



Preparation

It is important for you to take time to mentally and physically prepare for your course. Look over the Course Preparation and Physical Fitness guidelines on your course web page. If you haven't started a fitness regimen, begin a moderate regimen immediately focusing on your cardiovascular health. If you are unsure how to begin a program appropriate for your fitness level, contact your physician for assistance. If you put off your fitness regimen until right before your course begins, you're definitely putting yourself at a disadvantage.

Note to smokers and caffeine drinkers: If you're a smoker, it's essential to quit before you arrive. Using your course as a means to quit smoking is NOT a good idea. You will be put in a number of stressful situations and a person suffering from nicotine withdrawal may not be able to effectively deal with those situations. If you are a caffeine drinker, it is also essential to quit or significantly reduce your level of consumption before you arrive. Caffeine withdrawal can cause severe headaches that may hinder your progress on course.

Shelter

Each crew will be given tents or megamids to set up as shelters. These shelters are designed to keep you dry during the night. You will also be given a ground sheet and a thermarest pad to place under your sleeping bag.

Food

Outward Bound practices Leave No Trace camping ethics. Therefore, we seldom build fires. You will be cooking on gas camp stoves. Your instructors will teach you how to use the stoves and you will be responsible for helping with the preparation of all meals for yourself and your crewmates. Your diet will be a mix of dehydrated foods, fresh fruits and vegetables. We use rice, tortillas, crackers, salami, cheese, peanut butter, jelly, tuna fish, pasta and trail mixes. The amount of physical activity you experience during your course demands a nutritious diet to help fuel your body. Junk food is not available on course. If you have special diet requirements, make sure we are aware by recording these requirements in your Medical Record booklet. For more information on nutrition, refer to page 1 of the Medical Record booklet.

Hygiene

You will be outside while on course and won't have access to a shower or bath. You will be able to do basic cleanup every day; brush your teeth, wash your face, and comb your hair. At the end of your course, you will be able to do a more thorough cleanup. Our staff are very skilled in field hygiene so please don't hesitate to approach them with any questions or concerns.

Waste Management

Since North Carolina Outward Bound is an outdoor program, you can expect to learn and use Leave No Trace minimum impact techniques. Know that it is natural to have questions regarding sanitation in an outdoor setting. Your instructors will answer your questions and will teach you the hygienic and environmentally safe way to dispose of waste.

Backpacking/Mountaineering

Lace up your boots and strap on your gear for this Andean adventure-- from eating local food and participating on a service project to backpacking up to 7,000 feet, deep into the varied terrain of the Nahuel Huapi National Park. You will be immersed in a unique cross-cultural experience.

During the first week of the expedition you will learn the basics of alpine travel and mountaineering. As your team progresses, so will your learning. Participants will develop teamwork while setting up camp, cooking their own meals over a camp stove and learning Leave No Trace techniques while minimizing their impact on the land. After some long and challenging days, you will be rewarded with a huge sense of accomplishment and memories that will last a life time. Toward the end of course you will learn the technical skills of glacier travel, crevasse rescue and ice climbing in preparation for a spectacular glacier traverse on the flanks of Mt. Tronador.

Service

Service will be a continuous theme throughout your course. The ethic of Service is practiced through Leave No Trace camping techniques, reaching out with compassion to your fellow crewmates and taking the opportunities to truly work together as a team to overcome obstacles and meet the challenges an Outward Bound course can provide.

Should you need verification of a service project and time spent on the project to meet any requirements at your school, you will need to alert your instructor of this requirement AT COURSE START.

Solo

Solo is a time for reflection and an opportunity to relax following the challenges completed and recharge for the challenges ahead. It is also a good time to write in the journals we provide. Solo is not a “survival test” and you are not dropped in a remote area. Rather, your entire crew is spread out in a designed area. Your instructors will teach you procedures to follow during solo and monitor you during this experience. You will know the location of your instructors’ solo site should you need to contact them but it is essential that you remain in your own solo site. You are given a whistle, food, water, sleeping bag and a personal tarp to create your shelter. Solo typically occurs more than halfway through your course and will not exceed 48 hours.

Personal Challenge Event

At the end of your course, you will participate in a personal challenge event. This is a great time to see how much your physical fitness and endurance have improved since you began your course. This event will be a running activity. It is not a race. Your instructors set a certain route for your crew and you complete the route at a level that will challenge you the most.

Background Reading

Here are some books that we encourage you to read as you start planning for your course:

Technical Skills:

Mountaineering: The Freedom of the Hills by Don Graydon and Kurt Hanson

The Outward Bound Wilderness First-Aid Handbook by Jeff Isaac

Leave No Trace: A Practical Guide to the New Wilderness Ethic by Annette McGiveny

Knots & Ropes for Climbers by Duane Raleigh and Mike Clelland

The Outward Bound Backpacker's Handbook by Glenn Randall

The Outward Bound Map & Compass Handbook by Glenn Randall

Patagonia Culture/History/Natural Environment:

Patagonia: Images of a Wild Land by David Neilson

The Last Cowboys at the End of the World: The Story of the Gauchos of Patagonia by Nick Reding

Patagonia: The Last Wilderness by Axel Bos and Daniel Rivademar