

**VERMONT
WILDERNESS
SCHOOL**

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Dear Teens and Families,

Welcome to the 2016 Teen Rendezvous. This is a special gathering of young people from many different communities throughout the Northeast who practice nature awareness and earth living skills. We are in our 14th year of offering the Rendezvous as an integral component of the Vermont Art of Mentoring program. Every year the larger Art of Mentoring program changes, evolves, and grows more powerful and whole. This year will be no different, with experienced staff coming from around the Northeast, Midwest, and beyond to create a strong culture of learning for everyone.

The Rendezvous is a unique opportunity for young people to challenge themselves in the context of this larger community of peers and mentors. Since 2003, we have provided experiences in nature and community for young women and men ages 12-18. They are met with incredible support, with elders and program leaders overseeing their experience, and exceptional mentors guiding their experience in the field.

We recommend (but don't require) that parents also participate in the Art of Mentoring adult workshop. Being there could mean sharing a powerful experience that will last a lifetime. Parents who are not participating in the adult workshop are welcome to stay for the teen send off on Monday evening, as well as come for their return from the wild on Friday afternoon (see schedule on Page 3). If you are interested in doing this, please contact our office to work out details.

This packet contains important information for making your travel plans and preparing for the program. Please read through it carefully.

**PLEASE BE SURE TO COMPLETE AN MEDICAL FORM FOR YOUR TEEN:
www.vermontwildernessschool.org/art-mentoring-medical-forms/ THE
DEADLINE IS AUGUST 15.**

If you have any questions, please contact us at 802-257-8570 or office@vermontwildernessschool.org. We look forward to seeing you on Monday, August 29th!

Sincerely,
Monique Philpot, Teen Rendezvous Director
Sam Stegeman, Vermont Wilderness School Executive Director

Teen Rendezvous - Logistics

***** If you are a returning participant, you will note that we are starting EARLIER this year. (Monday mid-day instead of late afternoon) Please adjust your travels plans accordingly!*****

Monday, August 29

12:00 – 1:30 pm

Arrive, sign in, and set up your accommodations

Please plan for a relaxed arrival, but do not arrive before 12:00 pm. The first meal served will be Monday dinner; please arrive having eaten lunch and/or bring an easy-to-carry lunch or snack.

2:00 pm

Program begins.

Evening (time TBD) **Teen Send-Off** (Parents invited to join)

Friday, September 2

Afternoon (approx. 4pm) **Teen Return** (Parents invited to join)

Saturday, September 3

12:00 pm

Teen Program Ends

Where: The program is being held at the beautiful **Indian Brook Camp**, at the Farm & Wilderness Foundation near Plymouth, Vermont. Travel information and address is on the next page. For more information about Farm & Wilderness, go to www.FarmandWilderness.org.

The number for loved ones to call at Farm & Wilderness is 802-422-3448 (Indian Brook Kitchen). If it's a middle-of-the-night emergency, you can page a F&W staff member at 1-888-622-3276 and ask them to page "Retreat." Leave a brief message & call back number.

Accommodations: Teen Rendezvous participants will sleep outdoors in the woods from Monday night to Friday night, in wilderness camps which they create with guidance and support of the Teen Rendezvous staff.

Weather: It can be rainy and cold in the low 50s and as warm as the high 80s in late August in the Green Mountains. Plan for being outside in the worst of it, and you'll be fine.

Food: All meals are provided, starting with dinner on Monday, and finishing with breakfast on Saturday. You will supply us with information about your dietary restrictions (in the registration form). Expect basic, delicious, and healthy food. We strive to provide food from local/regional, organic, and non-GMO sources whenever possible.

Teen Rendezvous - Packing List

We don't have the option of going inside, so our clothing needs to keep us warm. It is essential to have good raingear, waterproof boots, a warm hat, and non-cotton insulating layers to avoid being cold and uncomfortable and to prevent dangerous chilling (hypothermia). **Remember that cotton loses all insulating value when wet!**

Clothing

Bring **EARTH-TONED** clothing that you don't mind getting dirty!

Note: wool or synthetic is preferred over cotton or 50/50.

Make sure two layers can fit over each other.

