



**CLIMBING
FOR KIDS**
BAY AREA WILDERNESS TRAINING

Climber
Packet

2012



Bay Area Wilderness Training (BAWT) is a small and efficient non-profit that:

- Trains leaders to take youth on safe outdoor adventures.
- Provides gear and transport to youth organizations without the budget to rent or the resources to borrow.
- Gets youth outdoors by supporting a community of youth workers and providing mini-grants for their projects

OUR MISSION

To create opportunities for at-risk youth to experience the wilderness first-hand. BAWT exists as a vital, comprehensive and ongoing source of support to agencies that lead youth wilderness trips. We believe that urban youth, once exposed to wilderness, have a broadened sense of themselves, each other, and the world around them.

HOW WE DO IT

BAWT trains youth service workers and classroom teachers so that they can lead successful overnight wilderness trips with at-risk youth. We then loan them all the gear they need - backpacks, tents, boots, jackets, and more - to take their youth on life-affirming wilderness adventures.

WHY IT WORKS

- We use a train-the-trainer model that has a multiplier effect. For every youth leader we train, they get an average of 23 youth into the wilderness.
- Last year over 4,300 kids went outside thanks to BAWT programs - **19,000 have experienced the wilderness through BAWT** since we began our work in 1999. What sets us apart from other youth-serving organizations is our far-reaching impact. Other worthy organizations are taking hundreds of kids out every year - we claim *thousands* thanks to a unique model that gets more kids on more effective outdoor trips.
- We are proud to have served and partnered with over 400 youth organizations in ten Bay Area counties and the Sacramento region.
- Three gear-lending library locations outfit over to 300 campers at one time, thanks to generous donations from our corporate partners in the outdoor industry.
- Wilderness Leadership Trainees already have established, trusting relationships with youth. These leaders help to integrate the learning that happens on a wilderness trip back into kids' lives once they are home.

- Our model is sensitive to the complex issues of culture and community. Young people who are led on outdoor adventures by trusted adults from their community are more likely to view their experiences as applicable to their lives. Adults and youth who share cultural experiences and language create lasting relationships with wilderness and each other.

WHY WE DO IT

THE IMPACT OF POVERTY ON YOUTH IN THE NATURAL ENVIRONMENT

Without developing a relationship with the earth, concern for it may often seem like an unnecessary luxury. BAWT creates opportunities for urban youth to experience the natural world first-hand. As we expand, we are targeting our services towards the high-density urban areas in Northern California where youth access to the environment is impeded due to limited income.

OUTDOOR EDUCATION AND ACADEMIC SUCCESS

Four major studies in California, conducted for the State Education and Environment Roundtable, found that environmental education programs that get youth outdoors with a hands-on interdisciplinary approach to learning produce students that perform better on standardized tests, are more enthusiastic learners, and have fewer disciplinary problems (from www.seer.org/extras/execsum.pdf).

CREATING ENVIRONMENTAL STEWARDSHIP

Research shows that safe, well-led educational wilderness trips change young lives for the better, and that meeting wilderness challenges makes urban youth stronger in mind, body, spirit and ability. Wilderness - like no other teacher - introduces urban youth to first-hand lessons in personal growth, renewal and what to do to help protect and preserve the earth.

DIVERSIFYING CONCERN FOR WILDERNESS AND THE ENVIRONMENT

- Diversity in the outdoors is important to our culture and society, and to advancing environmental stewardship among our future, increasingly diverse generations.
- Over 80% of the youth that BAWT serves are from minority ethnic backgrounds, most of which qualify as "at-risk" youth.
- We have served many cultural groups, e.g. Chinatown Beacon Center, Homies Organizing the Mission to Empower Youth (HOMEY - former Latino gang members who work with a current gang member population).
- Youth populations that we serve are varied (from Boy Scouts to youth that have been in the juvenile detention system).

THE YOUTH WE GET OUTDOORS

WHERE ARE THE KIDS FROM?

