



The Kieve West – High Mountain Institute (HMI) Partnership

June 24 – July 18th, 2008

History of Kieve West, by Henry Kennedy

I conceived of the Kieve West program in 2000 during a hike up Maine's tallest mountain, Mt. Katahdin with long time Kieve camper and counselor, Andrew "Woody" Davis and the Maine Trails boys. Woody was about to graduate from Stanford University and I was sad to think of him leaving the Kieve nest after 15 years together. His heart was clearly in the West. Having spent several years out West myself (I even married a California girl 25 years ago), I understood the allure of this incredible part of the country. We started talking about the possibility of creating a program in the Rockies or other western mountains for the kids who had completed all of Kieve's trips but were too young to return as counselors and were serious about becoming outdoor leaders. As we hiked with the boys on that glorious summer day, we bounced a bunch of ideas off them and they all loved the idea of staying under Kieve's wing but still having a chance to explore another part of our great country.

I approached our Board of Trustees with the idea in the fall of 2000, they made the excellent suggestion that it be a coeducational program, and then Woody and I spent part of the next year and a half researching and visiting potential areas to explore, understanding how the intricate governmental back country permitting system works (or frankly, doesn't work but that's a story for another day), recruiting campers, raising start-up funding, hiring a female leader (our beloved Katie Moulton) and interviewing guide companies. Being so far away from Mother Kieve, we quickly recognized the importance of someone to call upon in the event of an emergency, to supply "local knowledge" and permits, and to handle many of the logistical details.

For the first few years we used a guide service out of Durango, CO, but the flights to and from Durango were often unpredictable and much more expensive than Denver, and then the guide service was sold. For many years Kieve has enjoyed an informal relationship with High Mountain Institute in Leadville, CO, just 2 hours outside of Denver. Several Kieve veterans have worked for HMI, many Kieve kids have attended their semester programs, and many of their graduates have worked for us as counselors. We both are well established non-profit organizations that share similar philosophies and values and have made a commitment to year round educational programs. ***The Kieve-Wavus/HMI "partnership" is a match made in heaven.***

Here's our plan for this summer and beyond:

Curriculum

The Kieve West program for 2008 and beyond will stay essentially the same as it has been since the first trips in 2002. It's still staffed partially by Kieve veterans, the students are all recruited by Kieve-Wavus, the trip still starts with a couple days of Wilderness First Aid certification (both to learn the skills and to acclimate the students' bodies to the 10,000 foot altitude, and we still hike for 16 days, climb for 3, and raft for 1 day. The only major change we are making this year is that our "guide service" is High Mountain Institute (HMI). See the full discussion about them above. The primary focus of this 25-day program will be to provide the Kieve West students with a fun, inspiring experience in the Rocky Mountains while also refining their wilderness, leadership, and communication skills. The students will gain an understanding of leadership theory, styles, and practices. Students will have multiple opportunities to practice effective communication skills and receive feedback on these skills. Wilderness skills taught will include all the basic skills that students need to safely and responsibly camp and travel in the backcountry. For a more complete curriculum, please see the attached Kieve West Curriculum. Students will also receive their Wilderness First Aid & CPR certifications.



Course Location

The program will start and end at the Denver International Airport. While not in the backcountry, the program will base itself out of the HMI campus in Leadville, CO. There will be two separate Kieve West groups. One group's backcountry hike will take place in the Sawatch & Collegiate Ranges near Leadville, while the other group's backcountry hike will take place in the San Juan Mountains of southwestern Colorado.

