



KIEVE WEST

2009

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Session I: June 24 - July 18

Session II: July 13 - August 6

Tuition: \$4,200

Introduction

Kieve West is a 25-day co-ed summer wilderness experience set in Colorado's Rocky Mountains. The Mountains of Colorado offer an amazing environment for learning, developing leadership skills, making lifelong friends, and exploring the rugged, Wild West. Over the course of our 25-day trip, we'll go on a 14-day backpacking trip, spend 3 days rock-climbing, complete a Wilderness First Aid course, and go rafting on the Arkansas River. While a lot of fun, you should understand that Kieve West is an intense leadership course and there will be classes on leadership and wilderness. Kieve West is offered as a custom course through the High Mountain Institute (HMI), a well-known semester school in Leadville, Colorado (www.hminet.org).

Participants are 16-18 year old men and women who aspire to become outdoor leaders, hopefully at Kieve or Wavus.

Planned 2009 Trip Itinerary

- Day 1:** Arrival in Denver, Colorado. Travel to HMI's campus in Leadville, CO.
- Day 2-3:** Orientation, packing rations, and backpacking.
- Day 4-6:** Wilderness First Aid & CPR certification by the Wilderness Medical Institute.
- Day 7-20:** Backpacking through Colorado's San Juans or Sawatch. We will be traveling both on and off trail, camping between 8,000 and 12,000 feet above sea level, and fly-fishing in remote areas. There will be daily classes on backcountry skills, leadership & communication, and Leave No Trace ethics. Students can expect full and challenging days with a great amount of personal responsibility.
- Day 21-23:** Alpine rock climbing. We will spend three days at a backcountry base-camp learning the basics of technical rock climbing. Students will top rope single pitch climbs of various difficulties. Whether it is getting over a fear of heights or topping out on a climb, climbing will challenge every student.
- Day 24:** White water rafting or tubing. We will spend our last day rafting on the Arkansas River. This culmination to the trip will offer a great chance for the group to relax and reflect on what they have learned over the past 23 days.
- Day 25:** Travel home from Denver, Colorado.

What you can expect:

Each Kieve West group will be comprised of 8-12 students, a Kieve/Wavus counselor, and two HMI instructors. On a day-to-day basis, students will not only be physically challenged as we hike from one place to another, but also intellectually engaged. Each day, students will travel through the mountains both on and off trail. Once in "camp," students will be responsible for setting up their own campsite out of sight and sound of all the other tarps, cooking their meals, and all other basic wilderness living skills. Finally, students can expect to travel and live in the wilderness and also to learn in the field. Each day, either in the morning or evening, there will be classes in which students learn a wide range of technical and interpersonal skills described below. The students will also be responsible for teaching some classes and for developing their wilderness teaching skills. Finally, students can expect time to reflect on their experiences and become close friends with the other students on their course. All in all, students can expect each day to be long—but diverse and fulfilling—in Colorado's Rocky Mountains.

Technical Skills

One of the goals of Kieve West is to develop the outdoor skills of our future counselors. We hope they develop not only stellar habits, but also the knowledge of why these habits are the best ways to travel. The Kieve counselor and HMI instructors will teach backcountry classes such as how to set up a tarp, baking, Leave No Trace, sanitation, and fly-fishing. There will also be a focus on mountain travel skills such as map reading, route finding, and river crossing. The students' Wilderness First Aid certification will give them a superb base of first-aid skills that we will practice in numerous emergency scenarios. The rock climbing section of the trip will introduce the students to other wilderness skills that are commonly used at Kieve and Wavus.

Interpersonal Skills

The other main goal of Kieve West is to foster strong leadership skills that will benefit these young men and women when they return to Kieve or Wavus to become camp counselors. Using HMI's well-established leadership curriculum, we will have many classes on communication, leadership, and group dynamics. Students will also take turns being leaders of the day for small (3-5 students) hiking groups. In this situation they will practice their leadership skills and receive feedback from other students and instructors in a formal setting. Students will also gain experience as outdoor educators. Each student will be responsible for teaching one 30-minute class on one aspect of the curriculum. They will receive both

support and oral feedback on their classes. The Kieve counselor will also lead several discussions about how to manage some of the challenges of being a camp counselor. Finally, students will be asked to keep a leadership journal and do several readings from a diverse selection of sources. This will allow students to reflect on what they are doing and learning from day to day and read about the experience of others who have ventured into the wilderness.

