

SUMMIT HANDBOOK



Welcome to the 2010 Family Nature Summit!

We are thrilled that you have chosen to join us this summer in Lake Tahoe at the Granlibakken Conference Center and Lodge. Whether this is your first time or your fifteenth, we know you appreciate the unparalleled value your family receives from attending a Family Summit.

One of the aspects that is unique about Family Nature Summits is that children have their own program with other children their own age during the day while the adults are free to choose their own classes and activities. Our youth programs are run by experienced and talented environmental educators who are very adept at providing a fun and engaging program for children. Our adult classes and activities are also taught by experts in their fields and are equally engaging and fun. In the afternoon there are offerings for the whole family to do together as well as entertaining evening programs.

Family Summits is fortunate to have such a dedicated group of volunteers who have spent countless hours to ensure this amazing experience continues year after year.

This handbook is designed to help orient you to the 2010 Family Summit program.

We look forward to seeing you in Lake Tahoe!

Family Nature Summits

4675 MacArthur Boulevard, #550
Newport Beach, CA 92660
Phone/Fax: 949-743-2567
info@familysummits.org
www.familysummits.org

Date: 5-24-10

TABLE OF CONTENTS

Summit Information	Page 3
Summit Location	
Mailing Address	
Airport Shuttle	
Arrival and Departure	
Room Check-in	
Onsite Registration	
Summit Office	
Summit Store	
Scarves	
Recycling Scarves/Water Bottles	
Meal Times	
Group Picture	
Volunteers	
Summit Schedules	Page 8
First Day Schedule	
Daily Schedule	
How to Prepare for the Summit	Page 9
Educational Programming	Page 10
Childcare	
Early Discovery (Preschool)	
Junior Naturalist	
Teen	
Young Adult	

SUMMIT INFORMATION

Summit Location

Nestled in the trees above Lake Tahoe, Granlibakken offers a peaceful and serene setting to enjoy meeting up with Summit friends, old and new! There is a wide variety of Lake Tahoe lodging options, from bedrooms within townhouses, studios and suites, each decorated to complement the resort's natural setting.

Mailing Address

Granlibakken Resort and Conference Center
PO Box 6329
Tahoe City, CA 96145

Physical Address:

725 Granlibakken Road
Tahoe City, CA 96145

Reservations: 800-543-3221

Front Desk: 530-583-4242

Fax: 530-583-7641

Airport Shuttle

North Lake Tahoe Express is available to transport Summiteers between Reno Airport and Granlibakken Resort. The cost for a single passenger is \$60 round trip or \$30 one way. This reduces to \$37.50 each round trip when two passengers make one reservation and pay with one credit card. Three passengers will cost \$31.66 per person round trip and four passengers will cost \$26.25 each round trip.

In order to make a reservation:

The first step is to go to the following web site:

<http://transit.activitytickets.com/>

1. Identify the pick up location - should read **Reno Airport**
2. Select drop off location - should read **Granlibakken Conference Center**.
3. Go to the bottom of the page and fill in the three blanks. The Group Code is **FNS**.
4. Click Search Schedule.
5. Decide whether "one way" or "round trip".
6. Continue with filling in blanks and finalize the reservation.

Reservations must be made 24 hours in advance and the cancellation policy is 24 hours. Passengers wishing to make reservations by telephone can call 1-866-216-5222. Be sure and mention the code "FNS" to obtain the preferred pricing.

Logistics Coordinator

Carl Brown was born in Newfoundland, and currently lives in Nova Scotia, Canada. His first summit was in 2004 at Estes Park, Colorado. His wife is Gloria Brown, his daughter is Carla Brown (Green Lifestyles at 2009, Newsletter Editor, Board member) and he is grandfather to Nora and Russell. Carl worked 34 years with Imperial Oil, an affiliate of ExxonMobil as a Planning /Real Estate Manager. He retired in 2003 and has continued to do contract work with Imperial Oil since retirement. Carl has a business degree from Memorial University, Newfoundland. He says he enjoys dealing with people and has plenty of energy to coordinate, organize and manage. He says that must be why the Logistics Coordinator role fits his personality. He used to be a Venturer/Boy Scout leader dealing with ages 14 – 17. They experienced many outdoor activities including winter and summer camping, hiking and canoeing. He has also been an Advisor for the Duke of Edinburgh Program, a soccer and T ball coach. Lake Tahoe will be his fifth Summit.



