



YELLOWSTONE FOREVER

BACKPACKING SUMMIT TO VALLEY #180717

Start: 7/30/2018 at 6:00 p.m.

End: 8/5/2018 at 3:00 p.m.

Location: Yellowstone Forever's Gardiner Offices
308 Park Street, Gardiner, MT 59030

Welcome to Yellowstone National Park. If you are a newcomer to the Yellowstone Forever Institute, you will be amazed at what awaits you during each day of exploration. We are glad that you are able to join us on what is sure to be an unforgettable backcountry adventure. Our goal is to provide you with an enjoyable, high-quality educational experience and a safe and memorable visit to Yellowstone.

The following information is provided to help you prepare for your program. Please read it thoroughly and call us at 406.848.2400 or email contact@yellowstone.org if you have any questions. We recommend all first time visitors seek general park information through the National Park Service at 307.344.2107 or www.nps.gov/yell.

Important Information Included in this Document:

- Letter from Your Instructor
- What's Included
- How to Prepare for this Program
- Suggested Reading
- Yellowstone Forever Park Store Information
- Yellowstone Forever Supporter Information
- Code of Ethics
- Cancellation Policy
- Travel Information
- Supplemental Lodging Information

From the Instructor

Many visitors to Yellowstone National Park fantasize about a backpack trip deep into Yellowstone's wild heart, away from crowded roads and immersed in one of America's last remaining intact ecosystems; although, they may also be apprehensive about undertaking such an adventure on their own. In this course, we provide an opportunity for such an experience in company of two instructors who between them have spent innumerable days hiking, camping and exploring the remote reaches of Yellowstone in both summer and winter. They will share their knowledge, gained through experience and research, of safe travel while enjoying (and learning about) such a wild setting.

Our route will take us through old growth (predating European influence) lodgepole into one of the healthiest whitebark pine forests remaining in the entire greater Yellowstone area. A layover day will provide the opportunity to explore the high alpine with light day packs and experience stunning views along the remote



YELLOWSTONE FOREVER

eastern boundary of Yellowstone. Additionally, this provides a chance early in our trip to contemplate both the natural history of this harsh environment and the cultural history of the Tukadika who lived, and thrived, in such a seemingly inhospitable place.

We will cross the boundary into Yellowstone at Republic Pass into the Cache Creek drainage. This is the heart of the 1988 Clover/Mist fire that was one of the largest single components of the great 1988 Yellowstone fire complex, burning over 567 km². Traversing this stark landscape, will provide ample motivation to discuss and think about the implication of past fire ecology, and the future of changing fire regimes in response to a rapidly warming climate. The Cache Creek trail will provide views of mountains like *THE THUNDERER* and a chance to investigate places with intriguing names like *Death Gulch*.

A final layover day will be spent near the confluence of Cache Creek and the Lamar River. This will provide an opportunity to gain views from high points, like the southwestern ridge of Mt. Norris, or a longer hike to Specimen Ridge and Amethyst Mountain. Evenings will provide an opportunity for backcountry fly-fishing in either Cache Creek, the Lamar River (or both).

Our entire route will traverse the densest concentration of charismatic megafauna to be found anywhere in North America. There is no guarantee we'll see grizzly bears, bison, wolves, bighorn sheep, or mountain goats, but there is a chance of seeing them all. One thing for sure, though, is that spending seven days in remote Yellowstone essentially guarantees wildlife experiences that will last a lifetime. In other words, there is no telling what we *might* see!

We have found that the greatest rewards in the outdoors require significant effort and determination. While none of our route will involve technical or exposed terrain, some of the time will be spent off-trail at high elevation, on steep terrain with uneven footing, and will require a high level of fitness. Additionally, travelling with a group often involves compromise, but the boons of good company throughout a backpacking trip is worth it.

Prior to the course, we will correspond with participants about how to prepare for such an undertaking, including suggestions on what to pack for backcountry fly-fishing *if* anyone is interested.

Sincerely,
Jesse Logan
David Laufenberg

What's Included:

Your tuition includes daily outings and transportation during your program. It does not include transportation to the park, park entrance fees, meals, or lodging. Gratuities are not included in the price of programming. If you would like to recognize exceptional service by an Institute staff member, tips are appreciated. Donations to support Yellowstone Forever educational programs are also appropriate and will be used to improve and expand opportunities for people to make deep connections to Yellowstone.

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Continuing Education Credit

Many of our Field Seminars are recognized by universities across the country. We are happy to provide a letter of completion and supporting documentation that you can submit to the institution of your choice to request approval for university credit or CEUs.

Lodging Option

Yellowstone Forever Institute students in Field Seminars based out of Gardiner, Montana, may have the opportunity to stay in our comfortable lodging at the Yellowstone Overlook Field Campus for an additional charge. The Yellowstone Overlook features comfortable cabins on 80 acres, awe-inspiring views, and easy access to the northern section of the park. Cabins include self-serve kitchens for preparing meals and open-floor plans for group dining and evening activities. For more information please see the last page of this document. Feel free to call our contact center at 406.848.2400 to make your reservations today.

How to Prepare for this Program:

How fit do you need to be?