Itinerary

		Group 1 - Sawatch / Collegiates	Group 2 - San Juans
Tuesday	24-Jun	Arrive in Denver, drive to HMI	Arrive in Denver, drive to HMI
Wednesday	25-Jun	WFA	WFA
Thursday	26-Jun	WFA	WFA
Friday	27-Jun	1/2 day CPR / Expedition prep	1/2 day CPR / Expedition prep
Saturday	28-Jun	Into field	Climbing
Sunday	29-Jun	Backcountry hike in Sawatch / Collegiates	Climbing
Monday	30-Jun	Backcountry hike in Sawatch / Collegiates	Climbing
Tuesday	1-Jul	Backcountry hike in Sawatch / Collegiates	Drive to Silverton, CO & Into field
Wednesday	2-Jul	Backcountry hike in Sawatch / Collegiates	Backcountry hike in San Juans
Thursday	3-Jul	Backcountry hike in Sawatch / Collegiates	Backcountry hike in San Juans
Friday	4-Jul	Backcountry hike in Sawatch / Collegiates	Backcountry hike in San Juans
Saturday	5-Jul	Backcountry hike in Sawatch / Collegiates	Backcountry hike in San Juans
Sunday	6-Jul	Backcountry hike in Sawatch / Collegiates	Backcountry hike in San Juans
Monday	7-Jul	Backcountry hike in Sawatch / Collegiates	Backcountry hike in San Juans
Tuesday	8-Jul	Backcountry hike in Sawatch / Collegiates	Backcountry hike in San Juans
Wednesday	9-Jul	Backcountry hike in Sawatch / Collegiates	Backcountry hike in San Juans
Thursday	10-Jul	Backcountry hike in Sawatch / Collegiates	Backcountry hike in San Juans
Friday	11-Jul	Backcountry hike in Sawatch / Collegiates	Backcountry hike in San Juans
Saturday	12-Jul	Backcountry hike in Sawatch / Collegiates	Backcountry hike in San Juans
Sunday	13-Jul	Return to HMI	Return to HMI
Monday	14-Jul	Climbing	Backcountry hike near La Plata
Tuesday	15-Jul	Climbing	Summit attempt of La Plata
Wednesday	16-Jul	Climbing	Return to HMI
Thursday	17-Jul	Rafting	Rafting
Friday	18-Jul	Depart from Denver	Depart from Denver

Staff - Kieve-Wavus will provide at least 2 leaders to instruct and help lead the courses. HMI will hire additional staff members who are familiar with the backcountry areas where the Kieve West students will be hiking. Every effort will be made to hire at least one female and one male staff member for each trip. All staff members will be mutually approved by both parties. HMI will provide 2-3 days of staff training and preparation for all instructors prior to the start of the program.

Transportation

HMI will provide transportation for both Kieve West groups for the duration of the program. This includes but is not limited to the use of HMI's vans and trailers for transport to/from the Denver International Airport, during the WFA course, to/from each groups' trailheads, a re-supply half way through the backcountry hike, during the climbing section, and to/from rafting at the end of the course.

All staff (HMI & Kieve) will be listed as authorized drivers on HMI's insurance and be trained by HMI in the operation of 15-passenger vans.



Outside contractors

HMI will reserve the WFA & CPR course through the Wilderness Medicine Institute (WMI) of NOLS, as well as the half-day of rafting with CityWILD. HMI will need Kieve's assistance in getting assorted paperwork reviewed and signed by the participants and their parents.

Food & Lodging

HMI will be responsible for providing all instructors with room and board for three days prior to the start of the program, for the duration of the program, and for one day after the students depart.

HMI will be responsible for housing the Kieve West students in HMI's single-sex cabins and providing them with 3-meals a day whenever they are on campus. When they are in the backcountry, HMI will be responsible for providing them with all of their rations. Kieve will be responsible for working with HMI to solicit information from students regarding any special dietary restrictions or issues in advance of arrival.

Climbing

HMI will organize and facilitate three days of climbing for both Kieve West groups. HMI will provide both groups with all the equipment necessary. One day will be spent learning the basics of top-rope climbing, the second day will be spent rappelling and continuing to top-rope climb, and on the third day there will be the potential for students to learn how to place gear and for a lead climbing demonstration. This itinerary is subject to change based on the desires of the individual groups, available climbing areas, weather, etc.

Equipment

HMI will provide the Kieve West groups with group equipment. Kieve owns a trailer full of excellent backpacks, sleeping bags, and assorted other personal gear which will be available to the Kieve West students free of charge. All students will have the option to rent personal gear from HMI for a fee (e.g. sleeping bag, backpacks, clothing, etc – however HMI does not have hiking boots for rent.)

