Dear Parents,

We are very excited that your son will be joining us on the Fourth Form Expedition in the Jefferson National Forest October 10 – 13, 2015. We look forward to working with Wilderness Adventures at Eagles Landing, based in New Castle, Virginia, for this adventure.

During the expedition, your son will join a small group of new and returning students in the fourth form for a three-day backpacking trip. Each member of the group will be responsible for carrying his personal items and sharing the weight of tents, food, and other group gear. While the groups will hike several miles each day, they will also participate in other activities such as canoeing, climbing, team-building, high ropes, etc., as time and logistics allow.

Included in this mailing are a waiver and medical release and a packing list. Please return the waiver no later than September 6, 2015, which is Woodberry’s opening day. Additionally, it is important that your son returns to school with all of the gear on the packing list. Once he arrives on campus, there is little time to get any missing items. The most efficient way to do this is to simply load up a duffel bag with all of the gear for him to bring to campus. I would encourage you to look at the gear list closely as we have gone to great lengths to only put what is needed on the list. Your son does not need top-of-the-line gear for this trip. Non-cotton clothing from Wal-Mart, Target, or Bass Pro will work just fine. I believe the three most important items to bring are boots, a light/warm jacket, and a rain jacket. Please contact me if you have any questions about the gear or check out our FAQ in this packet.

I am really looking forward to going on the expedition this fall with your son. The trip is an amazing time of camaraderie, personal growth/challenge, and fun in a unique and beautiful environment. Finally, if you have any concerns, please do not hesitate to contact me. Wilderness Adventures does a great job of making this trip fun for all students, from those who have never set foot in the woods to others who have been campers their entire lives.

Sincerely,

Nolan LaVoie
Director of Outdoor Education
IMPORTANT! Please Remember...

Adventurers will spend 99% of their time outside; therefore as the following guidelines show, we recommend lightweight, durable, quick-dry clothing, a well-broken-in pair of boots or hiking shoes, good rain gear, and lightweight toilet accessories. Adhering to our packing tips will help to ensure your comfort in the outdoors. Remember, less is more when you are backpacking!

When packing for your adventure, please think small, light, and quick dry!!! Stay lightweight, since you will be packing all of your belongings into a backpack that you will be carrying on your back.

Clothing items made of fleece, polypropylene, wool, or Coolmax, which wick moisture away from the body and dry quickly, are much better than items made of cotton, which are heavier and slow drying. Please do not bring cotton. This includes sweat shirts, sweat pants, jeans, and cotton t-shirts. Please do not pack these to bring on trail, but you can pack them as your “change of clothes” for after the trip is over.

Bring clothes that you don’t mind getting DIRTY!!! (Not your brand new white tennis shoes; they will get dirty!)

To avoid foot problems, please BREAK IN any new shoes/boots for at least two weeks before arriving for your adventure.

We provide an all-purpose biodegradable soap for bathing and washing clothes using environmentally sound, backcountry techniques.

We do not recommend daily-wear contact lenses, which may be hard to keep clean. Be sure to pack a pair of glasses if you choose to wear contact lenses. Eyeglass retainers should be worn for all activities.

Do not bring valuables such as electronic equipment, jewelry, money, wallets, cell phones, iPods, etc. These items will not be allowed on the trail, and you run the risk of losing or breaking them. We cannot be responsible for damage, loss, or theft of such items.

For safety reasons, any jewelry or piercing must be studded. Hoops are not permitted.

For safety reasons, lighters, matches, and knives of any kind are not permitted, including pocket knives.
CLOTHING: The following items and quantities are required regardless of the number of days/weeks of attendance. Although this list may seem minimal, keep in mind that adventurers also carry group gear, food, and water.

1 SHORT-SLEEVED SHIRT (*NOT COTTON*)
1 LONG-SLEEVED SHIRT (*NOT COTTON*)
1 PAIR LIGHTWEIGHT & QUICK-DRY SHORTS (may also serve as a swimsuit)
3 PAIRS OF UNDERWEAR (preferably quick-dry/ non-cotton)
3 WOOL OR POLYPROPYLENE SOCKS (foot care is extremely important—absolutely no cotton!)
1 FLEECE OR CAPILENE TOP LAYER (no cotton sweatshirts, which are heavy and take a long time to dry)
1 CAPLINE/ THERMAL/ SILK LONG UNDERWEAR SET (leggings & top to keep warm overnight & in case of cold weather)
1 WARM WINTER HAT (wool or polyester)
1 PAIR OF GLOVES
1 MID-WEIGHT EXTERIOR JACKET (a lightweight shell, designed to go on top of fleece & other layers)
1 WATERPROOF, BREATHABLE RAIN JACKET (*Wilderness Adventures does provide a poncho for those who do not already own a rain jacket*)
1 RAIN PANTS (for wind and rain; if you do not own rain pants at the very least bring non-cotton, quick-dry pants)
1 HIKING SHOES or BOOTS (broken in!!! sturdy athletic shoes will suffice for 1-week sessions)