The kids that we work with are kids around the Bay Area. They come from cities like Oakland, Richmond and some of the toughest neighborhoods in San Francisco, like Bayview-Hunter's Point, the Tenderloin, and Chinatown. But they also come from places like Fresno where they aren't necessarily in an urban environment, but where drug use may be one of the few activities that they're drawn to by their peers. More specifically these kids come from over 300 different youth-serving organizations, from after-school programs to group homes, to gang-violence prevention programs to summer camps.

WHAT IS "AT-RISK"?

When we say "at-risk" we're really talking about any and all kids that don't have access to green healthy spaces to play in. Many studies have connected lack of imaginative time in the outdoors has resulted in the explosion of childhood diseases like ADD and obesity. Conversely, time outside on a regular basis, away from televisions and computers has been proven to increase learning and retention, confidence and self-esteem. In this respect we truly believe that all kids need to experience the outdoors, and deserve the opportunity to get out there, away from their electronics-filled lives and interact with each other and their environment in healthy ways.

YOUR FUNDRAISING DOLLARS AT WORK

- \$1,000 will get 17 kids outdoors on unique nature experiences - from day hikes to backpacking trips.
- \$3,500 will train and support 3 youth workers for a year - getting over 50 kids outside.
- \$25 buys 3 fuel canisters to cook warm meals in the backcountry.
- \$150 pays to train a youth worker in Wilderness First Aid to ensure safe backcountry trips for kids.
- \$500 will help us add four new, cozy sleeping bags to our supply.

ABOUT THE CLIMB

AVAILABLE INFORMATION

PLEASE CONSULT YOUR CLIMBER AGREEMENT FOR:

- Policy Details
- Fundraising Commitments
- Liability Agreements
- Medical Disclosures

PLEASE REVIEW YOUR MOUNTAIN SPECIFIC INFORMATION FOR:

- Gear Lists
- Itineraries
- Guide Service Forms

USEFUL INFORMATION ON WWW.CLIMBINGFORKIDS.ORG

- All of the above and...
- Climbing for Kids Training Plan
- Fundraising Resources
- Information about Mountaineering

POLICIES AND PROCEDURES

HOW TO COMPLETE YOUR REGISTRATION

Thoroughly read ALL the following policies. You may not register for the climb without first accepting all of the terms and conditions of the "Climber Agreement Form". After you have filled out the online registration form, press "Submit my Registration" at the bottom of the webpage. Once you are registered you will need to send your signed climber agreement form via fax/email/snail mail to BAWT, within two weeks to reserve your space. Now you can start training, fundraising and planning for your adventure up one of the most amazing mountains in America. Note: All registrations are subject to BAWT approval.

FUNDRAISING DEADLINE

You must complete all fundraising 30 days prior to your climb date. If you do not meet the total by this date, you will be charged the balance of your fundraising requirement. Additionally, BAWT requires that 50% of the total minimum fundraising goal be completed 60 days prior to your climb date. If you do not meet these totals by the dates associated with

your climb, you will be charged the balance equivalent. You have until 30 days after your climb to continue raising funds, at which point you may be eligible for a deposit refund (see below). Note: These deadlines are meant to be helpful to climbers, to ensure that fundraising is not left until the last minute. See FAQ section of website for more details.

DEPOSIT REQUIREMENT

When you submit your online registration form, your on-file credit card will be charged the \$250 deposit. This deposit is required to unofficially hold your space on the mountain until we receive your signed "Climber Agreement Form". Upon BAWT's receipt of both the deposit and signed forms, your space will be officially reserved. The deposit will be held until completion of your fundraising requirement.

PERSONAL EXPENSES

FOOD: You will be responsible for providing some of your own food during your trip. See page 7 for more information.

TRAVEL AND LODGING: You are responsible for providing your own transportation to and from the mountain and lodging for your first night. To arrange carpools, and group lodging/camping contact BAWT staff for contact information for climbers participating with you on your climb date.