The instructors will be issued medical, drug & blister kits for group use, maps, one satellite phone per group (note: HMI has found satellite phones to be effective but they are not 100% reliable); and one digital camera per group (imagery rights to be shared jointly between HMI and Kieve).

HMI will provide Kieve West students with fly-fishing equipment if so desired. Students interested in fishing will be required, upon arrival at HMI, to apply and pay for an out of state CO fishing license (\$54/person). Fly-fishing instruction will be contingent on staff qualifications.

Permits

Since the Kieve West groups will be operating in partnership with, and under the auspices of HMI, the groups will operate using HMI's permits. HMI will be responsible for all communication with the relevant land management agencies. The Kieve West groups will operate using HMI's backcountry practices, risk management plan, and medical protocols which are all very similar to Kieve's.

Mail

Kieve students will be able to receive mail at HMI. Postal Mail Address: Student Name (Kieve West Course) c/o, High Mountain Institute, PO Box 970, Leadville, CO 80461. Shipping Address: Student Name (Kieve West Course) c/o, High Mountain Institute, 531 County Road 5A, Leadville, CO, 80461.



Emergency contact

In case of emergency, HMI will serve as the point of contact for the instructors and will communicate promptly with Kieve. HMI will be in charge of any evacuations from the field and scheduling any associated medical visits. If for any reason a student leaves the program in progress, there will be no tuition refunded. This includes but is not limited to departures resulting from physical injuries, emotional issues, discipline or behavioral issues, failure to uphold HMI community standards and code of conduct, non-payment of tuition or other fees, voluntary withdrawal, and involuntary withdrawal from the program. HMI reserves the right, in its sole discretion, to determine when to separate and/or expel students from the program. The student and his or her parent/s are responsible for all costs of early departure whether for medical reasons, dismissal, personal emergencies or otherwise. These costs include, but may not be limited to, medical costs and plane or transportation fares. HMI will not refund or reduce tuition for late or non-arrival, early withdrawal, or participant cancellation for any cause. Prior to the commencement of the program HMI will provide Kieve with various contact numbers should Kieve need to contact HMI in an emergency. HMI will provide all Kieve West students and instructors with Search & Rescue cards.

Medical screening

HMI will provide Kieve with HMI's medical form to be sent to all Kieve West students in advance of the program. Upon receipt of the students' medical forms, HMI will review the forms. Final acceptance for participation is contingent on HMI's review and approval of all medical information. In the event that HMI cannot accommodate a student because of medical concerns, we will issue a refund of the deposit.

Kieve will be responsible for enrolling and collecting payment for the two courses. Additionally, Kieve will be responsible for all communication with parents (except in emergency situations, when communication may be initiated by HMI), and distributing and collecting all required trip paperwork. The program will start and end at the Denver International Airport – Kieve will be responsible for coordinating the transportation of all Kieve West students from their homes to/from the start/end point. Kieve must accept and understand that HMI will make a good faith effort to follow the itinerary and plans as outlined but does reserve the right to alter and change the itinerary due to factors out of our control to predict in advance such as weather, student group issues, route access issues (e.g. forest fires), etc.

Responsibilities of Students

The students will plan and prepare appropriately for the program. The Kieve West course is a physically demanding program and students should be in good physical condition. In addition to Kieve's required paperwork, each student must complete an HMI medical form, an HMI release form, WMI release form and a CityWILD release form (the forms are on Kieve's website). If the student is a minor, a parent or guardian must all sign these forms. For the entire duration of the course, no drugs or alcohol will be allowed. Positive participation in all activities will be required. HMI and Kieve-Wavus retains the right to dismiss a student (without refund) for non-participation, behavior issues, significant medical issues, or failure to comply with our rules and standards. In order to promote a positive community environment, the following actions will not be permitted during the program: stealing or borrowing without permission; destruction of property; use or possession of alcohol or drugs; harassment of others; sexual activity, specifically intercourse; exclusive relationships; and use or possession of tobacco products. Students will need to obtain and break-in hiking boots prior to the trip. They will need to come prepared to live outdoors. Students can bring any equipment and gear that they own in accordance with Kieve's equipment list. They may rent additional gear from HMI (Kieve will gather info from HMI and bill you when the program ends) or borrow it from Kieve. (Kieve-Wavus will have a trailer full of gear at HMI). Neither HMI nor Kieve is responsible for a student's lost, stolen, or damaged personal belongings. In addition, students and their parent/s will be held responsible for damage to, or loss of HMI property or equipment. This may include sharing in the group's collective responsibility for willful equipment/property destruction or loss.



