

### Maine Coast Sailing & Appalachian Backpacking

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Maine sailing and backpacking expeditions explore two wild and rugged environments: the shoreline, intricate rivers and granite, spruce-studded islands of the Maine Coast; and the craggy peaks of the northern Appalachian mountain range. This 22-day journey is an opportunity for those seeking a fresh challenge in a unique wilderness environment and an intense team setting. At sea, our 30-foot open sailboat serves as both home and classroom. In the mountains, students learn to camp and travel simply, relying on each other and what they can carry on their backs. In a phased teaching progression, instructors will introduce beginning, intermediate and advanced skills in mountain and coastal navigation, small boat seamanship and woods craftsmanship, weather observation, anchoring, and campsite selection. Regular group discussions allow for reflection on each day's progress, and ensure that leadership and responsibilities are shared so that every crew member is integral to planning the next day. Through living and working closely together, students learn far more than wilderness travel skills. The habits learned and strengthened through this sailing and backpacking expedition will serve students for life, and for whatever challenge is next.

#### In General

Your course will begin at one of the Hurricane Island Outward Bound's Program base camps, either at Wheeler Bay in Spruce Head, Maine or the L.L. Bean Mountain Center located in Newry, Maine. Here you will meet the members of your group and get an introduction to your requisite gear, briefings on emergency procedures and soon begin your adventure. Our courses are expedition-based, which means that you will leave the basecamp on the first or second day of your course and not return to it until the end of your first phase of course. Then you will transport to the other base camp for your next expedition where you use your skills in a new environment. On expedition, you will travel with all of the food and equipment you need for your expedition: stoves, food and water, etc. You do not need to have previous sailing, backpacking or expedition experience. We will teach you everything you need to know: packing and adjusting your pack, route finding, sail handling, steering, anchoring, navigating using maps, charts and compass, and living comfortably in the backcountry. Arriving physically fit will enhance your experience and ability to do well on the course and ultimately allow you to take full advantage of the expedition.

#### Course Area (Sailing)

The coast of Maine, with its intricate and indented shoreline, is a unique segment of the North Atlantic seaboard. It is renowned among sailors for its picturesque beauty, abundant bays and harbors, rocky islands, and quiet coves. Our cruising area covers nearly 200 linear miles of the Maine coast, with countless rivers, bays, and islands to explore. The rocky, spruce-covered islands are the summits of a prehistoric mountain range, and generations of inhabitants have made their livelihoods here. Evidence left behind on the islands reveals the historic presence of indigenous Abenaki camps, pre-colonial fishing grounds, post-colonial timber and farming operations, and early 20<sup>th</sup> century granite quarries. Cold, nutrient-rich waters flow from the Canadian Maritimes, and make the Gulf of Maine home to a wide range of sea birds, harbor seals, porpoises, and whales.

#### Course Area (Backpacking)

The northern Appalachian Mountains of western Maine and northern New Hampshire are ancient, bold and beautiful. You will backpack in one or more of the following areas: the Appalachian Trail, the White Mountain National Forest, the Carter-Mahoosuc Range, the Grafton Loop Trail, or the Caribou-Speckled Mountain Wilderness. These spruce-fir and hardwood forests are home to hundreds of species of birds as well as moose, deer, and black bear. Rock climbing instruction will take place at one of many granite cliffs you encounter along your expedition route. Most of this hiking terrain is protected from development and offers both pristine and established camping, rushing waterfalls, twisting streams, and spectacular views from rocky summits.

**Course Activities**

**Sailing** – The 30-foot open sailboat is your home and classroom. These seaworthy boats are rigged to take full advantage of the power of the Maine coastal winds, and when the winds do not cooperate, the boats can be rowed by two or four people pulling on oars. At night the boat can be configured as a sleeping platform and you and your watch mates will take turns at anchor watch under brilliant night skies. Underway, you will learn to set your sails properly for sailing at different angles to the wind, and to anticipate and respond to changes in weather. As you practice rowing, you will discover that by coordinating all of the rower's movements so that the oars splash as one, you halve the effort it takes to travel on windless days. You will learn to navigate using a chart and compass across open water and among the bold granite islands, concentrating on the environment around you.

**Backpacking** – Your course focuses on wilderness expedition skills. In the mountains, you will learn map reading, cooking, how to pack and adjust your pack, foot care, hydration, knots, and most importantly leadership and teamwork. Backpacking is a great combination of team and individual elements. The mountains of Maine are rugged, wooded, and will at times be muddy and steep, making it necessary to "spot" and coach each other thorough difficult terrain. At times you will travel on wilderness footpaths, at others, you will navigate off trail. From mountain peaks, if the weather cooperates, you will be rewarded with spectacular views. Living and traveling with just what you can carry on your back is a simple existence, in which small choices can make deceptively great differences. To live well in the outdoors, all crew members must share the chores that turn a camp into a home, including setting up tents and tarps, making a kitchen area, taking a turn fetching water, and cooking satisfying meals.

**Rock Climbing** – Weather permitting, you will spend a day rock climbing or rappelling from the sea cliffs of one of our remote island bases, or at one of the rocky cliffs in the Mountains. Your climbing day involves instruction in movement on rock and climbing techniques, as well as belaying and safety skills.