Arrival and Departure

Plan to arrive at Lake Tahoe on Monday, July 5th between 12:00 and 7:00 pm for registration. Dinner will be served on Saturday from 5:30 to 7:00 pm, followed by a Welcome Orientation.

Departure is on Sunday, July 11th following hot breakfast (served 7:00 to 8:30 am). Granlibakken requests that all participants check out by 11:00 am on Sunday (unless other arrangements have been made with Granlibakken).

Room Check-In

Room check-in begins at 4:00 pm.

Registration

Summit registration begins at 1 pm on Monday, July 5th.

At registration, you will pick up your registration packet and class schedules and fill out required paperwork and pay any class fees due. There are check-in tables for adults, young adults, teens, junior naturalists

and childcare/preschool. There is also a table to sign up for university credit through Harrison Middleton University of Tempe, Arizona.

Adults may process any add/drops at registration on Monday. After Monday, add/drops will be handled at the Summit Office.

If you arrive after 7:00 pm on Monday, please visit the Summit Office Tuesday morning (location TBA) to pick up your registration packet(s).

Summit Office

The Summit Office is staffed by an administrator and volunteers. The Summit Office contains extra handbooks, scarves, nametags, maps, lost-and-found box, faculty mailboxes and any program information that you might need during the week.

The Summit Office is open from 7:00 am to 6:00 pm daily starting Tuesday, July 6th. **So that schedules can be printed timely for the instructors for the next day, all add/drops must be completed by 5:00 pm.**

Programming, class, general and personal announcements will be posted outside the Summit Office. Please check the board at least once a day for program or class changes and other important messages.

Summit Store

The Summit Store is staffed by volunteers and will have items available for sale from the faculty as well as water bottles and additional T-shirts. The Summit store will be open on Monday from 1 to 5 and then daily Tuesday through Saturday from 7 to 8:15 am and 12 to 6 pm.

Scarves

Whether this is your 1st or 25th Summit, the color of your scarf will indicate your Summit history. Representing the number of Summits attended, the scarves are an integral component of the Family Summit. Your scarf should be worn at all times. There are no rules to how you wear it and creativity is encouraged.

Color	# of Summits
Yellow	1
Green	2-4
Blue	5-9
Red	10-14
Purple	15-19
Maroon	20-24
Robin's Egg Blue	25 and up
Orange	Faculty
White	Volunteers

Recycling Scarves/Water Bottles

We encourage you to bring your scarf from the previous year(s) unless it is in need of changing out or you have a change of color.

If you still have a good water bottle from previous years, we hope that you will bring that to the Summit.

Replacements for scarves and water bottles will be available at the Summit store, but for each item you bring you will receive a Family Summit reusable grocery bag at no charge. Always remember, every little bit helps the Earth when we re-use our Summit stuff!

Meal Times

Meals will be served at the same time each day. If you are registered in an all-day field trip, sack lunches and/or breakfasts will be automatically made available near the transportation staging area as well as water to fill your water bottle. Special requests (i.e. gluten-free, vegetarian) should be made in advance to ensure you are accommodated. Please contact Gralibakken to ensure they have your dietary needs noted as well as the Summit office at info@familysummits.org to ensure appropriate sack lunches are available for you for any offsite activities you and/or your family are scheduled for.

Meals are included in the price of your lodging. You must be sure to wear your nametag at all times as this will be your meal card.