This program is an activity level 4 and students enrolled in this program are expected to be active participants. Be prepared to hike up to 8 miles per day, at a brisk pace, comfortably, with climbs up to 1500 feet on dirt trails. Loose rocks, uneven footing, and off-trail hiking are possible. Good coordination is recommended. We recommend you begin an exercise program right away if you have not already done so. Participants residing at lower elevations may want to arrive a day early to adjust to the altitude. To learn more about how specific medical conditions can be affected by Yellowstone's environment and our activities, please visit www.Yellowstone.org/experience/health-information/

General Clothing and Equipment List

Much of your time will be spent outdoors and all programs are held rain, snow, or shine. You should be prepared for a variety of mountain weather conditions and temperatures. Appropriate clothing, equipment, and footwear are very important. Spring, summer, and fall temperatures can range from below freezing in the mornings to 85 degrees Fahrenheit in the afternoons. The layered use of garments for protection against the wind, sun, and temperature extremes should guide your clothing choices. Loose-fitting layers allow you to maintain a comfortable and dry body as outside temperatures change, and as your own body temperature and moisture output changes with different levels of exertion. Some colder-weather items may not be needed in July or August, but please keep in mind that Yellowstone's weather is unpredictable.

Equipment:

Yellowstone Forever field staff assigned to your program will be carrying a first aid kit, bear spray, and emergency communication device.

- Daypack**, with enough capacity to carry extra clothes, water, lunch, camera, binoculars, field guides, etc.

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- Water bottle**, one-quart is the minimum recommended. Camelback or similar hydration systems work well in summer but can freeze in winter.
- Sunglasses**
- Sunscreen/lip protector**, sun at high altitude can burn unprotected skin quickly.
- Camera, binoculars**
- Notebook/pencil**
- Pocket hand and foot warmers**, recommended November through May.
- Flashlight/Headlamp**, a small light for walking to and from your cabin in the evenings and mornings.
- Alarm**, so you're on time for the day's activities.

Summer Clothing:

- Insulating underwear**, capilene, polypropylene, or similar wicking fabric.
- Midweight insulating layer**, light, 200-weight synthetic fleece or wool shirt/pullover.
- Heavyweight insulating layer**, wool, down, or heavy-weight fleece jacket, for less-active times.
- Waterproof and windproof outer layer**, lightweight and breathable. Jackets and pants are recommended.
- Short sleeved shirt**, cotton okay in summer, but synthetic wicking shirts are ideal.
- Pants**, synthetic hiking pants, lightweight pile/fleece pants or tights or similar. Jeans are not recommended.
- Hats**, both a brimmed sun hat and an insulating hat for cool weather.
- Gloves**, lightweight glove liners and a pair of wool/fleece gloves or mittens.
- Socks**, light wool or synthetic liner sock with heavier wool or synthetic outer sock. The inner-outer sock combination helps prevent blistering, wicks moisture and reduces friction. Cotton socks do not wick moisture and are not recommended.
- Hiking boots**, that provide stability, traction, and comfort. Unless you've consistently hiked in athletic shoes, bring boots that provide ankle support.
- Off-duty shoes**, sandals, athletic shoes, or other leisure footwear.

Emergency Services

- Each backpacking course is accompanied by at least one instructor with current Wilderness First Responder certification and who is trained in Yellowstone Forever Institute safety protocols and emergency procedures.
- For backcountry emergencies requiring advanced medical care, National Park Service (NPS) emergency medical technicians are on-call at locations throughout the park. Yellowstone Forever Institute instructors carry the "Spot" GPS signaling device and portable radios that can be used to call NPS to the scene of an emergency. Keep in mind, emergency help can take a long time to arrive at a remote location.

Once a patient has been transported out of the backcountry, ambulance service to physician-staffed clinics throughout Yellowstone at Mammoth Hot Springs, Lake and Old Faithful, in addition to hospitals in surrounding towns, is available.

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PERSONAL EQUIPMENT CHECKLIST

Important information about each item of equipment is detailed on the following pages.

Personal Gear

- *Tent
- *Backpack
- Backpack rain cover (large garbage bag or internal pack liner)
- *Sleeping bag
- *Sleeping pad (self-inflating or closed cell)
- Headlamp
- Bear deterrent spray
- Sunglasses
- Sunscreen/lip screen
- Toiletry bag: toothbrush and baking soda, baby wipes/wet wipes
- Insect repellent
- Hand Sanitizer: alcohol based hand cleaner

Clothing- Upper Body

- Long-sleeve nylon travel shirt
- Light- or mid-weight capilene or other synthetic top
- Synthetic jacket or down sweater/jacket
- Synthetic fill or down vest (optional)
- Rain/windproof jacket (to fit over synthetic jacket or down jacket)

Clothing- Lower Body

- Nylon shorts or pants
- Underwear
- Light- or mid-weight capilene or synthetic long underwear bottoms
- Rain pants (to fit over pants)

Head and hands

- Sun hat or baseball cap
- Wool or synthetic stocking cap
- Mosquito head net
- Gloves or mittens (wool or synthetic)

Footwear

- Hiking boots
- Camp shoes/water shoes
- Socks (wool or synthetic) two to three pairs
- Sock liners (optional)