TIPPING YOUR GUIDE: It is standard to tip the guides that you climb with, and you should expect to personally spend about \$50-\$100 tipping the guide(s) that helped you along the way. For example, if you climbed with one guide throughout the trip you might tip that person \$100. If you spent about half your time with one guide and half with another, you might tip each \$50, and so on.

EQUIPMENT FOR YOUR CLIMB

Proper clothing and equipment is absolutely necessary to a safe and successful mountaineering trip. The gear and clothing lists provided by the guide services are specific to each mountain to meet the varied conditions that exist in each location. Weather extremes can range from 70°F to 0°F, with snow, wind, and intense sun. Versatility is the key to dressing properly, and layering allows you to do this most efficiently. It is absolutely necessary to bring all of the items listed. When in doubt, bring it! You can always leave unnecessary items at the trailhead. The following is what is provided by BAWT or the guide services.

Technical Gear (All technical gear is provided by the guide service or BAWT)		
Climbing harness	Helmet	Ice axe
Belay device	Ropes	Mountaineering boots (Rainier & Shasta)
Carabineers	Climbing shoes	Crampons

Climbing for Kids Gear Package (provided one month in advance of your climb)	
1	Gregory internal frame backpack- 4,000 cu in.
1	Big Agnes sleeping bag – rated to 15 °F
1	Pacific Outdoor Equipment sleeping pad—open-cell foam
1	Princeton Tec Yukon LED Headlamp
1	Julbo Dolgan glacier sunglasses
1	Set of LEKI Ultralight trekking poles
	Snacks—Clif bars, GU energy gels, and drink powder
	Mountaineers Books guidebook of your climb

A NOTE ON BOOTS

Shasta, Olympus, & Rainier: We will provide you with rented boots, typically Koflach degree. If you want to invest in your own boots for mountaineering you would be looking for a double layer plastic mountaineering boot or other heavy mountaineering boots that are compatible with step in crampons.

Whitney & Grand Teton: We can provide boots from our gear library if available but recommend that you purchase your own. These boots are going to need to be waterproof backpacking or hybrid mountaineering boots with either a full or $\frac{3}{4}$ length shank. The stiffer your boots are the happier you will be with the technical parts of your climb. Please contact us if you have any questions.

WHAT FOOD SHOULD I BRING?

You will need to bring food for snacks and lunches while on your climb. You will also need to provide your own food while in town before the climb (including breakfast before hitting the trail). All climbers will have breakfast and dinner provided by their guide service while on the mountain. If you have special dietary restrictions or needs, please let your climb coordinator know as soon as possible so that they can relay that information to your guide service. Here is a general guide on what to bring for lunch. Your guide service or climb leader may have additional recommendations for you.

- **Carbohydrates** are the main source of fuel for your body and are the easiest to digest, so they should be consumed during the active portions of the climb.
 - *Granola, dried fruits, crackers, and whole grains are great sources of energy-providing carbohydrates.*

- **Proteins and fats** take more time to digest. By consuming these slow-burning fuel sources in the evening you'll replenish calorie stores and stay warm during the night
 - *A wide variety of foods like spicy snacks, candy bars and hard candies will help you keep eating even when altitude decreases your appetite.*

The best way to a successful nutrition plan is to think about delicious foods that pack well and try them out during your training. While energy bars are a great source of nutrition, you shouldn't rely on them as your only source of nourishment.

It is better to go through trial and error before you're headed for the summit.

FREQUENTLY ASKED QUESTIONS

IS MY DONATION TAX DEDUCTIBLE?

If you choose to donate your deposit, it will fall under the same guidelines as any donation that you make to your own climb. Namely, that your donations are deductible less the amount of any goods and service that you receive in return. That includes the retail value of the gear package and the fair market value of the guided climb— please inquire with the CFK Coordinator as to the value of your trip. So your gift only becomes tax deductible once it exceeds that value and is only tax deductible in that amount.

SHOULD I TAKE DIAMOX?