Full Continental Breakfast	6:30
Hot Breakfast	7:00 to 8:30
Lunch	11:30 to 1:00
Dinner	5:30 to 7:00

IMPORTANT NOTE: Some fieldtrips may begin prior to 8:30 am or return after 3:00 pm. Childcare is available to accommodate children before

and after their scheduled program times (\$5/hour per child). Lunch break for the Junior Naturalists and teen programs is from 12:00 to 1:00 pm, although at times they may be offsite. Please consult their class schedule.

Group Picture

On the last day of classes, there is always a group picture. We don't know in advance the timing or the place but announcements will be made so be sure to watch the message board at the office for details.

Volunteers

Volunteers are a critical part of the Family Summit experience to ensure things go smoothly and that this great family vacation continues each year. Longtime Summiteer, Rosanne Mistretta, has offered to again be the volunteer coordinator for the 2010 Summit. There are many ways to volunteer, some big, some small.

Here are a few of the roles:

- Van drivers and backup coordination of vans
- Golf cart shuttle driver
- Set up, staff and break down the Summit store
- "Ambassadors" to help new Summiteers and others
- Survey data entry

Summit Ambassadors: Do you remember how you felt the first time you attended a Summit and how overwhelming all the choices and activities were? At the 2010 Summit, we plan to implement our ambassador program to help Yellow Scarfers (first time attendees) get the most out of their Summit experience. We would like to have a good sized list of ambassadors to draw from so please contact Rosanne at volunteer@familysummits.org as soon as possible if you are interested in welcoming new Summiteers to the Summit family. If you are a new Summiteer and would like to be assigned an ambassador, please email welcome@familysummits.org

We also would like to tap into the varied talents of all Summiteers. What volunteer role interests you? Do you have experience with marketing, public relations, photography, computers, crafts etc? It's likely we can find a volunteer role for you!

Right now you are probably thinking "But I just want to take advantage of the course offerings, I don't want to miss anything!" **Volunteering doesn't have to be a long commitment - it can be an afternoon, an evening, or**

time spent on opening or closing day. It is up to you - you can choose your level of volunteerism. Any questions? Email Rosanne at volunteer@familysummits.org or call her at 215-266-5046.

Rosanne Mistretta has been coming to Summits with her family for the past 8 years. She has been a science teacher at Abington Friends School in Jenkintown, Pennsylvania for the past 10 years. She was also an attorney for the US Environmental Protection Agency in Philadelphia for 10 years before going back to school for a Master's Degree in Environmental Education and becoming a science teacher. She is the Summer Programs Coordinator for the Mokoma Conservancy, a nonprofit land conservancy group in Northcentral Pennsylvania, running educational outdoor programming every summer for the community.



SUMMIT SCHEDULES

First Day Schedule – Monday, July 5, 2010

12:00 to 7:00 pm	Summit Registration
4:00 pm	Granlibakken Lodging Check-in
5:30 to 7:00 pm	Dinner
6:15 to 7:00 pm	JN Orientation
7:00 to 7:30 pm	Summit Welcome and Orientation
7:30 pm	Evening Program

Junior Naturalist Welcome Program (6:15 to 7:00)

Parents and children are invited to come meet the Junior Naturalist Program Directors and Youth Group Leaders to discuss the overall program for the week. Once you've met as a group, you'll meet your child's group leaders individually.

Summit Welcome and Orientation (7:00 to 7:30)

After dinner, we will begin our Summit Welcome and Orientation program immediately followed by the evening program. We hope that all of you can join us as we kick off the 2010 Silver Bay Family Summit!

Daily Schedule – Tuesday, July 6, 2010 to Saturday, July 10, 2010

7:45* to 5:00 pm	Childcare services available
8:00 to 12:00 pm	Preschool Program
8:00 to 3:30 pm	Junior Naturalist Program
8:00 to 3:30 pm	Teen program
Varies	Young Adult Program
8:30 to 3:30 pm	Adult Programs
3:45 to 5:30 pm	Family and Afternoon Programs, free time
7:00/7:30 pm	Evening Program (check schedule)

*Earlier times are available. However, arrangements must be made in advance with childcare.

