



# TEENS, Inc.

## Girls Leadership Program

### Spring Break Trip 2019

#### Family Information

Dear Families and Students,

This spring at TEENS, Inc., we are very excited to once again offer the Spring Girls Trip as part of our Outdoor Leadership Program. Our aim of this experience is for young women to find personal challenge and adventure within a supportive environment of their female peers. This will not be an advanced trip and no previous skill or outdoor experience is required. The staff facilitating the trip will be TEENS, Inc.'s Programs Assistant Cait Healy and Teamworks Program Manager Melissa Elbert.

Melissa has several years of experience leading camping trips with the TeamWorks program, as well as guiding camping and backpacking trips around the country with other organizations. She is a Wilderness First Responder and has experience hiking, camping and traveling with students.

Cait has also led several trips with TEENS, Inc. and has led kayak, surf, and bike trips on the East Coast. She also has a lot of experience camping and traveling with students.

We want girls to have a safe, fun, and challenging learning experience. We will be pushing their personal comfort zones and encouraging them to work as a team to overcome challenges. This may be their first outdoor adventure experience and we will be working as a group to learn backcountry living skills, as well as learning about the culture in Navajo Nation.

Some other topics we will cover and think about:

- Female empowerment and self-worth
- Leadership skills
- Healthy risk taking
- Perseverance during personal challenge
- Communication skills
- Connections to the natural world
- Cultural diversity

Tuition is based on a sliding scale. Please see the tuition section in this packet. Fees paid cover a portion of the cost for food, gas, equipment purchased, permits, guides, activities, and staff time. The majority of these costs are covered by grants and individual donations. Additionally, we will be doing fundraisers with the girls, in order to raise money for the trip. Each participant will be required to participate in 10 hours of fundraising for the trips. However, the amount of money a student can contribute towards the trip fee will never be a barrier to attending. Scholarships are available in many capacities. Please contact Cait if payment is a concern or if you feel you can sponsor another student's trip.

Please review all the information provided and complete the registration and safety forms. Take your time reviewing the packet in its entirety. If you still have questions remaining, please feel free to call. This packet needs to be completed and return to TEENS, Inc. by **January 25th**. We will be holding a parent meeting on **February 5th** at 6pm for all families whose daughters are attending the trip. This is for families to gain more information about the trip and pre-trip requirements, and meet the staff that will be facilitating. Students are also encouraged to attend this meeting.



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*Itinerary*

**January 25th**

Completed Application packet due

**February 5th**

**Parent Meeting.** Parents and girls meet at 6pm at TEENS, Inc. to go over trip details, answer questions, and talk about packing and preparation.

**February/ early March**

10 hours of group fundraising such as letter writing and bake sales, Frozen Dead Guy Day parking cars.

**March 22nd**

**Gear Check**

Meet at TEENS, Inc. at 5pm to do gear check, packing and pre-trip preparation. The meeting will last two hours. Parents do not need to be at TEENS, Inc.

**Sunday, March 24th**

Meet at TEENS, Inc. at 10:00 am to drive 6 hours to Moab. We will set up camp at Upper Onion Creek Campground and do an afternoon hike then settle in for the night.

**Monday, March 25th**

We will pack up after breakfast and drive 6 hours to Arizona, stopping along the way at WuPatki National Monument to explore the old Pueblo, petroglyphs and history of this area. We will then continue our drive to our final destination, Spring Valley Ranch Cabin in Flagstaff.

**Tuesday, March 26th**

Day trip to explore the Grand Canyon!

**Wednesday, March 27th**

We will sleep in! We'll make a big breakfast by the woodfire. We will have time to explore the forest around our cabin and hang out together. In the afternoon we will go into downtown Flagstaff to walk around and explore the art galleries and shops in town.

**Thursday March 28th**

Pack up, then drive to Canyon De Chelly in the Navajo Nation. We will have a guided horseback tour for four hours in the afternoon and learn about Navajo culture through storytelling and maybe even traditional Navajo food!

