

Camp Manito-wish Outpost Essential Eligibility Criteria

Camp Manito-wish YMCA Outpost trips are 14 - 45 days and travel wilderness areas with the intent of enriching the character and leadership development of everyone involved. These environments are often remote and can expose groups to severe weather, wildlife encounters, and other complications. While risk is an inherent, necessary aspect of wilderness travel, the physical, social, and emotional safety of participants and staff is our #1 priority. Trip leaders hold certifications in wilderness medicine and water safety. Leaders also take time with participants before the trip departs to teach them relevant skills, such as whitewater paddling, exiting an inverted kayak, and safe use of backpacking stoves. There are also Outpost administrative staff available to groups at all times via satellite communication, although evacuation to external medical resources may be delayed due to weather, terrain, or other factors.

The Essential Eligibility Criteria (EEC) below details Expeditionary Behavior, Mental & Emotional, and General Physical Requirements that all participants must meet. There are also discipline specific requirements for the different ways Outpost groups travel in wilderness. If an applicant cannot meet the EEC, decisions will be made on an individual basis whether Manito-wish may be able to provide reasonable accommodations without jeopardizing group safety, without undue administrative or financial burden, and while maintaining the fundamental nature of the trip. This is not intended to be a barrier to Outpost participation, but rather a way to ensure all participants are well informed and capable of meeting the requirements necessary for a successful trip.

Mental & Emotional Requirements

1. Disconnect from technology for the duration of your trip.
2. Willing & able to be out of contact from family, friends, and other sources of support beyond your group while at Camp.
3. Both operate independently and follow the directions of trip leaders in a wilderness setting.
4. Have emotional regulation strategies to remain calm in stressful situations that may include inclement weather, wildlife encounters, medical emergencies, wildfire, and other hazards.
5. Self-advocacy in a group-setting, especially regarding self-care, problem solving, and conflict resolution. This may include communicating with leaders about anxiety, mental or emotional distress, or other challenges where they may be able to offer support.

General Physical Requirements

1. Behave safely around inherent risks present in wilderness (Fire, sharp objects, slippery rocks, etc.)
2. Live in a remote wilderness environment for an extended period which includes sleeping on the ground in tents with others, eating communal food, managing hygiene in areas without regular bathroom facilities, and traversing a variety of technical terrain.
3. Recreate in areas with reduced air quality, most often because of wildfire smoke.
4. Able to withstand broad temperature ranges of both air and water.
5. Comfortable floating, wading, and swimming in lakes and rivers.
6. Ability to manage all pre-existing medical conditions as appropriate, including regular communication with leaders, providing adequate supplies of necessary medications/medical devices, and employing necessary remediation techniques.
7. Effectively communicate in conditions that may impede direct auditory or visual contact.

Expeditionary Behavior Requirements

1. Learn & practice the 7 Leave No Trace principles
 2. Participants are expected to share equal responsibility with their tripmates to support the success of the group. This may include collecting firewood, washing dishes, cooking, collecting water, etc.
 3. Contribute to an environment that is physically, socially, and emotionally safe for everyone.
 4. Communicate effectively with peers and leaders, including hazards, ideas, and concerns.
 5. Practice effective self-care, including adequate hydration, wearing environmentally appropriate clothing, applying sunscreen as needed, and eating the food necessary to maintain energy levels.
-

Backpacking

1. Stay active 12 - 14 hours a day, including carrying a pack weighing up to 75 lbs.
2. Recognize blisters, hot-spots, and other common injuries, and address them with your leaders.
3. Able to safely traverse challenging terrain, including fallen trees, river crossings, loose rocks, steep inclines and declines, dense vegetation, and more.
4. Use hands, feet, and hiking poles to maintain 3 points of contact when necessary.
5. Operate in areas with elevation up to 14,000 feet which results in reduced oxygen concentration.

WESTERN BACKPACKING SPECIFIC

Canoeing

1. Participate in a full day of leader facilitated whitewater training prior to trip departure.
2. Portage through varied terrain, including lifting, carrying, and balancing boats and packs weighing up to 80 lbs. over areas of slick rock, moving water, mud, fallen trees, and marshland.
3. Paddle with a partner across lakes and rivers up to 14 hours a day for the duration of your trip.
4. Float/swim in water as cold as 50 Fahrenheit while awaiting rescue in case of your boat capsizing.
5. Sit and/or kneel for extended periods of time while paddling.
6. Able to remain calm and maintain balance while navigating unpredictable water conditions.
7. Wear a properly fitted personal flotation device at all times while canoeing.

Sea Kayaking

1. Participate in a full day of leader facilitated training prior to trip departure, focusing on in-water exits/re-entry, paddle skills, and boat management.
2. Paddle a solo or tandem kayak for extended periods of time across open water.
3. Wear a properly fitted personal flotation device at all times while kayaking.
4. Sit in a confined space for up to 14 hours per day with limited breaks.
5. Ability to stay calm and perform tasks while inverted in a kayak, including maintaining sealed airway passages, exiting a capsized kayak, and remaining oriented to facilitate re-entry.

If you understand and believe you meet the EEC, please sign below then email this form to luke.wade@manito-wish.org. If you have questions, please reach out as soon as possible.

Participant Signature: _____

Date: _____

Parent/Guardian Signature: _____

Date: _____