HOW TO PREPARE FOR THE SUMMIT

General

Summit participants should expect plenty of sun and should prepare accordingly. Light summer clothes for day and a light jacket or sweater may or may not be needed for evening outings.

Suggested Packing List

Sweater/sweatshirt	Sunscreen
Windbreaker	Sunglasses
Warm jacket	Camera
Rain Gear	Film
Pants and shorts	Camera batteries*
Long sleeve and short sleeve T-shirts	Binoculars
Comfortable walking shoes	Notebook
Sturdy hiking boots	Art paper
Extra shoes/sneakers (for getting wet/dirty)	Pens and pencils
Rubber boots/waders	Daypack or backpack
Extra socks	Lip protection
Swimsuit	Water bottle
Beach towel	Insect repellent
Hat	Flashlight
	Non-perishable snacks
	Alarm clock

*Recyclable batteries are highly recommended. It's not only good for the environment, but they also last longer than regular batteries in digital cameras.

EDUCATIONAL PROGRAMMING

Since the first “Conservation Summit” in July of 1970, the National Wildlife Federation has played host to hundreds of families and thousands of individuals at diverse locations throughout the North American continent (including Alaska and Hawaii).

Although the National Wildlife Federation is no longer the direct provider of the Family Summits program, NWF has assisted and encouraged Family Summits, Inc. to continue to provide opportunities for families and individuals to experience and learn about nature together in the Family Summits community. Family Summits, Inc. was created by a group of NWF member families and Summit participants dedicated to keeping the Summit tradition alive.

The Family Summit offers programming for all ages, linked by three educational goals:

- To develop hands on outdoor skills that encourage individuals and families to spend more time together in nature
- To explore and experience the cultural and natural heritage of the host geographical region, so that participants increase their connection with their local ecosystems
- To promote Summit participants to take year round conservation actions in their communities in support of the Family Summit mission.

These educational goals are supported by the following learning objectives:

- To experience, appreciate and enjoy nature daily
- To learn to create and protect wilderness habitats
- To explore and study diverse New York ecosystems
- To develop a civic responsibility to contribute to conservation solutions
- To increase awareness of Family Nature Summit priorities and programs through hands-on experiences
- To gain and enhance naturalist skills through classes, workshops and field trips

CHILDCARE PROGRAM

Childcare at the Summit is available only for parents attending classes, field trips or other Summit activities during the day that require supervision for their child/children.

Childcare Availability

Childcare will be available daily, July 6th through July 10th from 7:45* to 5:00 pm for infants and toddlers ages 2 and under.

Additionally, childcare is available for 3 and 4 year olds before and after their Early Discovery Program and for youths (5-12 years old) prior to and following their Junior Naturalist program. Children eat lunch with parents unless registered for lunch child care.

***IMPORTANT NOTE:** An earlier morning drop-off time can be accommodated. However, arrangements must be made with childcare at least 24 hours in advance of the day of your class to ensure availability.

Upon arrival at the Summit and receiving your final class schedule in your registration packet, for planning and staffing purposes, please sign up for specific childcare hours at the childcare registration table. At that time, please indicate the days and times you will need childcare for the week. Should your schedule change or additional childcare hours be necessary, daily registration will also be available from 12:15 pm to 12:45 pm in the Dining Room and from 1:00 pm to 5:00 pm in Pineview.

PLEASE NOTE: Parents/guardians should register for daily childcare at least 24 hours in advance.

Fees

Childcare fees are \$5/hour per child. Payment may be made by personal check, cash or travelers check to be paid to the childcare staff. Childcare hours and fees will be totaled and all payments must be made on the last day childcare services are used or by 5 pm Saturday, July 10th.

Supplies

Please bring the following supplies for your child/children, as applicable:

Change of clothes, socks, jacket,	Bottles/sippy cup
hat	Diapers/wipes
Favorite sheet or blanket, nuk	Snacks
Favorite toys	

Be sure to label each item with your child's name. Please also bring your child's nametag!