**Friday, March 29th**

Pack up, have breakfast and leave the campsite by 8:30 am to begin the 9 hour drive back to Nederland, hopefully arriving back to the Teen Center between 6 and 6:30 pm

**There will be no contact with families while we are away. Families can work with the assumption that no news is good news and we will call on the last day to let people know we are safe and confirm pick-up time.**



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If you need to get ahold of us during the trip, please call TEENS, Inc. at 303-258-3821 ext. 12 during TEENS, Inc. hours (M-F from 9am-7pm) or after hours call: 720-276-0100.

***Weather and locations***

Flagstaff is considered the high desert. Weather in March is cool with snow even possible. Typically we can expect daytime highs in the 40's or 50's and nighttime lows in the 20's. We will be staying in a cabin while in Flagstaff, but will want to have warm clothes/jackets for when out and about. The Grand Canyon and Canyon De Chelly and Moab will be warmer, but you will still want pants or leggings with long sleeves. We will make sure everyone has sunscreen and drinks lots of water.

We will be camping two of the nights. The first night in Moab where the temperature will be a high of 65 and low of 30.. Canyon de Chelly is the other place we will be camping on our last night and has similar weather. We will make sure everyone has plenty of warm sleeping bags and pads.

***Equipment, water and food***

TEENS, Inc. will provide all technical equipment, tents, camping gear, and sleeping bags. We will purchase the food and provide this for students. Our group will be expected to come prepared with clothing appropriate for our activities. You can see below the equipment list required for this trip. You will also notice a large quantity of the equipment and clothing we can provide and we welcome families to take full advantage of this service.

When we are camping with our vehicles we will be able to bring as much food and water as we like. The food will be simple camping style food, but we will still be able to have fresh food and some extra treats and luxuries. We will discuss the meal plan during our first group meeting and get input from everyone.

***Behavior and expectations***

We anticipate all of our students will have an excellent time, live up to expectations and get as much out of the experience as possible. We want to have lots of fun and challenge ourselves to learn new skills. Our expectation is that students will push themselves to their personal limit and be motivated to learn new skills. Although fun is a likely outcome, sometimes these experiences may be emotionally or physically challenging. We may be paddling for several hours, walking up big hills, and we may get wet, hot, hungry or tired. Our hope is students choose to persevere in these experiences and help their group members through these challenges as well.

Our non-negotiable behaviors include: bringing or using alcohol, drugs, vapes and tobacco, violence of any form, abusive language or behavior, bringing or using cell phones, bringing or using weapons, and sexual contact of any kind, including PDA. For all of these behaviors we will have serious discussions about whether the students involved will be able to remain on our trip. **If a serious breach of these expectations is made students will be sent home and need to be picked up at the airport immediately upon arrival. The cost of this return home will be \$300, or the cost of a return ticket. If TEENS, Inc. must coordinate transportation from the airport to Nederland then the cost will be \$600 that the family must pay.** We do not anticipate that we will encounter any of these non-negotiable behaviors, and our students will have no problems living up to our expectations.

If you have any questions at all, please contact Melissa or Cait [melissa@teensinc.org](mailto:melissa@teensinc.org), [cait@teensinc.org](mailto:cait@teensinc.org) or (303) 258 3821 ext. 13



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### Equipment and gear

This is a complete list of personal gear students need to have on the trip. We understand most families don't have all this gear at home so we can provide most of the major items. If the item has a ☺ next to it, TEENS, Inc. can provide it. We have an extensive supply of gear for students to use and we encourage students to use our high quality items. **All of your packed items must fit into 1 duffel bag or suitcase. We have limited packing room!**

#### Personal Clothing

**All these items need to be synthetic, fleece or wool.**

**No cotton at all please**

- T-Shirts x3 ☺
- Shorts x1- Synthetic like basketball or board shorts
- Rain Jacket and Pants ☺
- Swimsuit
- Synthetic/wool leggings x1 ☺
- Warm Fleece Jacket x1 ☺
- Puffy Coat ☺
- /Cup/Spoon
- light, long sleeve shirts x2 ☺
- Hiking Pants (lightweight)x2 ☺
- Warm Fleece Hat ☺
- Wool or Fleece Gloves ☺
- Underwear
- 3 pairs of wool socks ☺
- Brimmed Hat
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#### Other