Optional Clothes:
* Zip lock with 1 pair cotton shorts/underwear, 1 cotton t-shirt for sleeping.
  (Keep dry & separate from the rest of your clothes so you are comfortable overnight.)
* Extra warm clothes if the weather looks like it will be cooler during your trip. (50 degrees Fahrenheit or lower)
PERSONAL CARE AND OTHER ITEMS:
Since our ultimate goal is to save weight whenever possible, we may consolidate these items upon arrival (several people can share one hand sanitizer, toothpaste, etc.).

<table>
<thead>
<tr>
<th>Required</th>
<th>Required</th>
<th>Optional (*)</th>
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<tbody>
<tr>
<td>TOOTHBRUSH</td>
<td>(3) HEAVY DUTY TRASH BAGS (30+gallon)</td>
<td>*(2) STUFF SACKS</td>
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<tr>
<td>TOOTHPASTE</td>
<td>(2) ZIPLOCK BAGS PER WEEK (gallon size)</td>
<td>*SUNGLASSES</td>
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<tr>
<td>INSECT REPELLENT</td>
<td>FLASHLIGHT/HEADLAMP (pocket size)</td>
<td>*COMB/BRUSH (small)</td>
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<tr>
<td>SUNSCREEN</td>
<td>EPI – PEN (if allergic to bee stings)</td>
<td>*DEODORANT trial size</td>
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<tr>
<td>EYEGLASS RETAINER</td>
<td>SMALL ZIP LOCK OF BABY WIPES</td>
<td>*FOOT/BODY POWDER trial size</td>
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<tr>
<td>HAND SANITIZER GEL</td>
<td></td>
<td>*SMALL ABSORBENT CAMP TOWEL</td>
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<td><strong>INHALER or ORTHOTIC if prescribed or recommended by a physician, even if not used on a regular basis</strong></td>
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<td>*HAT (baseball-type or visor – for sun protection)</td>
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<td>*BANDANA</td>
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Frequently Asked Questions

Here are some answers to some frequently asked questions about the Fourth Form Expedition:

Q. Do I really have to go?
   A. Yes. This is an amazing experience the entire Fourth Form has been going on for more than ten years.

Q. What will we be doing?
   A. Hiking, camping, canoeing, rock climbing, team-building, fires, having fun, winning....

Q. I am from the city. This is not going to work for me.
   A. If you open your mind up and challenge yourself you are going to have a great time.

Q. Do I really need everything on the gear list?
   A. Yes, although it is really up to you. The closer you follow the gear list the more comfortable you will be and the more fun you will have. The key elements are a warm fleece/hat, NO COTTON, and lots of layers. The weather is supposed to be nice; however, it is always good to be prepared. The school store carries just about everything you need for the trip.

Q. Do I really need hiking boots?
   A. Yes. Hiking boots will make the trip much more enjoyable. If this is a problem, please come see Mr. LaVoie ASAP.

Q. Which faculty members are going on the trip?
   A. Mr. Monahan, Mr. LaVoie, and Mr. Budlong.

Q. How are you three going to lead 115 boys into the woods?
   A. Wilderness Adventures provides two skilled trip leaders for your group. The WFS faculty will drop in and out periodically throughout the weekend; however, we will not stay with any one group.

Q. So will I be with my best friend for the entire time?
   A. You will be divided up by Mr. LaVoie into groups of 13-15, and the groups will be a blend of new and old boys. There are no guarantees on who you will be with.

Q. What about the food?
   A. There should be plenty of food and meals; however, feel free to throw in some granola bars, pop-tarts etc.