Fitness

Kieve West does not require any previous backcountry experience. However, it is required that you arrive in good physical condition. Shortly after students arrive, we head out on our first expedition. You will not have time to "get into shape" at Kieve West before we leave on the first expedition.

The vast majority of injuries that happen are direct results of individuals not being in good physical condition. The likelihood of sprains and strains is dramatically increased by poor fitness. In addition, the HMI campus is at 10,000 feet above sea level. Poor physical fitness increases the chance that an individual will experience the deleterious effects of high altitude. Again, good basic fitness will decrease the likelihood of injury and assist in acclimatization.

There are two important aspects to physical fitness. The first is cardiopulmonary efficiency. This simply requires that you be physically active for extended periods of time (30-45 min) 4 or more times per week, for several months. This level of activity will greatly improve your general endurance. If you are not currently active, you should begin slowly and gradually increase the intensity of exercise. A good rule of thumb for endurance training is that you should be able to talk freely as you exercise (bring a friend to talk with).

The second part of physical fitness is task specific strength. Most of the activity at Kieve West centers on walking, hiking, and cross-country skiing. Swimming will help to increase your cardiopulmonary efficiency, but will not strengthen your legs appropriately for carrying a backpack. At least half of your training should be task related; i.e.- training that uses your legs over uneven terrain. The ideal training is to go for fast paced hikes on trails carrying a daypack (with lots of water!) 2-3 times per week for 30-45 minutes. If trails are unavailable near your home, use a combination of roads and athletic fields.

Your fitness training should begin at least 10-12 weeks before attending Kieve West. If you are playing a sport, that may help your cardiopulmonary efficiency but you will also need to get out and do task specific activities several times a week. Remember that trail hiking is a great way to break in your hiking boots!

Our expectations of physical fitness are not intended to scare you. We simply want you to know that physical training before your arrival will greatly increase your enjoyment of the beginning of Kieve West in particular. It is much easier to enjoy the view or study the map carefully if you are not gasping for breath. If you have questions or would like assistance creating a training plan, please call Christina Reiff at HMI anytime (719) 486-8200 or contact their Physician Advisor, Dr. Lisa Zwerdinger at (719) 486-0500.

Program Logistics

The course will begin on Tuesday, June 24th and end on Friday, July 18th at the Denver International Airport in Denver, Colorado. Students should reserve flights arriving to Denver International Airport (DEN) ideally between 10am and 2pm on Tuesday, June 24th and departing from Denver international Airport (DEN) ideally after 11:30am on Friday July 18th. If you already have flights outside of this timeframe, we'll manage ok.



Backcountry Route Descriptions – note that 23 students are enrolled in Kieve West so after the WFA training they will be split into 2 groups.

Sawatch Expedition

Starting in the backyard of the HMI campus this route covers both on and off trail terrain. Easier days begin the route so students can acclimatize and the first few days can be modified to be either easier or more difficult depending on the group’s needs. The longest hiking days come at the end of the first ration period when packs should be considerably lighter; these days are all on trail. Three peak ascent days are included giving students the chance to enjoy the mountains without their heavy packs. The final peak offers the particular challenge of a rarely climbed knife-edge that is over a mile long.