Risk Management:

Challenge is at the heart of the Kieve West experience, and with this challenge comes inherent risk. HMI is proud of the quality of their programs, their safety record, and their risk management practices. HMI is accredited by the Association for Experiential Education. Both HMI instructors and the Kieve counselor have wilderness medical training, and are typically certified Wilderness First Responders with 80 hours of Wilderness First Aid and CPR training. The students' WFA training course will further allow them to help themselves and the instructors in the event of an injury. HMI strives to develop creative and challenging programming and endeavors to manage risks responsibly, knowing they cannot eliminate those risks. Students learn that they share in the responsibility for their own well-being and the well-being of others on the program.

Finally, non-prescription drugs (including tobacco) and alcohol are not allowed on any part of the Kieve West experience. A student found using such substances will be immediately removed from the field and sent home at their family's expense—a zero tolerance policy.

Evaluation:

Evaluation is a critical part of any learning experience. For this reason the students will receive both oral and written feedback both during and after the trip. Halfway through the backpacking section and at the end of the expedition, students will be evaluated on their wilderness travel, outdoor living, First Aid, and leadership skills. They will receive feedback in detailed comments. These evaluations are meant solely to help the student improve their own wilderness travel both during and after the Kieve West expedition.

Tuition & Fees:

(same as on your application then add):
Students will need to establish a \$150 student account with HMI upon acceptance to the program. This will cover any gear rental or purchases that they make while on Kieve West. Any unused money from their student account will be reimbursed to them at the end of the program.

Payment Policy & Procedures:

(same as on your application)

Refund Policy:

(same as on your application)

Travel:

As soon as you are accepted to the program, we recommend that you reserve a flight into Denver, Colorado. You will receive additional information from HMI about when you should book your flight upon acceptance.

Equipment:

HMI and Kieve will provide all group equipment. A good backpack and sleeping bag will be available to borrow from Kieve or you can bring your own. HMI will send you a packing list upon receipt to the program. A large amount of this equipment can be rented from HMI for a fee.

Baggage Info:

Baggage should be sent no later than 10 days prior to the opening of each Kieve West session. Send UPS or Fed Ex to:

Kieve West
c/o The High Mountain Institute
531 County Road 5A
Leadville, CO 80461

Please keep in mind when sending anything overnight: HMI is considered rural, and even though "Express" is a one-day service, for HMI it will be a two-day service.

Telephone /Fax/Email:

Except in special circumstances, telephone calls between Kieve West campers and parents are discouraged since they detract from the campers being "present". Cell phones will be collected at the start of the program and returned on the last night. For many reasons, practical as well as philosophical, we prefer families to rely on the U.S. mail. Parents can also reach their children via email.

All USPS mail should be sent to Kieve West students at the following address:

Student Name
Kieve West
c/o The High Mountain Institute
PO Box 970
Leadville, CO 80461

For packages, please use HMI's shipping address listed previously.

Fitness:

Kieve West is a physically demanding trip. Students will be expected to carry heavy backpacks that weigh up to 45% of their body weight over challenging terrain for 4-10 miles a day at high elevation. Students should be in very good physical condition prior to the start of the program. Students with pre-existing athletic injuries or who are otherwise unsure about their physical ability should consult with Kieve and/or HMI to determine whether or not Kieve West is an appropriate choice.

Application process:

Along with your application, please submit brief answers to the following questions:

- 1) Why would you like to be an outdoor educator (and/or a Kieve-Wavus counselor)?
- 2) What do you think are your strengths and weaknesses as a leader?
- 3) Why do you want to participate in Kieve West?

After an initial screening of your application at Kieve, you will be contacted by HMI for a brief phone interview.