Q. I do not have a sleeping bag, tent, etc...
   A. No problem. Wilderness Adventures provides all of that gear for you.

Q. Is there a way to follow along back at WFS?
   A. Yes. Facebook and www.wfsoutdooreducation.blogspot.com will be updated frequently.
MINOR (under 18) - APPLICATION, MEDICAL INFORMATION & RELEASE

PLEASE PRINT CLEARLY THE FOLLOWING INFORMATION ON BEHALF OF THE APPLICANT:

YOUR GROUP NAME: ___________________________ DATES OF VISIT _______________________

Last_________________________ Preferred First Name_________________________ E-mail_________________________

Address_________________________ City_________________________ State_________________________ Zip_________________________

Phone (____) ___________ Date of Birth_________________________ Age_________________________ Male/Female (Circle one)

Person to be contacted in the event of an emergency: Name_________________________ Relationship_________________________ Phone(h)_________________________ (w)_________________________

DOES THE APPLICANT HAVE ANY MEDICAL CONDITION WHICH WOULD PRECLUDE HIM OR HER FROM PARTICIPATING IN ANY OF THE OUTDOOR ACTIVITIES LED BY WILDERNESS ADVENTURE AT EAGLE LANDING? If yes, explain and state which activities are prohibited:

__________________________________________________________

__________________________________________________________

__________________________________________________________

ALLERGIES OR DIETARY RESTRICTIONS:

Current medications

Chronic or recurring medical condition

Suggestions on health related information for camp personnel:

Name of medical/hospital insurance_________________________ Phone_________________________

Policy or Group #_________________________ Name of Insured_________________________

I give permission to the camp staff to administer medication for common complaints of headache, stomach discomfort, insect bites or stings, etc. (e.g., acetaminophen, ibuprofen, antacid, antihistamine). In the event the Applicant is injured, I hereby give permission for the WILDERNESS ADVENTURE AT EAGLE LANDING staff to administer first aid and/or select a physician to hospitalize, secure proper treatment for, and to order injections and/or anesthesia and/or surgery.

I hereby consent to and authorize the use of photographs or video of the Applicant by WILDERNESS ADVENTURE AT EAGLE LANDING for promotional purposes.

I understand that WILDERNESS ADVENTURE AT EAGLE LANDING’S activities include, without limitation, hiking, backpacking, camping, rock climbing, rappelling, canoeing, kayaking, caving, low ropes, high ropes, mountain biking, climbing wall, and zip line, and I understand the risks and hazards involved in such activities, including, without limitation, rough water conditions, hiking on irregular and steep terrain, the unpredictable forces of nature, accidents or illness in remote places, and vehicle travel. I understand that such activities may be subject to injury. I understand that such injuries may include broken bones, paralysis, or other serious injury or death. Therefore, in consideration of the acceptance of the Applicant into the WILDERNESS ADVENTURE AT EAGLE LANDING program, I, the undersigned, consent to the Applicant’s participation in such activities, and to his/her assumption of all of the above risks. I, personally and on the Applicant’s behalf, agree to forever waive, discharge, and release for myself and the Applicant, all claims that I and he/she may have against WILDERNESS ADVENTURE AT EAGLE LANDING, INC. and/or its officers, directors, shareholders, and employees, arising out of or resulting from his/her participation in the WILDERNESS ADVENTURE AT EAGLE LANDING program, and I agree to indemnify them from all liability, costs, and expenses incurred in connection with this release. The information provided on this form is true and complete to the best of my knowledge and the Applicant has permission to engage in any or all of WILDERNESS ADVENTURE AT EAGLE LANDING’s activities except as noted above.

_________________________ (signature) ___________________________ (date)

EMERGENCY CONTACTS (PLEASE COPY & KEEP FOR YOUR RECORDS): If you should have an emergency or other need to contact us or someone staying at our facility, please call the Base Camp at (800) 782-0779 or (540) 884-8792. In the event that our business lines are not answered, feel free to call any of our directors at their residence: Gene Nervo (540-400-0400 or 540-529-6215), Patrick Boas (540-230-0352), or you can also call our Staff House (540-884-7965).
Printable To Do List

◊ Pack a gear bag with all required gear

◊ Submit completed waiver via mail, fax, or e-mail by Sept 6, 2015

Nolan LaVoie
7 Woodberry Station
Woodberry Forest VA 22989
nolan_lavoie@woodberry.org
540-672-1026 (fax)

◊ Read complete packet to include FAQ

◊ Email Mr. LaVoie with any and all questions.
Waiver is also available online to print: [Click Here for Access]

Unfortunately, we are not capable of doing waivers online

For more information feel free to email by clicking the link below

**Nolan R. LaVoie**

Nolan LaVoie

7 Woodberry Station

Woodberry Forest VA 22989

nolan_lavoie@woodberry.org

540-672-1026 (fax)

Click below for a

[Video from last year’s trip](#)