Day	Date	Miles	Elev. Gain	Travel	Camping	Notes
1	28-Jun	4.8	1,400	.5m off trail	Porcupine Gulch	9:30 at the trailhead
2	29-Jun	5.7	1,600	all on trail	Timberline Lake	
3	30-Jun	4.6	1,900	mostly off trail	Hagerman Tunnel	
4	1-Jul	6	1,700	4m off trail	Willow Creek	
5	2-Jul	4	600	.5m off trail	Halfmoon Creek	Possibly Climb Mt. Massive
6	3-Jul	5.1	1,100	.5m off trail	Lilly Ponds	
7	4-Jul	13.3	5,200	1.5m on dirt road	Missouri Gulch	
8	5-Jul	11.5	4,500	all on trail	Frenchman Creek	
9	6-Jul	5.62	1,000	all on trail	North Cottonwood	Reration at North Cottonwood
10	7-Jul	5.27	1,500	2m on dirt road	Kroenke Lake	
11	8-Jul	3		.5m off trail	Delaney Gulch	Possibly Climb Mt. Yale
12	9-Jul	2.5	2,100	mostly off trail	Gladstone Ridge	
13	10-Jul	5.2	1,900	mostly off trail	Robey Gulch	
14	11-Jul	3.4	1,800	all off trail	Grouse Canyon	
15	12-Jul				Grouse Canyon	Possibly Climb Mt. Princeton
16	13-Jul	1.9				9:30 pickup, HMI by 11:30
total miles		81.9				

Weminuche Expedition (in the San Juans) - LaPlata Peak Ascent

The course starts on the more benign west side of the Animas River through more gentle rolling mountains. After the re-ration the route winds through the Weminuche Wilderness avoiding the popular Vestal, Needle, and Vallecito drainages adding to the remote feel. Many of the days on this route are shorter but with challenging off-trail navigation and travel. On the final day in the Weminuche the course will have the unique experience of catching a train in Needleton, which will bring them to Silverton.

Day	Date	Miles	Elev. Gain	Travel	Camping	Notes
1	1-Jul	1		on trail	1 mile from trailhead	Drive time 7 hours
2	2-Jul	6.4	3,400	.5m off trail	Bellow Grizzly Mtn.	
3	3-Jul				layover	Climb Grizzly or Rolling Mountain
4	4-Jul	3.4	1,700	.5m off trail	near Jura Knob	
5	5-Jul	7	2,400	1.5m off trail	Bear Creek	
6	6-Jul	9.2	2,100	1.5m off trail	Elk Creek	Reration Molas Park
7	7-Jul	5.3	2,900	2.5m off trail	Highland Mary Lks	
8	8-Jul	5.9	2,000	1m off trail	Peak 2 Basin	
9	9-Jul	2	1,000	all off trail	Trinity Lake	
10	10-Jul	3.5	1,500	all off trail	Balsam Lake	
11	11-Jul				Balsam Lake	Peak ascent
12	12-Jul	7.1	2,100	all off trail	Animas	
13	13-Jul	1		all off trail, trees	HMI	Catch train in Needleton, drive to HMI
14	14-Jul	3	1,800	1m off trail	Basin, below LaPlata	
15	15-Jul				Basin, below LaPlata	Climb LaPlata
16	16-Jul	3			HMI	11am pickup
Milage		57.8				

After the drive back to HMI the course will pickup some additional climbing gear and head to the LaPlata Peak basin. Depending on snow conditions students will be taught either 4th Class rock or snow climbing techniques and attempt to climb LaPlata Peak by one of several challenging routes.



Kieve West Curriculum Guide 2008 – here is a sample guide

In the three spaces provided, please enter the following information: date(s) that class was taught or material was covered, class duration in minutes, teacher(s) of class/material (use initials). Italicized text refers to topics that are typically taught very early in the expedition, first 12-72 hours. This list is a guide to subjects and skills that should be taught on this expedition. Environmental, group, and expedition specifics will dictate the most appropriate curriculum. Please record any other classes and topics taught but not listed here.