Cooking, Eating and Drinking

- Stove/cooking system (may be shared)
- Cooking gear (cup, spoon, and bowl)
- Food storage bag
- *Bear-resistant food storage canister (for classes above tree-line)
- Hydration reservoir and 1-liter bottle
- Water treatment tablets/iodine,/chlorine dioxide (such as Aqua Mira and Katadyn)

Waste disposal

- Toilet paper
- Gallon-size zip-lock bag for trash
- Opaque bag (to hold and hide waste paper)

Other Items

- Wristwatch with an alarm
- Bandana
- Foot repair kit
- Tampons and zip-lock plastic bags for waste
- Medications
- Extra eye glasses
- Contact lenses and solutions

Optional items to consider

- Camera
- Lightweight binoculars
- Notebook or journal
- "Crazy Creek" chair or pad
- Gaiters (depending on season)
- Trekking poles

Please don't bring

- Cell phones

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- Stereos or radios
- Perfumes and deodorants
- Large knives or hatchet

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DETAILED EQUIPMENT LIST

Weight: Without food and water, the base weight of your pack and gear should weigh approximately 25 to 30 pounds maximum, even for a 10-day trip. Hiking lightweight is not a new concept. Anyone who has hiked for an extended period of time knows the value of lightening the weight one carries. A lighter backpack helps propel you uphill, lessens the impact to your joints on the way down, and helps you enjoy the overall venture even more. Lighten the "BIG THREE": tent, sleeping bag, and backpack. These items usually rank as the heaviest one carries into the backcountry. Cutting down on these items saves pounds!

Equipment Quality

Good-quality gear means a lot to both your comfort and safety in the field — but doesn't need to cost a fortune. If you choose to buy your equipment, purchase the best you can afford and plan on many years of use. Discount and surplus stores can be a good source of synthetic or wool clothing, but don't rely on these places for tents, packs, sleeping bags or boots. For these essentials you'll need to visit a specialty shop with a trained sales staff. Even equipment from top manufacturers goes on sale in the off-season.

Group Gear

You may be asked to carry some of this gear:

- *Tents.** Mountain Hardware Skyledge tents (sleeps two) are available to share with another participant if you like.
- Bear ropes.** We provide 50-foot lengths for hanging food and cooking equipment at night. You need to provide a bag to contain your food. Please see the Cooking, Eating, and Drinking section below.
- Trowel.** Our strategy for the disposal of solid human waste is to bury the waste in individual "cat holes." (We'll discuss this on the first day of the course.) Our group will share the "U-Dig-It" brand that is made of sturdy metal with a folding handle.
- Gravity water filter system** that filters and holds 2 gallons.
- Water bucket** to retrieve water.

Personal Gear

You need to provide the following equipment:

- *Tent.** Make certain it is complete, in good condition, and fully waterproof. Familiarize yourself with its setup and use.
- *Backpack.** Either an internal or external frame model that fits well and is comfortable when fully loaded. We recommend 5000 to 6000 cubic inches. Everything should fit inside the pack, not tied to the outside where it can be lost or damaged. Consider adding external side pockets to increase capacity and provide a place for hard-to-pack items.
- Backpack rain cover.** Remember, backpacks are not waterproof. You should waterproof everything within the pack and/or use a cover of coated nylon. A heavy-duty trash bag works well as a liner to keep the contents of your bag dry.
- *Sleeping bag.** This is your ultimate insulating layer and final refuge when everything else is wet and cold. Yellowstone can, and does, receive snow during any month of the year. Choose a bag that's rated to

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YELLOWSTONE FOREVER

at least 20 degrees. You can choose synthetic or down insulation; both are very warm for their weight. If you plan on using a down bag, be certain to keep it dry. Line your sleeping bag stuff sack with a heavy-duty trash bag to keep it dry or use a breathable, waterproof stuff sack.

- *Sleeping pad.** A lightweight, closed-cell or inflating mattress provides comfort and, more importantly, insulates you from the ground.
- Headlamp.** Remember to replace batteries before your trip and bring extra batteries and bulb.
- Bear spray.** We strongly suggest you carry a canister of bear deterrent spray. While the chances of a confrontation with a bear are remote, it's important to be prepared for such an event. Pepper sprays are deemed the most effective, non-lethal response. Look for an aerosol spray designed specifically as a bear deterrent containing a minimum of 10 percent Capsicum, and having an effective range of at least 25 to 30 feet. Carefully read all instructions and precautions and familiarize yourself with its use. Make sure it has an effective "safety" mechanism and a holster or similar means of securing it to the hip belt of your pack or other easily accessible location. Our instructors prefer the "Counter Assault" brand because of the holster. We'll address the topic of bear safety during the first day of the course. Airlines do not allow bear spray, so you'll need to purchase it upon arrival if you are flying. For your convenience, we have bear spray for sale at our Bozeman airport store Destination Yellowstone, or at REI.
- Sunglasses.** Eye-damaging ultraviolet light is more intense at higher elevations. Sunglasses with 100 percent UV protection are essential. A protective case and "Chums" or other eyewear retainer will protect your investment.
- Sunscreen.** Bring plenty and use it liberally. We recommend unscented sunscreen if possible to reduce bear-attracting smells. See important bears and odorants information in the WILDLIFE section below.
- Toiletry Bag.** For dental hygiene, a small, travel-size toothpaste or small container of baking soda is plenty. We suggest baking soda since it leaves less of an impact and is less of a bear attractant. Consider baby wipes/wet wipes.
- Insect repellent.** Mosquitoes can be intense during the early season and common throughout the summer. Wearing extra clothes is one of the most effective ways to protect yourself from mosquito bites. Many people prefer this to using a chemical repellent. Rain jackets and pants work well for bug protection in camp but are hot and impractical while hiking. On the trail, lightweight, loose-fitting clothing or insect repellent is the best option. DEET is the standard ingredient in chemical insect repellent. The EPA and CDC have determined that DEET can be safe when used properly. The percentage of DEET in a formula affects the length of time it is effective. For example, five percent provides approximately an hour and a half of protection and 24 percent provides approximately five hours. Picaridin (KRB 3023) is another repellent recommended by EPA and CDC. Seek a repellent that has little to no smell. Cutter's makes a repellent without DEET or odor.
- Hand Sanitizer.** A small bottle of alcohol-based hand cleaner.

