



**Black Mountain Expeditions**  
**Black Mountain Expeditions/Durham Academy Program Packet**

Dear DA Students and Parents:

Please note that both parents and students should read this packet carefully. It includes what you need to know for your BME/DA adventure. *You should pay special attention to the checklist on the last page.*

1. General information about the expedition
2. Travel information
3. Clothing and equipment
4. Policies
5. Checklist

We have a fantastic group of staff, students and faculty on board and are looking forward to getting started!

Sincerely,  
Bryan Wilson  
Director of Black Mountain Expeditions

## 1. General Information

During our training we will explore some of the best adventure locations of the North Carolina High Country. Over the course of this section you will grow strong as you learn the essential skills to thrive in the wilderness and the disciplines you are participating in such as traveling with map and compass, route finding, rock climbing, backcountry cooking, packing a backpack, hanging a bear bag and setting up a shelter to sleep in.

### 1.1 Expedition Arrival and Departure Times

Course	Arrival	Departure
DA Senior Challenge	Aug 22, 2020	Aug 26, 2020

### 1.2 Physical Preparation

You do not need to be an athlete to complete your training, but you will be exerting yourself, perhaps more than ever before. You will be hiking with heavy packs in a wilderness environment. Please plan to arrive in good condition. In preparation you should concentrate on stamina, breathing capacity and strength. We suggest you:

- Cut down on soft drinks, candy, etc.
- Perform sit-ups and push-ups daily
- Jog or run at least two miles three times a week for at least 4 weeks (seriously - you need to do this)
- Hike stadium stairs with a backpack weighing between 20 and 35 lbs (and this too)
- Make sure your feet and knees are in good condition

Many past students express regret for not investing more effort physically preparing for the trip. Those in less than average physical condition will suffer greater risk of injury. Make the most of this experience by seriously preparing for this adventure - you will be very grateful you did!

### 1.3 Communication

Please “whitelist” our email through your spam filter. Please also note that it will always be difficult, and often impossible, to contact the group in the field. If you hear nothing it is because everything is great.

## 2. Equipment

### 2.1 Packing List

If you are uncertain about any of the items on the list do not hesitate to contact us.  
Please download your packing list here:

<http://blackmountainexpeditions.com/damaymester/>

### 2.2 Lost and Found Policy

Please label everything you bring

## 3. Other Items

### **3.1 Communication**

DA or BME will collect phones at the beginning of the course and return them upon returning home. Please call them if you are not comfortable with this or any other camp policy.

### **3.2 Riding in the Van**

We will be traveling by van between trip segments. Drivers will be at least 21 with verified driving records. Parents should advise participants to obey these staff members and specifically to observe our van safety rules any time they are riding in a vehicle, which include wearing a seat belt, observing the buddy system, and being courteous to the staff driver.

### **3.3 Health and Wellness**

Because of the nature of the trip, we will often be more than ten miles from the nearest road. As a result, emergency assistance will not be readily available. The BME staff will include at least one member trained in Wilderness First Aid.

### **3.4 Health Form**

Both the DA Health Form and the BME Permission To Treat forms must be completed.

### **3.5 Medications**

All medications must be turned in upon arrival. This includes over the counter medications (Claritin, Zyrtec, vitamins, even gummies, etc.). Staff will carry these during the trip.

INHALERS: If you have a rescue inhaler, please bring at least two with you. We will keep one in the first aid kit, and if needed, your child will keep the other with them.

EPI-PENS: If a doctor has issued your child an epi-pen please bring two to keep in the first aid kit.

### **3.6 Other Personal Property**

You will be traveling with all of your stuff with you each day, so you should bring as little stuff as possible, only what is on the list. You should also know that animals, weapons, alcohol and drugs are not allowed and may be grounds for dismissal and all medications must be kept with the nurse. Personal equipment may be brought but it must meet the directors' approval and be stored in a safe manner. The program is not responsible for damage to any personal articles.

### **3.6 Cars**

Students may not bring cars.

## **BME Checklist**

### **The week I receive this packet**

\_\_\_\_\_ I have printed and read this packet carefully

### **Before May 1**

\_\_\_\_\_ I have completed my

\_\_\_\_\_ Registration Form

\_\_\_\_\_ Hard copy of Participant agreement and Permission to Treat Form

\_\_\_\_\_ Printed equipment list

### **One week before I leave**

\_\_\_\_\_ I have everything on the packing list (including rain gear, and two 1 liter water bottles)

\_\_\_\_\_ I have labeled my stuff –