- Any personal medications and inhalers**
- Government Issued photo ID** for airplane
- Toothbrush/toothpaste
- Sunglasses
- Towel
- Sunscreen ☺
- Camera (optional)
- pen ☺
- Book (optional)

Packing Ideas and tips:

#### Personal Equipment

- Hiking Boots or sturdy shoes ☺
- Comfy camp shoes (closed toe)
  - sandals / water shoes
- Large duffel suitcase ☺
- Day hike Backpack ☺
- Sleeping Bag ☺ (20° or warmer)
- Sleeping Pad ☺
- Head Lamp/flash light
  - Tupperware (bowl)
  
- 2 liter water carrying capacity  
(Gatorade bottles work well)

**NO ELECTRONICS (except cameras)!!!!**

**NO WEAPONS! NO POCKET KNIVES!**

**NO TOBACCO, DRUGS, ALCOHOL, VAPES!!!!**



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- You may bring a cotton t-shirt to hike in when it is hot or wear to bed, but the majority of your gear cannot be cotton as it holds moisture and can make you really cold. This means no jeans, no cotton socks, no cotton hoodies.
- It is really nice to have a clean change of clothes in the car to change into when we are done. It is a nice feeling to have clean clothes for the return trip.

Filling out this application does not guarantee acceptance to go on this trip. We anticipate more people applying to go on the trip than spaces available. The application process may include an interview and / or follow up conversations.

Application 2018

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Contact phone Number: \_\_\_\_\_(H) \_\_\_\_\_(C)

Parent Contacts:

Parent 1) \_\_\_\_\_ Phone numbers \_\_\_\_\_

Parent 2) \_\_\_\_\_ Phone Numbers \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

**Please tell us a little bit about yourself; how would you describe yourself and what do you like to do in your spare time?**

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**Why would you like to participate in our Girls Spring Break Trip?**

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**Our program is limited to eight participants. So please take the time to share with us why you think you will be a valuable member of our team?**

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**Anything else you would like us to know about, or any questions you would like us to answer?**

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Parent signature \_\_\_\_\_

Student signature \_\_\_\_\_



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*Tuition*

Tuition for all our outdoor programs is on a sliding scale based on family income. Our programs are heavily subsidized by grants and are still a third of the cost of other outdoor programs for teens in Colorado. We would love to make our programs free, however to serve as many students as possible and support those that do need free programming we have to include payment in some form. Please see the tuition scale below; based on your family income and how many people in your family you will find the cost you need to pay for your daughter to attend our program.

Please note that all rates below are subsidized by individual donations and grants.

**Deposit is due February 1st**

<b>Girls Leadership Program scale- 8 Students, 6 days</b>							
<b>Tuition</b>		<b>Number of people in your family</b>					
<b>Rate</b>	<b>Deposit</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
\$450	\$75	\$51,201+	\$57,601+	\$64,001+	\$69,101+	\$74,251+	\$79,351+
\$300	\$75	\$35,651- 51,200	\$40,101- 57,600	\$44,551- 64,000	\$48,101- 69,100	\$51,701-74, 250	\$55,251 -79,350
\$150	\$60	\$21,401- 35,650	\$24,101- 40,100	\$26,751- 44,550	\$28,901- 48,100	\$31,051- 51,700	\$33,151 -55,250
\$75	\$30	\$21,400 or less	\$24,100 or less	\$26,750 or less	\$28,900 or less	\$31,050 or less	\$33,150 or less

- **Please include a copy of your most recent family federal tax return that shows your annual income.**

We understand that there are often things that come up and make payment for this trip difficult that are reflected on your tax return. Please share with us information about why you may need further assistance to pay a lower amount for the program. No family will be turned away for financial reasons. Thanks for your support of TEENS, Inc. Outdoor Leadership Programs. . (Use an additional sheet if necessary)

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