Clothing

Bring a series of layered garments that can be mixed and matched to suit the ever-changing conditions. Make certain outer layers fit comfortably over base layers. For light weight and the ability to insulate when wet, synthetics are best. Bring clothing made of nylon, polypropylene, fleece pile, or high-quality wool. In general, bring a layer to hike in; rain and wind protection; and up to three insulating layers, depending on the season.

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YELLOWSTONE FOREVER

- Long-sleeve nylon travel shirt.** These shirts are light, cool, and dry quickly, providing essential protection from the sun and insect bites. Loose-fitting clothing is best for bug protection. Some people prefer to wear a synthetic t-shirt underneath. A clean shirt for each day is not necessary and will only make your pack heavier. Wear the same clothes over again whenever possible.
- Light- or mid-weight underwear top.** A long-sleeve top made of polypropylene, capilene or similar fabric, for sleeping in or as the base layer of insulation.
- Down or synthetic fill jacket.** A down coat may be adequate in late summer, but isn't suitable for the wet early season. All other insulating layers should fit under this one.
- Down or synthetic fill vest (optional).** If you are taking a spring or fall course, or you know you get cold easily, consider adding this additional half layer.
- Rain/windproof jacket.** A waterproof, breathable fabric such as Gore-Tex is recommended. Make certain it fits over everything else and keeps you dry. A poncho is not adequate.

Lower-body layers: You will need shorts or pants to hike in, wind and rain layers and an insulating layer or two.

- Nylon shorts or pants.** One pair is plenty. They should be sturdy, lightweight, and quick drying. Pants are highly recommended over shorts for sun and bug protection. Nylon pants with zip-off legs are convenient.
- Underwear.** Many men seem to prefer hiking shorts with a built-in mesh liner. Women and men might want to consider synthetic fabrics being used in undergarments. It's best to avoid cotton; it gets wet, stays wet and can lead to chafing.
- Light- or mid-weight long underwear bottoms.** Polypropylene or similar material. For sleeping or as a base insulating layer. For cold weather courses in May, early June or September, consider expedition-weight polypropylene.
- Rain pants.** Choose coated waterproof nylon or a breathable fabric such as Gore-Tex. Consider side leg zippers or a style that allows you to remove the pants without removing your boots.

Head and hands:

- Sun hat or baseball cap.** A wide brim is best for protection from the sun at higher altitudes.
- Synthetic or wool stocking cap.** Use during cold mornings and evenings, and while sleeping at night.
- Mosquito head net.** Fine mesh with a drawstring works best. You might not need it, but they weigh only a few grams and can make or break a trip if the mosquitoes are bad.
- Gloves or mittens.** One pair is probably sufficient for cold mornings. Choose light wool or synthetic fabric.

Footwear:

- Hiking boots.** Volumes have been written about choosing and properly fitting boots. This may be your most significant equipment decision, as boot choice dictates the entire experience. For this trip you need sturdy boots designed for backpacking. Light hikers or cross-training shoes are not sufficient. Boots should have a lugged sole to provide traction. The soles should also be stiff enough to prevent rock

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bruises and stress fractures under a heavy pack. The uppers should be stiff enough to provide support and protect the foot from rocks. Finally, they must be comfortable to wear for hours on end. If your boots are new, wear them **often** before the course. If they have been properly fitted they will not need much breaking in, but wearing them should alert you to potential problems before your course.

