

Lake County Summer Backpacking Trip

Free trip for Lake County students completing 7th or 8th grade



Join your classmates from Lake County Middle School for a fun four-day camping trip this summer in the spectacular Sawatch Mountains above Leadville. Visit beautiful high alpine lakes, learn how to cook pizza on a camp stove, sleep under the stars, make great new friends, and challenge yourself! The trip is FREE for all participants and will be run by the High Mountain Institute in partnership with Full Circle and the Lake County School District. No experience is necessary.

Sample Itinerary:

Monday, July 25th – Wednesday, July 27th (9am – 4pm): We'll take these days to get to know each other and start preparing for the upcoming camping trip. We'll learn how to set up a tent, cook a meal on a camping stove, and read a map. We'll also go on a couple of short day hikes to warm up our hiking legs and go for a refreshing dip in Turquoise Lake.

Transportation will be provided to the High Mountain Institute's campus each morning (just outside Leadville by the Fish Hatchery) and back home at the end of the day.

On our final day before our camping trip, we'll pack all of the food and gear that we'll need for our four-day trip. All equipment will be provided.

Thursday, July 28th – Sunday, July 31st (three overnights): Then it is off into the wilderness for four days of camping! We'll hike through the spectacular Sawatch Mountains above Leadville. At night, we'll camp near crystal-clear alpine lakes and under star-lit skies. Over the course of the trip, we'll learn the basic skills to camp and travel comfortably in the wilderness. At the end of the trip, our minds will be full with memories of the beautiful views, four days of laughter, and all that we have accomplished.



Frequently asked questions:

Is previous outdoor experience required?

No, you don't need any previous outdoor experience to participate in the Lake County Summer Backpacking Trip. We'll teach you the skills you need to camp and travel comfortably in the wilderness. All you need is a willingness to try new things.

What equipment do I need?

We'll provide you with a packing list before the trip. All equipment that you need for the trip can be borrowed from the High Mountain Institute for free.



What kind of food will we eat while in the wilderness?

One of the things we like to do is to eat good food (and lots of it!). You'll have lots of ingredients with you—pasta, rice, cheese, flour, bagels, tortillas, sugar, spices—for you to use in making delicious meals. Typical breakfasts include pancakes, cinnamon rolls, and oatmeal; you'll often eat rice and bean burritos, pasta with cheese and veggies, or pizza for dinner.

Where will we sleep while on the camping trip?

While in the wilderness you'll sleep in a tent with 2-4 other students. Boys and girls will sleep in separate tents.

How many students can participate and how are they selected?

Up to 24 students from the Lake County Middle School who are currently finishing either 7th or 8th grade can participate this summer. If we have more than 24 applicants, we will select participants using a lottery system. Groups will consist of 8-12 students with two-three instructors.

Who will my leaders be?

The leaders for the Lake County Summer Backpacking Trip will include Becca Katz and Whitney Johnson from the High Mountain Institute, and Rohan Roy and Caroline Koehler from Full Circle. Becca and Whitney have been leading backpacking trips for the High Mountain Institute for 8 years and 3 years, respectively. Both Rohan and Caroline also have lots of outdoor experience. All leaders are trained in wilderness medicine.



Do I need to be a Full Circle student to participate?

No, the trip is open to any Lake County Middle School students who are currently finishing either 7th or 8th grade.

If I did the trip last year, can I participate again this year?

Priority is given to students who have not yet completed the Lake County Summer Backpacking Trip. However, if there are any spaces available after April 28th, we would love to have you participate again.

Do I need medical insurance to participate in the Lake County Summer Backpacking Trip?

No. All students are welcome to participate in the Lake County Summer Backpacking Trip regardless of whether they have medical insurance. We will buy short term insurance for any uninsured students (no physical is required) so that they have coverage for the duration of the trip.

What is the High Mountain Institute?

The High Mountain Institute is a small, educational non-profit located just outside Leadville near the Fish Hatchery. Working with teenagers is our specialty. Our main program is the HMI Semester, a semester-long academic and wilderness program for successful high school juniors. We also offer a variety of summer programs.



How do I sign-up?

Please complete the attached application form and return it to the front desk at the Lake County High School, Rohan Roy or Caroline Koehler from Full Circle (719-486-2400; olc@fullcircleleadville.org), or Libbey Holewski from the High Mountain Institute (719-486-8200 ext 107; lholewski@hminet.org; PO Box 970, Leadville, CO 80461). Additional copies of the application form are available online at:

<http://www.hminet.org/programs/lake-county-backpacking-trip>.

The application deadline is Thursday, April 28th.

The following students have completed the Lake County Backpacking Trip:

- **2010:** Emma Cary, Aarika Johnson, Shania Martinez, Nick Mejia, Jerrad Padilla, and Benny Perez.
- **2011:** Cindy Avila, Kendra Brecka, Jessie Coffin, Morgan Fitzgerald, Magali Gallegos, Dominic Griego, Bryan, Gutierrez, Nicole Mejia, Jonah Osborn, Julian Rascon, Andrew Sinclair, and Tori Stamps.
- **2012:** David Avila, Bryan Gutierrez, Diana Hernandez-Trejo, Tanner Herron, Elijah Lujan, Christian Luna-Leal, Michael Mandano, Eddie Monge, Julian Navarro, Ismael Ramirez, Luz Rosales, Justine Salazar, Libby Smeltzer, Tori Stamps, Cindy Avila and Paulina Fierro Parra.
- **2013:** Emma Azeltine, Andres Burciaga, Julio Gonzales, Rosie Guerrero, Diana Hernandez-Trejo, Justin Jiminez, Travis Kerrigan, Alex Kinnel, Joe Koch, Angel Martinez, Christian McGill, Aryha McNamee, Pablo Miramontes, Nayely Olave, Paulina Fierro Para, Matt Seibel, Libby Smeltzer, Zayden and Hara Tuft.
- **2014:** Ariel and Caroline Benney, Domonique Cooke, Tiana Drake, Angel Gonzales, Omar Hernandez, Travis Kerrigan, German Leanos, Ruben Luna, Abi Reigel, Brayhan and Stephanie Reveles, and Matthew Wadsworth.
- **2015:** Julian Cannell, Tiana Drake, Abigail and Hannah Holm, Matt Koch, Derrick Montoya, Zamira and Andrea Olave, Johnny Ramirez and Stephanie Reveles.