Director

Teri Schroeder is the director in the childcare program. Teri and her family began attending NWF Family Conservation Summits in 1985. Since that first summit, Teri has worked as a volunteer, as childcare staff and director and as a junior naturalist leader at many summits.



Staff

Childcare is also staffed with staff and volunteers who all have many years working with children in a variety of educational settings.

Special Notes for Childcare

- If you will need childcare for your infant or child during lunch time, please sign up for this service at opening day registration or in the dining room at the child care table 12:15 pm to 12:45 pm. Lunch care will only be provided if parents/guardians are registered for an all day field trip or activity or will be getting back late from a morning field trip.
- To arrange care for your child following his/her Preschool Program or Junior Naturalist Program, please indicate this need on your son or daughter's Preschool and/or Junior Naturalist Program Enrollment Form for each child and remember to sign up for these specific childcare hours at opening day registration as well.
- The childcare program will include activities for all ages.

EARLY DISCOVERY PROGRAM (Ages 3-4)

Your child in the Early Discovery Program will spend a fun filled week learning about their natural surroundings using their five senses. Touching slimy worms, smelling fragrant wildflowers, tasting yummy fruits, hearing croaking frogs and observing camouflaged insects will be some of the great fun that your Early Discoverer will have. We will be exploring rocks, worms, insects and seeds.

Your senses are the only way you can experience the bright magical world we live in. Through our senses, we will learn about nature and all that it has to offer us.

The Early Discovery program runs from 8 am to 12 pm Tuesday through Saturday. Parents wishing to attend full day classes can sign their child into afternoon child care. Participants should check in at registration on opening day. **NOTE:** All children must be potty trained in order to participate in the Early Discovery Program and must wear close-toed shoes.

Director

Sally Sherrard lives in Littleton, NH with her husband. She has her degree in Early Childhood and has worked with preschool children for 25 years. She is currently working as a Para-professional in the third grade. Sally attends the Summits with her son James and this will be their 16th Summit.



JUNIOR NATURALIST PROGRAM

The Junior Naturalist program is designed for children as young as 5 years of age up to those who have completed the 6th grade. In this program, kids will discover exciting new adventures in a program designed especially for them. Activities are age appropriate with three Junior Naturalist groups divided by grade level and the activities are designed to educate while having fun. The children will leave the Summit with an enhanced awareness and better understanding of our natural world.

Registration

The Junior Naturalist Program Directors will be available at the Summit Registration to answer any general questions you may have about the program. There will be an orientation for the program for children and their families on Saturday after the welcome orientation.

Schedule

The groups will gather at 8:00 am each morning to begin the day's adventures. Activities will run from 8:00 to 12:00 pm and 1:00 to 3:30 pm. You will be notified in advance if your child's group will be out for lunch or involved in an afternoon or evening program.

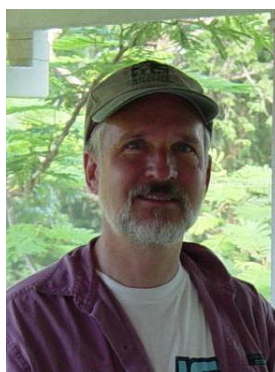
Junior Naturalist Family Handbook

Families with children attending the Junior Naturalist Program will receive a handbook covering what to wear, what to bring, program components, health and emergency procedures, behavior expectations and other information that will help you plan for the week.

For activities taking place during the Summit week, please view the Junior Naturalist schedule posted on the website.

