and do not want to take on the backpacking portion. Items marked with * are available to borrow from the GUTS! Program free of charge.**

Contents for hiking back pack*

- *backpacking backpack (big enough to hold all of your gear) >40 Liters
- *waterproof jacket and rain pants (no ponchos)
- *long underwear top and bottom (polypro or capeline) **not cotton**
- shorts (preferably nylon...quick drying) (2)
- t-shirts (2) (at least one **not cotton**)
- *long sleeve shirt (1) (wool, polypro, or capeline) **not cotton**
- *fleece jacket or wool sweater
- *long pants (wool or fleece) **not cotton**
- underwear
- *sturdy, hiking socks (2-3 pairs) **not cotton**
- *hiking boots (waterproofed and broken in) (select sizes available)
- sneakers or comfortable shoe to wear during the day (could also be water sandals)
- *light-weight gloves or mittens
- *warm hat (wool or fleece)
- *head lamp or flashlight (lightweight)
- *sleeping bag and stuff sack (with a plastic garbage bag to line your stuff sack)
- *sleeping pad

Contents for hiking day pack*

- *hiking day pack (can be school backpack)
- swimwear
- towel (preferably not full size)
- *(2) 1-quart water bottles (preferably wide-mouthed and sturdy, i.e.. Nalgene)
- *large stuff sack (for all your food and toiletries) packed with the following items:
 - bowl, fork/spoon, mug
 - food- breakfast & snacks for every day of your trip (see GUTS! Emergency Information sheet for details)
 - personal medication and toiletry kit (please no soap, shampoo, etc)
- *wet shoes for river-crossings (tennis shoes, water sandals, or Texas)
- journal (put in a zip lock bag to keep it dry), pen/pencil
- sunscreen
- sunglasses
- *sun hat/baseball hat
- *sunshirt: lightweight, breathable, long-sleeve (button-ups are great!)

Optional items:

Camera, small musical instrument, binoculars, bug repellent, book

Please come to gear check with everything you have from this list- we will try to loan you whatever else you need! Please come the morning of the trip with everything in your back pack and day pack. Please do NOT bring: ipods, cell phones, excessive cosmetics, or other valuables. If participants bring electronics, we will leave them at the office before the trip.

GUTS! EMERGENCY INFORMATION

If an emergency occurs while we are in the field and you need to contact your child, please call the YWCA Missoula office number: (406) 543-6691 or the 24-hour Crisis Line: (406) 542-1944. Staff at the YWCA Missoula is prepared to locate us in the field, but it may take some time.

FOOD LIST

In addition to the items on the gear list, we would like each participant to bring enough food for **breakfasts for four or five days, depending on your trip**. GUTS! will provide groups snacks for the participants (beef jerky, trail mixes with nuts and fruits, fruit leather, granola bars), however if your child has nut allergies or would like to bring their own snacks, please do! **Please do not bring large amounts of candy, especially chocolate (it melts!).**

Please repackage any food in boxes into zip lock bags that will stay closed--we want to cut down on as much trash and weight as possible.

GUTS! will provide all lunches and dinners on the trip. We will be eating fairly plain foods: examples are PB&J sandwiches and hot meals such as pasta, veggie stir-fry or burritos for dinner. In the morning we will heat up water for anyone who brings hot cereals, oatmeal or tea.