- ❑ **Camp shoes/water shoes.** Consider lightweight tennis, running, or approach shoes. Not only does it feel great to get out of your boots at the end of the day, but lightweight shoes will reduce our impact on the soils and vegetation around camp. Tevas, Crocs, or other open-toed sandals work well, but leave your feet more susceptible to injuries. Keep in mind either your camp shoes or hiking boots must be worn for stream crossings as we do not allow barefoot crossings.
- ❑ **Socks.** Keep a pair packed in your sleeping bag so you'll always have a dry pair in reserve. Bring two to three pairs for hiking and wearing with your camp shoes. Choose wool or wool-synthetic blends.
- ❑ **Sock liners (optional).**

Cooking, eating, and drinking:

- ❑ **Stove.** Plan on sharing with others. We recommend lightweight stoves such as the Jet Boil or MSR Pocket Rocket.
- ❑ **Cooking gear.** Bring only the essentials: a single pot, insulated plastic mug with lid, a single spoon, and bowl if needed.
- ❑ **Food storage bag.** Park regulations require all food and food preparation items be hung beyond the reach of bears whenever they are not being used or transported. Bring a lightweight, waterproof dry sack. It should be big enough to hold all your food and cooking gear. Lining it with a heavy-duty plastic trash bag will reduce odors and help keep your food dry, even if your bag is not waterproof. We supply the ropes.
- ❑ ***Bear-resistant food storage canister.** For backpacking trips that take place above tree-line (ie. Beartooths) a canister is the best way to store your food.
- ❑ **Water bottles.** Two 1-quart plastic bottles or a hydration system with a 2-quart capacity for staying hydrated on the trail.
- ❑ **Water treatment.** All water consumed in the backcountry needs to be treated. Our primary organism of concern is *Giardia lamblia*. Treatment can be accomplished by boiling water, treating it chemically, and/or filtering. Boiling water is impractical because it uses too much time and fuel. Iodine- or chlorine-dioxide-based treatments such as AquaMira or Katadyn are effective, simple, readily available and, perhaps most importantly, lightweight. Bring enough to treat at least 4 to 6 quarts of water per day per person. If you opt to use a filter, make sure it has a fresh cartridge designed to remove protozoa and bacteria. Be certain it is in good working order and that you know how to clean and repair it. The "Steri-pen" is another popular device that uses UVB rays to purify water. Water purifiers can be shared to reduce weight. ***We provide a group gravity water purifier for use at camp in the evenings.***

Waste disposal:

- ❑ **Toilet paper.** If using toilet paper you need to make provisions to pack out the soiled paper. Burning and/or burying the paper are not options. The easiest way to pack it out is to bring along a couple of zip-lock bags, double bag the used paper and transport it in a small nylon stuff sack or opaque plastic bag. The same approach should be used with tampons.

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- Garbage bags.** The plastic bags used to repackage your food can be reused to transport garbage and food scraps, but you might need one or two gallon-sized empties to get you started. We recommend bringing an opaque bag to hold and hide waste paper.

Other Items:

- Wristwatch with an alarm.** For early starts and staying organized as a group.
- Bandana** (optional). One or two cotton bandanas for a variety of uses.
- Foot repair kit.** Your instructors will be carrying first aid kits, but you may want a personal supply of band-aids, mole-skin, tape, etc. for blister prevention and treatment.
- Tampons and zip-lock plastic bags for waste.**
- Medications.** Bring any prescription medications as well as pain relievers like ibuprofen for sore and achy muscles. Scented muscle creams attract bears and should be left at home.
- Extra eye glasses.**
- Contact lenses and solutions.**

Optional items to consider:

- Camera.** Think about how you will protect it from rough handling and the elements. Also, keep your total pack weight in mind.
- Lightweight binoculars.** The Yellowstone Forever Institute will provide one or two spotting scopes for group use on wildlife courses.
- Notebook or journal.**
- "Crazy Creek" chair.** Or something similar (like a small foam pad) to sit on.
- Gaiters.** These keep rocks, dirt, and mud out of your boots and are essential for May and June courses. Clean boots and socks dramatically decrease your chance of obtaining blisters. Gaiters also reduce our impact while hiking by allowing us to stay on the main through those wet and muddy sections. Tall gaiters provide added protection and double for winter use, but the short styles are cooler in the summer.
- Trekking poles or hiking staff.**

Please don't bring:

- Cell phones.** It is unlikely you will get a signal. We have other provisions for emergency communications.
- Stereos or radios.**
- Perfumes, deodorants, or other scented items.** (see important bears and odorants information in the WIDLIFE section)
- Large knives or hatchets.**

Food

Participants supply their own food for the course. Food is an important part of any expedition and deserves careful planning. Beyond providing the fuel to propel you down the trail during the day and keep you warm at night, well-prepared meals mean the difference between being at home in the backcountry and just "toughing it out" until you get to a good restaurant in town. The ability to create nutritious, tasty dishes under any

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condition is a sure sign of an experienced traveler. Outdoor stores offer easy-to-prepare dehydrated meals. These meals can be expensive, but are lightweight and easy to prepare and clean up. Consider combining prepared dehydrated foods with fresh food from the grocery store for well-balanced, moderately priced meals.

Key points to keep in mind about food:

- Keep preparation and cleaning simple. Try for one-pot meals.
- Anticipate a big appetite. Depending upon your metabolism you can easily burn 3000 to 5000 calories a day hiking at elevation. If we experience cold weather your caloric needs may increase.
- This is not the time to "drop a few pounds." The low-fat diet we strive for at home might not cut it here. Ensure you're getting the right kinds of fats and that you've got a proper ratio of fats, proteins and carbohydrates. Think of food as fuel.
- You may want to consider taste testing meals and various brands beforehand.
- Avoid meals that are messy or time-consuming to prepare.
- Avoid foods with strong odors that might attract animals.
- Pick ingredients that will carry and keep well, but don't rule out fresh foods: tortillas, bagels, some fruits, carrots, onion, garlic and most cheeses do just fine for the few days we will be out.
- Consider weight. Food can be a big part of your overall pack weight.

