



A Whole New Outdoors Experience!

Welcome to the 9th Grade 2020 Backpacking Program!

This three-day program from August 10 – 12, 2020 promises to be a perfect start to the academic year, offering students the chance to make new friends, relax and enjoy the sights of Mt. Tamalpais State Park.

On the trip, students will be hiking in small groups with Aspire Adventures Guides and SFUHS student leaders in our own Marin County. These hiking groups will change every day to give the students an opportunity to work with, and get to know, as many of their peers as possible. Our groups will travel on a number of different hikes that will give each team a unique experience during the day. These hikes have been selected to suit all abilities.

We are looking forward to teaching students about the flora and fauna of the local area, while learning safe backcountry travel techniques and 'Leave No Trace' wilderness ethics.

We have a delightful, nutritious and healthy menu prepared, with both vegetarian and vegan diets in mind. Attached you will find a student backpacking equipment list. These items are important, so please take the time to collect all the equipment and do your best to break in any new shoes that you might be bringing. If you do not have any of the items, and you are unable to borrow them from family or friends, you should be able to find them at your local outdoor store.

TIMELINE

Day one: Students and staff will meet at SFUHS at 9:00 am on Monday, August 10. We will pack buses and depart for Stinson Beach and our hiking trailheads. After some introductions and teambuilding games, students will meet with their instructors and hiking groups for the day to discuss routes, camp preparation, and equipment use and wilderness survival basics. Our groups will hike to Camp Alice Eastwood and spend the evening eating a hearty meal together, stargazing and cooking S'mores around group campfires.

Day two: Our day will start early with an all-group breakfast prepared by the Aspire Adventures staff, while the students warm up for the hike ahead with a large group yoga session. Students will spend quality time with one another during the day, while enjoying the dramatic view from the heights of Mt. Tamalpais as they head towards the summit. Groups will meet up back at base camp at the end of the day and a healthy dinner will be prepared by the Aspire Adventures staff. The students will spend the evening enjoying a campfire with music, games, skits and words of wisdom from SFUHS student leaders.

Day three: We start with a group breakfast before breaking down camp. Student teams with their guides will navigate their way on established trails out of the Marin Headlands to Muir Beach. From there we will load buses and head across the Golden Gate Bridge to Crissy Field for an afternoon picnic and closing activities at 4:00 pm. We invite parents, teachers and University High School staff to join us for a chance to meet the Class of 2024. You will find us above the West Bluff Amphitheater. This will be the pickup point for parents. Our picnic will conclude by 5:00 pm. We hope to see you there!

SIGNUP DETAILS

Sign and return all forms to:

San Francisco University High School
Attention: Carol Coles
3065 Jackson Street
San Francisco CA 94115

Please remember to be at SFUHS at 9:00 am on Monday, August 10. We will meet and load buses on Washington Street between UHS campus buildings. Feel free to email me directly with any questions – jbooth@aspireadventures.com or call 510 253-6813.

Thanks, we look forward to adventuring with you soon.



Joel Booth
Executive Director

ASPIRE ADVENTURES, LLC

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SFUHS 2020 BACKPACKING EQUIPMENT LIST

Please take the time to collect all the equipment on this list....

PERSONAL GEAR

- ☒ Sleeping bag
- ☒ Sleeping pad
- ☒ Small daypack for summit hike
- ☒ Hiking Backpack - sturdy internal or external frame that can fit everything on this list
- ☒ High-top hiking boots or sturdy sneakers - these need to be well broken in, so try to wear them a bunch before the trip
- ☒ Camp shoes – tennis or sports sandals
- ☒ Two 1-quart water bottles

CLOTHES

- ☒ Wool hat or beanie
- ☒ Baseball cap or visor
- ☒ Lightweight rain jacket and rain pants
- ☒ Down jacket, wool sweater or pile pullover
- ☒ Polypropylene or wool gloves
- ☒ Shorts
- ☒ T-shirt
- ☒ Long sleeve shirt
- ☒ Pair of pants (loose enough to hike in comfortably, and preferably not jeans)
- ☒ Thermal underwear - Smart Wool, polypropylene (or other synthetic) base layer - top and bottom
- ☒ Underwear
- ☒ Hiking socks – wool blends are great and thin sock liners

MISCELLANEOUS

- ☒ **Lunch for Day 1** - all other meals will be provided
- ☒☒ Sunscreen and lip balm
- ☒ Small flashlight or headlamp with new batteries (consider extra batteries)
- ☒ Sunglasses
- ☒ Personal medication (with instructions)
- ☒ Plate or bowl, spoon, fork, and cup
- ☒ Toiletries
- ☒ Journal and pen
- ☒ Optional Items: hacky sack, Frisbee, cards, camera

* Note: please leave all electronic devices at home. This will ensure the best wilderness experience and time with peers.

