

THE EXPEDITION

EXPEDITIONS:

Full Week (or multi-week) Expedition

Overnight Expedition

Full-day Expedition

Going Outdoors



The impact of an outdoor experience is proportional to the length of time and number of nights spent away from conveniences and technology, living simply in nature.

Elements of a Successful Expedition



Elements of a Successful Expedition

- **Goals and excitement** for adventure that are shared by all
- Being disconnected and **out of reach** of vehicles and communication technology. Sense of isolation, vulnerability and the necessity to depend on one's skills and community
- **Preparation efforts shared by all participants** well in advance of the experience
- **Practical responsibilities** for every group member: daily chore rotation
- **Traveling a distance that requires effort:** point A to B journeys are most successful
- **Challenges**, expected and unexpected along the way, that bring people closer together with each other and with nature

The Sacred Order

- Travel
- Shelter
- Fire
- Water
- Food

Travel



Travel

- The authentic need to travel as a group from point A to point B is the foundation for a successful expedition.
- Walking, Hiking, Paddling, Skiing, Snowshoeing, Biking, Rowing
- Traveling "off the beaten path"

Shelter



Shelter

- To build a community there needs to be a comfortable gathering shelter (tarp, fire circle, group tent)
- Sheltering roof, vs. sleeping under the stars
- Students need to put effort into erecting a shelter
- In choosing a site (wind, drainage, relationship to the rest of camp, safety from above) one develops fundamental Earth Living Skills

Fire

- Developing low impact ways to utilize the fire (fire screen, summer cook stove, fire chain, grate, fire pan, sponhungen)



Water

Wild water for drinking

Bathing in streams and lake is sacred cleansing



Food

- Cooking from scratch with home-made and home-grown ingredients
- Cooking and eating as a community
- Gift of food and meal ceremony

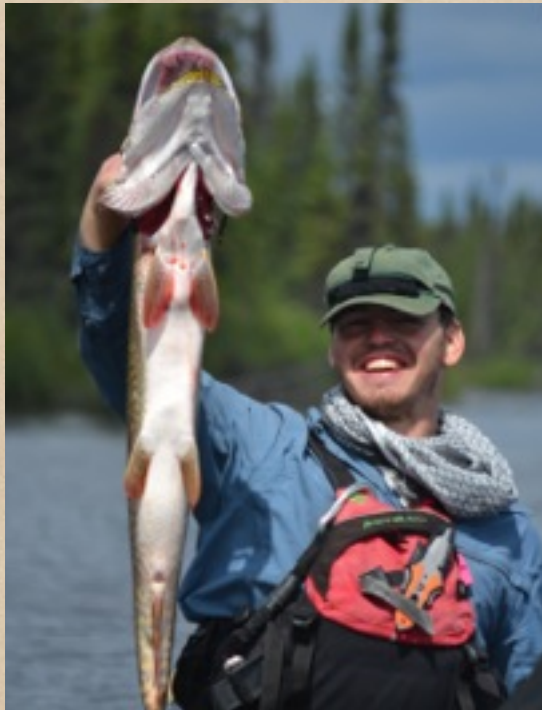


Completing the Circle



- Poop
- Compost
- Ashes
- Packaging

Deepening Connection



- Making your own equipment
- Food preservation
- Big Jobs
- Technology vs. skills and sense
- Dependence on local resources (water, food fish, berries, mushrooms), people (directions, rides, local knowledge, communication)

Human Connection process

- **The group process:** check-in, prompts, sharing writing, long share, chore rotations, appreciations, concerns and apologies
- **Partner process:** canoe partners, climbing partners, chore partners (wood processing, cooking and water, etc)
- **Individual process:** connecting chores, sit spot, reflective travel mode
- **Serendipitous encounters:** cultivating interest in others



Gratitude



Cultivating an attitude of gratitude that awakens and shares feelings of appreciation for all aspects of life

Giving back (to the forest, to the animals, to people we meet, to each other, to yourself)

The End of this presentation,
but the beginning of your expedition!