Backpacking Ethics

Visitors exploring Yellowstone's backcountry have a special obligation to tread as lightly as possible. These seldom-visited portions of the park are fragile and can be easily impacted by even well-intentioned travelers. All Yellowstone Forever Institute backpacking courses emphasize minimum-impact wilderness camping and travel skills and encourage awareness of the effects we may be having on the ecosystem.

To guide our behavior during the course we teach and practice the principles of the national Leave No Trace (LNT) program. Leave No Trace, Inc., is a nonprofit organization dedicated to promoting and inspiring outdoor recreation through education, research, and partnerships with federal land management agencies, outdoor schools and equipment manufacturers. The LNT ethics practiced during our course are expressed in seven principles:

1. Plan Ahead and Prepare
2. Travel and Camp on Durable Surfaces
3. Dispose of Waste Properly
4. Leave What You Find
5. Minimize Campfire Impacts
6. Respect Wildlife
7. Be Considerate of Other Visitors

Detailed information about each of these principles can be found on the LNT website:

<http://www.lnt.org/programs/principles.php>

Wildlife

Respect for wildlife is especially important here in Yellowstone. Our backpacking instructors take every precaution to ensure our behaviors do not adversely affect any animals we might encounter. We accomplish this by several means: chief among them, simply by keeping our distance. We invite you to bring binoculars, spotting scopes, and telephoto lenses to assist in observation and photography. The Yellowstone Forever

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Institute provides one or two spotting scopes for group use.

The Yellowstone Forever Institute also emphasizes bear safety. The precautions we take are designed to protect both the bear and the backpacker. During our backpacking orientation, and throughout the course, we address situations to avoid and precautions to take both on the trail and in camp.

A critical aspect of bear safety means **keeping odorants from attracting bears**. Bears perceive the world through their noses and have a remarkable ability to track odors to their source. Most people understand that it's important to hang food and odorants while in bear country, but not everyone understands what constitutes an odorant. Anything that has fats or oils in it – like sun screen or a topical first aid ointment – is an odorant that cannot be applied late in the day and must be hung along with food. Medicines not needed during the night need to hang also, as do water bottles that have had flavoring in them.

Suggested reading

- Craighead, Frank C. 1979. *Track of the Grizzly*. Sierra Club Paperback Library.
- Ferguson, Gary. 2003. *Hawks Rest: A Season in the Remote Heart of Yellowstone*. National Geographic.
- Hough, Emerson (Author) and Scott Herring (Editor). 2014. *Rough Trip Through Yellowstone*. Riverbend Publishing.
- Ladigin, Don and Mike Clelland. 2005. *Lighten Up!: A Complete Handbook for Light and Ultralight Backpacking*. Falcon Guides.
- O'Bannon, Allen and Mike Clelland. 2001. *Allen and Mike's Really Cool Backpackin' Book*. Falcon Guides.
- Russell, Osborne (Author) and Aubrey L. Haines (Editor). 1965. *Journal of a Trapper*. Bison Books.
- Schullery, Paul. 2004. *Searching For Yellowstone: Ecology and Wonder in the Last Wilderness*. Montana Historical Society Press.
- Smith Doug W. and Gary Ferguson. 2012. *Decade of the Wolf*. Lyons Press.

Park Stores

Our Park Stores feature more than 900 books, maps, and videos to help you plan your visit, along with a wide selection of shirts, hats, and other logo items to remind you of your visit to Yellowstone. Yellowstone Forever supporters receive a 15 percent discount on merchandise online or at any of our 11 locations in and around Yellowstone. Proceeds directly support Yellowstone. Visit: Shop.Yellowstone.org

Supporter Program

Yellowstone Forever Supporters directly fund priority park programs and projects. Supporters also provide scholarships for teachers and help expand programming for underserved youth. Benefits include a subscription to our magazine *Yellowstone Quarterly*, early registration and discounts for Yellowstone Forever Institute programs, and discounts on retail purchases throughout Yellowstone (exclusions apply). If you are

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not yet a supporter of Yellowstone Forever, an introductory subscription (one year) to our magazine *Yellowstone Quarterly* is included with your tuition. For more information, visit: Yellowstone.org/donate

Code of Ethics

The Yellowstone Forever Institute is committed to demonstrating a high standard of appropriate and ethical behavior in Yellowstone. As a participant in a Yellowstone Forever Institute program, we ask you to adhere to the following Code of Ethics. In addition to the ethics highlighted below, the Institute abides by all National Park Service rules and regulations. We also practice Leave No Trace guidelines for traveling responsibly in the wilderness.