- Long underwear tops and bottoms (synthetic, wool or silk is preferred)
- Warm Pants (wool or fleece. cotton with water proof or water resistant rain pants will do)
- Layers for torso (wool or fleece sweater, shirt, etc.)
- Warm hat (wool or synthetic)
- Jacket (warm jacket, down coat, etc.)
- Underwear (enough for a 5-night program & some extra)
- Rain gear (rain jacket or poncho)

Footwear

- Socks (at least four pairs of medium to heavy weight wool or synthetic)
- Hiking boots (waterproof and ankle high-sturdy sneakers are a poor 2nd choice)

Sleeping Gear

- Sleeping bag (rated to at least 30°F)
- Small pillow (optional)

Packs

- Backpack or duffel (to organize your gear)
- Day pack (for excursions)

Miscellaneous

- Flashlight (one flashlight w/extra batteries per person)
- Knife (3" t o 4" sheathed or locking blade)
- Water bottle (quart sized for longer excursions from camp)
- Toiletries (towel, toothbrush & toothpaste (and whatever other toiletries you may need)
- Pencil or pen w/blue or black ink
- Small notebook or pocket journal
- Food container (w/sealable lid labeled in waterproof ink w/camper's name and any dietary restrictions)
- Camp cutlery (knife, fork and spoon)
- Bow drill, hand drill, baskets, other crafts you'd like to share

Please label your gear – every year things get left behind!

****What NOT to bring:** cell phones, electronics, candy/sweets, cigarettes or other tobacco products, alcohol, illegal drugs. **Any teen participant found in use of, possession of, or under the influence of alcohol, illegal drugs, or tobacco products will be required to leave the program.****

Travel Information

Indian Brook Camp is a part of [Farm & Wilderness](#), at [263 Farm & Wilderness Rd, Plymouth, VT 05056](#). The site has 600 acres including a reservoir lake, extensive forests and field openings.

Driving Directions:

From Boston (NH, northern VT): Interstate 93 to Interstate 89. Take Vermont Exit 1 - Woodstock/Rutland/US Rt. 4. West on Rt. 4 to Rt. 100 South in West Bridgewater. 1.9 miles South on Rt. 100. Left on Farm & Wilderness Road. Follow the signs to Indian Brook Camp.

From New York City, New Haven, Hartford, southeastern VT: Interstate 91 to Rt. 103, (Exit 6 - Ludlow/Rutland) North on Rt. 103 to Rt. 100 North. 12.3 miles North on Rt. 100. Right on Farm & Wilderness Rd. Follow the signs to Indian Brook Camp.

From Western & Upstate New York areas: Interstate 87 to Exit 20 (Fort Ann) to 149 East. From 149 E take US 4 North to VT. Follow Route 4 East through Rutland and Killington, then take Rt. 100 south in West Bridgewater. Drive 1.9 miles and turn left on Farm & Wilderness Road. Follow the signs to Indian Brook Camp.

Travel by Bus & Train:

Bus service via the Dartmouth Coach (www.dartmouthcoach.com)

Bus service via Greyhound/VT (www.greyhound.com) (1-800-231-2222)

Train Service via Amtrak (www.amtrak.com)

Van Service from Manchester Airport via Upper Valley Shuttle (<http://www.uvshuttle.com/>)

Working with these different transit systems, please arrange to arrive in Rutland or White River Junction, VT by 3pm on Monday September 7th. Tickets for leaving from Rutland or White River Junction at the end should be no earlier than 2:30pm on Saturday September 12th. Both cities are approximately 35 -40 minutes from Indian Brook Camp.

Travel by Air:

If part of your travel includes air travel, consider one of the following airports:

LEB - Hanover (Lebanon), NH

*MHT - Manchester, NH

RUT - Rutland, VT

*BDL - Hartford (Bradley), CT

*BOS - Boston (Logan), MA

*BVT - Burlington, VT

If you fly into one of these airports, a bus, such as the [Dartmouth Coach](#), [Greyhound](#), or [Upper Valley Shuttle](#) can get you to Rutland, VT or White River Junction, VT. From there each of those towns, shuttle service (30-40 min) is available to Indian Brook (see below).

Shuttle Service from/to Rutland or White River Junction:

We are able to organize shuttles from Rutland and White River Junction to Indian Brook Camp. There is a \$30 fee for shuttle use each direction. (To take advantage of this option, you will need to arrive in Rutland or White River Junction by 11am on Monday, and depart from those locations at 2:30pm or later on Saturday.) **To reserve shuttle service, please contact the VWS office – 802-257-8570 or office@vermontwildernessschool.org before August 15.**