**Service** – Service is an integral part of the Outward Bound curriculum. We encourage service to the environment by practicing Leave No Trace® ethics throughout the course. We coordinate service projects with local land managers (US Forest Service, Maine Bureau of Public Lands, Dept. of Conservation, local land trusts, etc.) as well as with select social service agencies (nursing homes, hospitals, etc.). During your course, you and your crewmates will have the

**Note to Parents: What HIOBS Students Learn****On this course, students learn:**

- to pare down their "stuff" to the essentials needed for keeping warm, dry and well-fed;
- to navigate using a chart, map and compass to arrive accurately at the day's destination across bays and over mountains;
- to set a pace of rowing or hiking that covers each day's miles and gets everyone through together, an integral part of the team; and
- to live (cook, eat, sleep, work and learn) together aboard the boat and in the backcountry, contributing energy and ideas, sharing tasks and responsibilities, and relying on themselves and each other.

**As students learn these seamanship and backcountry backpacking techniques, they develop many essential skills and habits to help them achieve their potential at school, home and in their communities. They enhance their ability:**

- to give every challenge their best physical and mental effort, even when the goal seems beyond their reach;
- to differentiate between things they want and things they actually need. Living simply and taking good care of all they have develops independence and a sense of appreciation;
- to focus on the needs and learning of others as well as their own. It takes an entire crew to set sails, set up camp, break it down and create hot, delicious meals; the whole crew must participate mentally and physically;
- to share responsibilities, communicate and lead. In addition to the challenges of traveling and navigating, living together requires commitment to the support of crewmates and community as a whole. Leadership roles are shared within the group and responsibilities rotate each day; and
- to find reserves of tenacity and compassion. Maine sailing and backpacking courses are designed to expand and stretch the limits of students, individually and together, so that every expedition is a true accomplishment and a memorable journey.

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opportunity to participate in at least one coordinated service project as well as the multitude of opportunities to serve those in your immediate expedition community.

**Solo** – The solo experience is a standard element of Outward Bound courses. The solitude and break from the fast pace of your expedition allows for rest and reflection. With sufficient food and equipment, you will set up your own camp for part of a day and possibly overnight. Your solo site is chosen to offer as much solitude as possible, yet be within hearing distance of other group members. You will not travel during this time and will be mostly alone, though your instructors will check on you occasionally.

**Personal Challenge Event** – Our courses end with a Personal Challenge Event, an individual final physical push. These events might take the form of a running, rowing or swimming activity, or it may be a combination of the three. This event is a chance to finish your Outward Bound Experience with a true personal challenge where you can own all of your decisions and efforts in contrast to the time you have spent operating within an expedition team.

### High School Courses (ages 16-18)

Students entering the final years of high school are in a time of transition, developing learning and life skills while preparing for what's next, be it college, a career or a gap year adventure. To get ready for increased independence, older teens must be impelled to step up and make choices that have real consequences for themselves and others, with the support and supervision of knowledgeable and compassionate adults. Outward Bound instructors on Teen Courses specialize in coaching students to meet challenges and make good decisions, independently and as a group. Teen Courses are designed to be the perfect expedition classroom for this stage of life. Students need only to be physically fit and motivated to learn and work together. No previous wilderness experience is necessary—all travel and leadership skills are taught from the beginning, and each phase of the expedition builds on the previous one. By land or by sea, an expedition requires initiative, teamwork and problem solving, skills that will take them to any horizons they strive for.

### Course Progression

- 1. Training Expedition:** Initially, your instructors will focus on teaching the skills of sailing or backpacking and navigating, demonstrating maneuvers and coaching your group through the art of moving the team safely and efficiently.
- 2. Main Expedition:** The instructors begin to hand over technical responsibility for day to day running of the expedition while continuing to teach more advanced skills, and coach the finer points of leadership and teamwork.
- 3. Final Expedition:** Near the end of course, when you and your group have demonstrated the requisite leadership, problem-solving and technical skills, your instructors may remove themselves from participating in the decision-making and technical operation of the expedition.



**Course Skills**

**Expeditioning**

- ✓ Emergency preparedness
- ✓ Safety management and basic first aid
- ✓ Campsite selection
- ✓ Navigation with map or chart and compass
- ✓ Shelter construction
- ✓ Outdoor cooking
- ✓ Conservation practices
- ✓ Ropes and knots
- ✓ Route finding
- ✓ Stove use and maintenance
- ✓ Leave No Trace wilderness ethics
- ✓ Nutrition and ration planning

**Open Boat Sailing**

- ✓ Boat handling skills, sailing and seamanship
- ✓ Coastal piloting and navigation
- ✓ Coastal cruising and live aboard skills
- ✓ Tides, currents, and weather forecasting
- ✓ Anchoring
- ✓ Marlinspike seamanship

**Backpacking**

- ✓ Proper fit and loading of packs
- ✓ Moving efficiently over rugged terrain
- ✓ River crossings
- ✓ Above treeline travel

**Rock Climbing (weather dependent)**

- ✓ Belaying and rope handling
- ✓ System safety
- ✓ Climbing technique
- ✓ Rappelling

**Group Dynamics**

- ✓ Leadership and decision making
- ✓ Followership and expedition behavior
- ✓ Communication and conflict resolution
- ✓ Goal setting