Observing wildlife: We will do our best to have as little impact on wildlife as possible. Animals will be observed from a distance, using high-powered spotting scopes to help keep our presence from affecting their behavior. Participants should not expect to get close-up photographs of wildlife. The Yellowstone Forever Institute will adhere to National Park Service regulations by keeping a minimum distance of 25 yards from bison, elk, bighorn sheep, deer, moose, coyotes and nesting birds and 100 yards from bears and wolves. We will not entice wildlife with food, animal calls or any actions that change their behavior.

Leave what you find: It is illegal to remove natural or cultural artifacts (plants, animals, bones, rocks, etc.) from Yellowstone. Yellowstone Forever Institute instructors have permission from the National Park Service to manipulate plants, rocks, bones, etc. for educational purposes and will return them to their natural positions and locations.

General etiquette: Yellowstone Forever Institute groups will be considerate of other visitors and respect the quality of their experience. Voices and vehicle sounds carry great distances and affect both wildlife and people—remaining silent or very quiet while watching wildlife lets the sounds of Yellowstone (including wolf howls) prevail.

Roads and vehicles: Expect wildlife on the road, and drive at or below the posted park speed limits. When stopping to observe wildlife or other park features, the Yellowstone Forever Institute will move vehicles entirely off the road. If there is no safe pullout available, we will drive to the next safe place and walk back to observe the wildlife. We will not stop in the middle of the road, and should a traffic jam develop as a result of our activities, we will cease the activity.

Properly dispose of waste: We will pack out all trash, leftover food and litter. Your instructor will discuss techniques for properly disposing of human waste in the field.

Traveling lightly: When hiking or walking in Yellowstone, we will use existing trails and boardwalks. We will follow appropriate techniques when walking off-trail. Walking around muddy or wet places in the trail increases erosion and negatively affects the resource; proper equipment is essential to hiking

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ethically. Participants should come adequately prepared with the equipment listed for their course and should expect to walk through mud, snow or puddles in the trail.

Thank you for helping us set a good example in Yellowstone!

Field Seminar Cancellation and Refund Policy

If you cancel within seven calendar days of your registration date, your payment is refundable less a \$50 per person per course processing fee. Under most circumstances, if you cancel on the eighth calendar day or after, from the date of registration, 100% of registration payments will be forfeited. If lodging is cancelled after the eighth calendar day from the date of registration, 100% of lodging payments will be forfeited. Applicable taxes will be refunded in the event of program or lodging cancellations. We reserve the right to cancel a course up to 30 days before the first class day. If we cancel, you will receive a full refund of your payment. We urge you to take out accident, baggage, and trip cancellation insurance through a travel agent or website such as [TravelGuard.com](https://www.travelguard.com). Travel insurance can help protect you against financial loss if you must cancel or interrupt your trip.

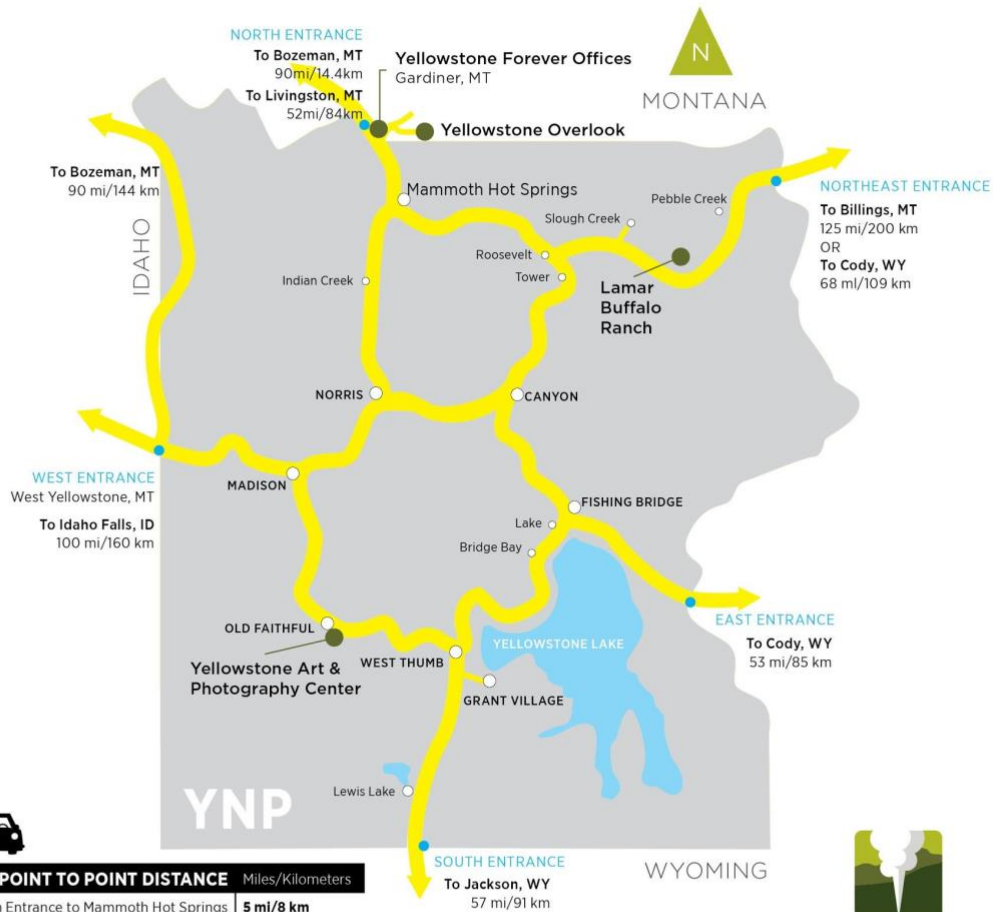
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Yellowstone Map **YELLOWSTONE FOREVER**