Director

Steve Houser Jr. is an award winning teacher of gifted children at Providence Spring Elementary School in Charlotte, NC. He uses the natural world as a gateway for instruction in all areas of the curriculum. Hands-on and experiential learning are his main instructional strategies. In the past, Steve was selected to receive the Governor's Award as North Carolina's Environmental Educator of the Year, and he has been the recipient of the Presidential Award for Excellence in Math and Science Teaching (a program of the White House and the National Science Foundation). He is a North Carolina certified Environmental Educator and has been named an "Educator of Excellence" by the North Carolina Museum of Natural Sciences. He was selected as the 2009 US Earth Science Teacher of the Year by the American Geological Institute. One of Steve's goals is for his students to be happy, stimulated, and learning. He also strives to help children learn to be good stewards of the earth, and encourages them to go outdoors often.



Staff

The youth group leaders for the Junior Naturalist Program have been selected for their dedication and love of children as well as for their interests in outdoor education, nature study and environmental conservation. Their backgrounds include being teachers, naturalists and youth leaders. This year's staff includes **Peggy Hays**, **Sara Jackson**, **Leslie Krebs**, **Harmony Lehr** and **Leslie Sherrard**.

Peggy Hays teaches elementary science in Colorado Springs, Colorado. She has been teaching for 27 years in all grade levels with the past ten years as a science



specialist. She has also taught outdoor education classes and workshops for both students and teachers. She is married and has two grown children of her own. She loves the outdoors and enjoys helping children to appreciate and take responsibility for its preservation. She is excited to be returning for her seventh consecutive summit as one of the Junior Naturalist teachers.



Sara Jackson has worked for the Great Lakes Regional Center of the National Wildlife Federation in Ann Arbor, Michigan for the past eight years assisting with graphic design and outreach events. She works part-time for NWF and is excited to spend the other half of her working week combating invasive species, assisting with prescribed natural area burns, and leading volunteer work events for Ann Arbor Natural Area Preservation. Prior to moving to Ann Arbor she spent many years moving about the country teaching and directing programs at various environmental education and outdoor adventure facilities. She has a B.S. in Environmental Communications, Education, and Interpretation from The Ohio State University. In her spare time, Sara enjoys backpacking/hiking, traveling, reading, teaching piano lessons, taking snapshots, and spending time with her friends and family. This will be Sara's 8th Summit.

Leslie Krebs is originally from St Louis. She has both of her degrees from the University of Iowa; Elementary Education, (Science), Outdoor Recreation and a Masters in Science Education. Her teaching in environmental education has taken her to Massachusetts, Michigan, Wisconsin, Wyoming Iowa, and Ohio. These have included work with the Girl Scouts, National Park Service, and other fine non-profits over the years. She is currently employed with the McHenry County Conservation District in the Chicago area. She enjoys working with all ages in the outdoors and is pleased to be teaching at her 24th summit.



Harmony Lehr's background is science elementary education but her current position is teaching her two girls, 5 and almost 2, about everything! She has been attending summits since she was 8 and has been teaching at the summits for the past 7 years. This will be her 27th summit and each one has been a blast!

Leslie Sherrard is a National Board Certified teacher with 27 years of teaching experience in elementary and middle schools. She is currently teaching middle school math in Charlotte, North Carolina. Outdoor experience: Worked at Glacier National Park in Montana, attended the Lake George, NY Family Summit as a Jr. Naturalist teacher, Director of Camp Invention (a science camp for elementary students), assistant PADI scuba diving Instructor. She is a mom of two college age sons.



TEEN PROGRAM

Making a Difference

Each year, teens have an opportunity to reach new heights and learn ways to volunteer and improve their environment at home. Teens will learn how to stay involved with conservation efforts beyond the Summit.

The Teen Explorer Program is geared to meet the needs of junior high students that have completed 7th or 8th grade and the Teen Adventure Program is designed for students who have completed the 9th through the 12th grade. (A teen that is 18 years old and has completed the 12th grade by the time of the Summit has the option to be enrolled in the Young Adult program.)

Special Activities

Family Summits again offers special adventure outings at a low additional cost. A one-time fee will cover equipment rental and guide services. Payment is required in advance or may be paid on registration day. If your teen is physically unable to participate in any of these activities or if you have any questions, please contact the Summit Office at 949-743-2567 or info@familysummits.org.