EL (Initial after name): _____ Faculty (Initial after name): _____

Students on Expedition (full names): _____

General Skills Curriculum

- _____ _____ _____ *Hydration*
- _____ _____ _____ *Water Purification*
- _____ _____ _____ *"Possibles" Bag*
- _____ _____ _____ *Bomb Proofing*
- _____ _____ _____ *Packing a Pack*
- _____ _____ _____ *How to put on a Pack*
- _____ _____ _____ *Stove Use (Liquid Fuel Stoves)*
- _____ _____ _____ *Hygiene*
- _____ _____ _____ *Sun Protection*
- _____ _____ _____ *Staying Warm & Dry*
- _____ _____ _____ *Basic Foot Care*
- _____ _____ _____ *Hiking*
- _____ _____ _____ *General Repair Kit Intro.*

Cooking

- _____ _____ _____ *Food Identification*
- _____ _____ _____ *Kitchen Organization*
- _____ _____ _____ *Kitchen Hygiene*
- _____ _____ _____ *Basic Cooking Principles*
- _____ _____ _____ *Knives as Tools*
- _____ _____ _____ *Baking Techniques*
- _____ _____ _____ *Stove Repair*

Shelter

- _____ _____ _____ *Campsite Selection*
- _____ _____ _____ *Knots (Bowline, Trucker's Hitch)*
- _____ _____ _____ *Tarps*

Sanitation

- _____ _____ _____ *Feminine Hygiene*
- _____ _____ _____ *How to Pee in the Woods*
- _____ _____ _____ *How to Dump in the Woods*

Map Reading

- _____ _____ _____ *Map Care*
- _____ _____ _____ *Intro to. USGS Maps (Edge Info, Colors)*
- _____ _____ _____ *Topographical Lines*
- _____ _____ _____ *Orienting the Map by Features Alone*

Navigation by Map

- _____ _____ _____ *"Common Sense" Navigation*
- _____ _____ _____ *Handrails*
- _____ _____ _____ *Stopping Features*
- _____ _____ _____ *Predicting the Landscape to Come*
- _____ _____ _____ *The Crux: Take Offs and Landings*
- _____ _____ _____ *Describing Places: Trapping a Location*

Compass Use

- _____ _____ _____ *Parts of the compass*
- _____ _____ _____ *Orienting the Map with a Compass*

Leave No Trace Principles

- _____ _____ _____ *7 LNT Principles*
- _____ _____ _____ *Mountain Specific Environment*

Risk Management

- _____ _____ _____ *New Environments, New Activities*
- _____ _____ _____ *Environmental Hazards*
- _____ _____ _____ *Subjective vs. Objective Hazards*
- _____ _____ _____ *Hazard Evaluation Grid*
- _____ _____ _____ *Stream & River Crossings*
- _____ _____ _____ *Steep and Exposed Terrain*
- _____ _____ _____ *Lightning*
- _____ _____ _____ *If Lost, Then*
- _____ _____ _____ *Staying Together*
- _____ _____ _____ *Known Locations*

Communication

- _____ _____ _____ *Communication 101*
- _____ _____ _____ *Feedback*
- _____ _____ _____ *Conflict Resolution: VOEMP'ing*
- _____ _____ _____ *Class Class (How to teach a class)*

Leadership

- _____ _____ _____ *Leadership Elements*
- _____ _____ _____ *Leader of the Day Duties*
- _____ _____ _____ *Leadership Roles*
- _____ _____ _____ *Debriefing*
- _____ _____ _____ *Decision-Making Styles*
- _____ _____ _____ *Leadership Grid*
- _____ _____ _____ *SMART Goals*

Community

- _____ _____ _____ *Respect for S, G, T, and E*
- _____ _____ _____ *Stages of Group Development*
- _____ _____ _____ *Circle*
- _____ _____ _____ *Expedition Behavior*
- _____ _____ _____ *Tarp Group Debrief (Mid-trip)*
- _____ _____ _____ *Group Goals Discussion*
- _____ _____ _____ *Re-entry Class (Transference)*

Misc.

- _____ _____ _____ *Land Management*
- _____ _____ _____ *:* _____
- _____ _____ _____ *:* _____
- _____ _____ _____ *:* _____

At the end of the expedition, the EL should complete the following: TOTAL Curriculum Time for Expedition: _____ hours _____ minutes

Comments on the curriculum (additions, subtractions, changes, content, quantity, etc...): _____

(use reverse as necessary)