| POINT TO POINT DISTANCE | | Miles/Kilometers |
|---------------------------------------|-------------|------------------|
| North Entrance to Mammoth Hot Springs | 5 mi/8 km | |
| Mammoth Hot Springs to Norris | 21 mi/34 km | |
| Norris to Canyon | 12 mi/19 km | |
| Norris to Madison | 14 mi/23 km | |
| Madison to West Entrance | 14 mi/23 km | |
| Madison to Old Faithful | 16 mi/26 km | |
| Old Faithful to West Thumb | 17 mi/27 km | |
| West Thumb to South Entrance | 22 mi/35 km | |
| West Thumb to Bridge Bay | 21 mi/34 km | |
| Fishing Bridge to East Entrance | 27 mi/43 km | |
| Fishing Bridge to Canyon | 16 mi/26 km | |
| Canyon to Tower Falls | 19 mi/31 km | |
| Roosevelt to Northeast Entrance | 29 mi/47 km | |
| Roosevelt to Lamar Buffalo Ranch | 11 mi/17 km | |
| Roosevelt to Mammoth Hot Springs | 18 mi/29 km | |

| ELEVATIONS | | feet / meters |
|---------------------|-------------|---------------|
| North Entrance | 5314 / 1620 | |
| West Entrance | 6667 / 2032 | |
| South Entrance | 6886 / 2099 | |
| East Entrance | 6951 / 2119 | |
| Mammoth Hot Springs | 6239 / 1902 | |
| Old Faithful | 7365 / 2254 | |
| Grant Village | 7733 / 2357 | |
| Lake | 7784 / 2373 | |
| Canyon | 7734 / 2357 | |
| Roosevelt | 6270 / 1911 | |



OPEN ROADS

YF FACILITIES

ENTRANCE GATES

COMMON POINTS OF INTEREST

1 mile (mi) = 1.609344 kilometers (km)

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YELLOWSTONE OVERLOOK FIELD CAMPUS INFORMATION

Directions:

From Livingston, travel south on Highway 89 into Gardiner, Montana. Just before you cross the Yellowstone River, you will see the Conoco gas station on your right and 4th Street on your left. Turn left on 4th Street (you'll see a green sign indicating 5 miles to Jardine) and go up the hill for 1.5 miles. Turn right on Above the Rest Lane at the sign for the Yellowstone Overlook Field Campus (by the mountain man carving) and follow the signs to the cabins.

From Yellowstone, leave the park through the North Entrance and go through the Roosevelt Arch. Turn left on Highway 89 towards Livingston. Cross the bridge over the Yellowstone River. You will see the Conoco gas station on your left and 4th Street on your right. Turn right on 4th Street (you'll see a green sign indicating 5 miles to Jardine) and go up the hill for 1.5 miles. Turn right on Above the Rest Lane at the sign for the Yellowstone Overlook Field Campus (by the mountain man carving) and follow the signs to the cabins.

What to bring:

Each cabin includes a fully equipped kitchen for you to prepare meals. You will need to bring your own food and toiletries. Groceries are available nearby in Gardiner. Linens and towels are provided. Smoking is not allowed in the cabins. Camping and pets (with the exception of service animals) are not permitted.

Arrival and departure:

Our volunteer campus host will be available to greet you between 4:00 and 8:00 p.m. on the day of your arrival. Check out is by 9 a.m. the day of your departure to allow our volunteers to begin preparing the cabins for the next group. Parking is available in front of your cabin. Please do not store food in your vehicle as it can attract animals.

If you are visiting during the winter we recommend an all-wheel- or 4-wheel-drive vehicle as roads can be snow-packed and icy. Feel free to call our office at 406.848.2400 Monday through Friday from 8:00 a.m. to 4:30 p.m. to check the local weather and road conditions.

During your stay:

Our volunteer caretakers live on-campus in the cabin with the "Welcome" sign. They will help orient you to the Overlook campus. An emergency phone is available all hours outside their cabin. We do not have a housekeeping staff at the Overlook. Quiet hours are observed between 10:00 p.m. and 6:00 a.m.

Verizon is the only cell phone provider currently providing reliable coverage at the campus. In the event of an emergency during your stay, the caretaker's cabin phone number is: 406.848.9128. Wireless Internet is available in the cabins and at several businesses in Gardiner.

The campus has a picnic table and pond. A marked, 1-mile-long trail leads down to the Yellowstone River. Wildlife is abundant. You may see bison, wolves, elk and deer. You may also see rattlesnakes. Please exercise caution, and notify someone of your plans if you will be away from the campus alone. Each cabin has a TV/DVD player and an educational library with books and videos. The Overlook is designed to be a comfortable and peaceful base from which to explore and learn in America's first national park. We look forward to your visit!

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