For the camping trip, please bring your own sleeping bag, sheet (for warmer weather camping), pad, pillow, backpack, insect repellent and flashlight. Some tents will be available, but feel free to bring your own tent.

Schedule

The Teen Program runs from 8:00 to 3:30 pm each day, except during special activities and camping. Teens have lunch on their own from 12 to 1 and then the afternoon session is from 1 to 3:30, unless listed otherwise. All participants are expected to attend all daytime sessions unless prior arrangements are made by completing a release slip the day before

each session and giving it to the program director. Any changes to the length of the day schedule will be detailed at Summit registration.

For activities taking place during the week, please view the Teen Adventure and Teen Explorer schedules posted on the website.

The fee for the rock climbing, snorkeling and kayaking activities scheduled for the week is \$100.

Don't Forget

Remember to bring a daypack/backpack with important additional items like rain gear, necessary personal items for the day, water bottle and a snack

There will be plenty of opportunities for soccer, Frisbee, football, swimming and stargazing during free time. Please bring this and any other athletic equipment at your own discretion. You may also want to bring your camera and photography equipment to use during free-time. Teens are always expected to dress appropriately for each day's activities including comfortable shoes and clothing, sun gear and eyewear.

Director



Joel Schroeder became involved with the NWF Family Conservation Summits starting in 1985 and has either served on the teen staff or directed the teen program many times since then. He is a secondary science teacher and technology coordinator for a school district in Iowa. His current teaching duties include classes in all areas of science and some college-level science classes as well.

Staff

Christi Hadden has been working with students outdoors for ten years. This is her 8th summit. She currently resides in Harrisburg, PA where she teaches middle and high school art and adventure education at Yellow Breeches Educational Center. Previous to teaching at YBEC, she worked for the Chesapeake Bay Foundation and Catalina Island Marine Institute. Other than teaching, Christi loves to paddle, climb, dive, paint, draw, and garden. She is certified in swift water rescue, Red Cross CPR, first aid, and lifeguarding, and is a certified Wilderness First Responder. Her favorite living thing is kelp. She lives with her emotionally disturbed, 20 pound cat, Theo.

Penny Owens has nearly a decade of experience in the environmental education sector. Currently, she is the Education Coordinator and Assistant Biologist for Santa Barbara Channel Keeper, an environmental group working to protect and restore the Santa Barbara Channel and its watersheds. In her free time she enjoys playing in the ocean and being outside. This will be her 6th Summit working with the teens.

YOUNG ADULT PROGRAM

The Young Adult program is designed for participants aged 18-25 that have graduated from high school. They will participate in adventure activities including educational activities, climbing, hiking, kayaking, snorkeling and exploring the marvelous high peaks of the Sierra Nevada.

For activities taking place during the week, please view the Young Adult schedule posted on the website.

There is a cost of \$100 for activities including rock climbing, snorkeling and kayaking.

Items to Bring to the Summit:

Items to bring to the Summit:

long pants	sneakers	windbreaker or jacket
day pack	shorts	hiking footwear
4 pairs of hiking socks	water bottle	lip protection
notebook	sunglasses	swimsuit
pencil	sunscreen	sweater or pile jacket
insect repellent	rain gear	high energy snacks

optional: camera and binoculars

For overnight, please bring a sleeping bag, sleeping pad, backpack or other bag to keep your stuff organized, tent, and flashlight.

Director



Peggy Brosnan has been a leader for hiking, youth, teens, and young adult programs. A biology and genetics teacher, she advises an ecology club and Environthon team at one of the D.C. area's top public high schools. She has done hikes to 12,000, 14,000, 16,000, and 20,000 feet in the Alps, the Rockies, the Andes, and the Himalayas respectively, and camped inside Kilimanjaro's crater at 18,800 ft. She has kayaked Baja, New Zealand, Italy's Elba Island, and Alaska's Glacier Bay, but says that one kayaking moment in Canada's westernmost islands topped them all.