If you have reason to be concerned about your adjustment to altitude because you've had adverse reactions to altitude in the past, or you haven't spent any time at altitude before, you may want to use Diamox. You should consult with your doctor to make sure that there aren't any reasons related to your health that you shouldn't take it. Most likely your doctor will give you a prescription because this is a relatively common request. If you do choose to use Diamox, you should know that it will cause frequent urination and thereby has potential to cause dehydration. You will need to be even more cognizant of your fluid intake than you would have to be when exerting yourself at elevation otherwise. To help you make your decision, it may be beneficial to note that Cliff, who generally adjusts well to altitude, has tried Diamox when traveling over 18,000'. He found that, at the very least, it did not seem to hinder him in any way.

DOES MY FUNDRAISING HAVE TO END WITH MY HIKE?

You can continue to fundraise for up to one month after your climb after reaching your full fundraising minimum 30 days prior to the climb. Some folks will be so stoked about the summit photos that they will want to donate after the fact!

FUNDRAISING TOOLS

Donation Receipt
Questions? Contact Climbing for Kids at (510) 452-2298 x304.
Donor name
Address
City
State/Province
Postal code
Phone
Total pledge amount
Method of Payment
Thank you for your generous support of Climbing for Kids!
Donation Receipt
Questions? Contact Climbing for Kids at (510) 452-2298 x304.
Donor name
Address
City
State/Province
Postal code
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Donor name
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Postal code
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Total pledge amount
Method of Payment
Thank you for your generous support of Climbing for Kids!

TAX DOCUMENTS

Internal Revenue Service**Date:** July 19, 2007**EARTH ISLAND INSTITUTE INC**
300 BROADWAY STE 28
SAN FRANCISCO CA 94133-4529**Department of the Treasury**
P. O. Box 2508
Cincinnati, OH 45201**Person to Contact:**
Kathy Masters ID# 17-57024
Customer Service Representative
Toll Free Telephone Number:
877-829-5500
Federal Identification Number:
94-2889684**Dear Sir or Madam:**

This is in response to your request of July 19, 2007, regarding your organization's tax-exempt status.

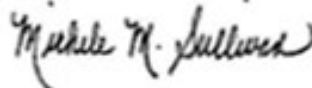
In March 1984 we issued a determination letter that recognized your organization as exempt from federal income tax. Our records indicate that your organization is currently exempt under section 501(c)(3) of the Internal Revenue Code.

Our records indicate that your organization is also classified as a public charity under sections 509(a)(1) and 170(b)(1)(A)(vi) of the Internal Revenue Code.

Our records indicate that contributions to your organization are deductible under section 170 of the Code, and that you are qualified to receive tax deductible bequests, devises, transfers or gifts under section 2055, 2106 or 2522 of the Internal Revenue Code.

If you have any questions, please call us at the telephone number shown in the heading of this letter.

Sincerely,



Michele M. Sullivan, Oper. Mgr.
Accounts Management Operations 1



Earth Island Institute
300 Broadway, Suite 28
San Francisco, CA 94133-3312 USA

Telephone: 415-788-3666
Fax: 415-788-7324
Web: www.earthisland.org

March 7, 2008

*Celebrating
25 years
of growing
environmental
leadership*

Founder

David R. Brower
1912-2000

Executive Directors

John A. Knox
David Phillips

To Whom it May Concern,

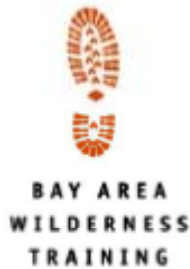
The purpose of this letter is to confirm that Earth Island Institute a California non-profit 501(c)(3) corporation has been the fiscal sponsor of Bay Area Wilderness Training since 1999. Earth Island Institute receives a fiscal sponsor fee on all Bay Area Wilderness Training's revenues, including grants, donations, licensing agreements and distribution as it does for some forty other projects under sponsorship. In return for this administrative fee and as part of overall responsibility for its projects, Earth Island Institute provides fiscal oversight, administrative services, training and technical assistance.