PARTICIPANT AGREEMENT, RELEASE AND ASSUMPTION OF RISK

In consideration of the services of Aspire Adventures LLC, their agents, owners, officers, volunteers, employees, and all other persons or entities acting in any capacity on their behalf (hereinafter collectively referred to as "AA"), I hereby agree to release, indemnify, and discharge AA, on behalf of myself, my spouse, my children, my parents, my heirs, assigns, personal representative and estate as follows:

1. I acknowledge that my participation in hiking, camping, and backpacking activities entails known and unanticipated risks that could result in physical or emotional injury, paralysis, death, or damage to myself, to property, or to third parties. I understand that such risks simply cannot be eliminated without jeopardizing the essential qualities of the activity.

The risks include, among other things: the hazards of walking on uneven terrain; slips and falls; falling objects; water hazards; exhaustion; exposure to temperature and weather extremes which could cause hypothermia, hyperthermia (heat related illnesses), heat exhaustion, sunburn, dehydration; and exposure to potentially dangerous wild animals, insect bites, and hazardous plant life; accidents or illness can occur in remote places without medical facilities and emergency treatment or other services rendered; consumption of food or drink; equipment failure; improper lifting or carrying; my own physical condition, and the physical exertion associated with this activity.

Furthermore, AA personnel have difficult jobs to perform. They seek safety, but they are not infallible. They might be unaware of a participant's fitness or abilities. They might misjudge the weather or other environmental conditions. They may give incomplete warnings or instructions, and the equipment being used might malfunction.

2. I expressly agree and promise to accept and assume all of the risks existing in this activity. My participation in this activity is purely voluntary, and I elect to participate in spite of the risks.
3. I hereby voluntarily release, forever discharge, and agree to indemnify and hold harmless AA from any and all claims, demands, or causes of action, which are in any way connected with my participation in this activity or my use of AA's equipment or facilities, **including any such claims which allege negligent acts or omissions of AA.**
4. Should AA or anyone acting on their behalf, be required to incur attorney's fees and costs to enforce this agreement, I agree to indemnify and hold them harmless for all such fees and costs.
5. I certify that I have adequate insurance to cover any injury or damage I may cause or suffer while participating, or else I agree to bear the costs of such injury or damage myself. I further certify that I am willing to assume the risk of any medical or physical condition I may have.
6. In the event that I file a lawsuit against AA, I agree to do so solely in the state of California, and I further agree that the substantive law of that state shall apply in that action without regard to the conflict of law rules of that state. I agree that if any portion of this agreement is found to be void or unenforceable, the remaining portions shall remain in full force and effect.

By signing this document, I acknowledge that if anyone is hurt or property is damaged during my participation in this activity, I may be found by a court of law to have waived my right to maintain a lawsuit against AA on the basis of any claim from which I have released them herein. I also agree that this document is valid for subsequent visits and participation at AA.

I have had sufficient opportunity to read this entire document. I have read and understood it, and I agree to be bound by its terms.

Print Name _____ Phone Number _____

Address _____ City _____

State _____ Zip _____ Email _____

Participant Signature _____ Date _____

PARENT'S OR GUARDIAN'S ADDITIONAL INDEMNIFICATION

(Must be completed for participants under the age of 18)

In consideration of _____ (print minor's name) ("Minor") being permitted by AA to participate in its activities and to use its equipment and facilities, I further agree to indemnify and hold harmless AA from any and all claims which are brought by, or on behalf of Minor, and which are in any way connected with such use or participation by Minor.

Parent or Guardian: _____ Print Name: _____ Date: _____