Earth Island Institute incorporates, supports and promotes activists working on diverse environmental projects around the world. As an alternative to dozens of separate nonprofits each duplicating basic administrative functions, EII encompasses a network of more than forty grassroots campaigns, each functioning with programmatic autonomy while sharing administrative resources and benefiting from a synergetic exchange of experience, ideas and energy. In addition, through promotion and membership development, EII is able to assist projects with outreach and to offer the general public avenues for citizen activism. The result is a powerful community of members, volunteers, and staff working towards a sustainable future.

We welcome questions that you may have about our sponsorship model in general, or our sponsorship of the Bay Area Wilderness Training in particular. Please feel free to contact me or Susan Kamprath, our Project Support Director, at 415-788-3666. For specific information about Bay Area Wilderness Training program content, I encourage you to directly contact Project Director Kyle MacDonald at 415-788-3666 ext. 125, kylemac@bawt.org or Executive Director Roger Miller at ext. 127, roger@bawt.org.

Sincerely,

John A. Knox
Executive Director
Earth Island Institute



BAY AREA WILDERNESS TRAINING
 A Fiscally sponsored project of
 EARTH ISLAND INSTITUTE

STOCK DONATION INFORMATION

One important donation opportunity for both donors and Earth Island projects is appreciated stock. The donor gets to claim the full value of the stock (as of the date that it leaves his/her hands), and the donor avoids what may be very significant capital gains taxes on the appreciated value of the shares over their original acquisition value.

Bay Area Wilderness Training is a fiscally sponsored project of Earth Island Institute and our tax ID is 94-2889684. This is the organization ID (also known as Federal Identification Number/FIN or Employer Identification Number/EIN). Stock donors often might want a copy of Earth Island's 501(c)3 letter and a letter from Earth Island stating that BAWT is a fiscally sponsored project. For that, please [click here](#).

While Earth Island can handle physical shares of stock, it is far more complicated a process than to simply transfer shares directly to Earth Island's Schwab account:

- Account Name: **Earth Island Institute**
- Charles Schwab Account #**3024-7477**
- DTC #**164**

If you or your donors have further questions, or if the donation is an actual paper share certificate, please have them contact Earth Island's Ellen Manchester at 415-788-3666, ext. 137, or via e-mail at ellenm@earthisland.org and please cc: Michael Kawalek at kawalek@bawt.org

If you expect to be receiving a stock donation, we must have the following information:

1. the name of the security;
2. the expected number of shares;
3. when the transfer is expected to take place
4. the name and address of the donor

Our policy is to sell all shares as soon as they arrive in our account, once we've confirmed that they are in fact ours.

Attached you will find a standard stock donation template for donors to fill out. Please keep in mind that we are not allowed to place a value on the donation, since that is a matter between the donor and the IRS, based on information from the donor's broker.

Ellen Manchester
 Development Associate
 Earth Island Institute
 300 Broadway, Suite 28

San Francisco, CA 94133
 415-788-3666 ext. 137
ellenm@earthisland.org

DATE: _____

TO: Earth Island Institute
ATT: Ellen Manchester
300 Broadway, Suite 28
San Francisco, CA 94133
415-788-3666 ext. 137
ellenm@earthisland

RE: Gift of stock to Bay Area Wilderness Training, a project of Earth Island Institute

Dear Earth Island,

We have made the following unrestricted, charitable gift to Earth Island Institute for BAWT's work:

_____ shares of _____
(number of shares) (name of security) (symbol)

Please designate this gift to: Bay Area Wilderness Training, a project of Earth Island Institute

If this gift is on behalf of one of BAWT's Climbing for Kids climbers or for some other specific purpose, please note that here:

The stock will be transferred

FROM:

Your name: _____

Your brokerage company: _____

Your account #: _____

TO:

Broker: Charles Schwab
Account name: Earth Island Institute
Account #3024-7477
DTC #164

I understand that my gift is tax deductible within the limits of the IRS Code and with reference to my own tax situation. I also understand that I need to confirm with my broker the value of the shares at the time of transfer and that I will be sent an acknowledgement letter once the stock has been received into Earth Island's account.

Sincerely,

(Full name as it appears on my account) (Phone number) (Email)