

YOUR MISSION IS OUR MISSION



Bus for Outdoor Access & Teaching

The mission of BOAT - the Bus for Outdoor Access & Teaching is to **get other organization's missions outside.**

A not-for-profit **wilderness program on wheels** run from a custom bus, **BOAT makes expeditions easy for our partners.** We bring a full service outdoor program right to you, providing the logistical backbone for **exciting and educational outdoor experiences.**

info@theBOATbus.com | (414) 803 7080

QUICK HITS

Visit www.theBOATbus.com/mytrip to find all of the details about your program!

Like us on [facebook](#), follow our [instagram](#), or [sign up](#) for updates if you want more BOAT info!



Greetings!

My name is Micah Leinbach, and I'm the founder of BOAT, the Bus for Outdoor Access & Teaching. I wanted to introduce myself, and get you all the information you need to get ready for your trip. This "pre-trip information" packet is a one-stop-shop for the info that can help make your trip a success.

In this packet, you'll find a few handy pages:

Our [gear pages](#) explains what you need to bring, and how we check your gear on day 1.

Our [wellness pages](#) will help you understand how to stay healthy on a trip with us.

Our [what to expect pages](#) explain the first day - and all the days that follow!

Don't hesitate to reach out to us at info@theBOATbus.com if you can't find what you need below, or check out your personalized trip pages at www.theBOATbus.com/mytrip. My team and I will be more than happy to help you out.

Looking forward to seeing you on the trail!

Micah Leinbach
President/Founder, BOAT

GEAR INFORMATION

GEAR INFORMATION

QUICK HITS

1. Use our [backpacking](#) gear list if you are on an expedition.
2. Use our [basecamping](#) checklist if you are at a camp or doing our “adventure road trips.”
3. Use our [FAQ](#) if you have questions!

We often say that trips are a combination of the right **gear**, **food**, and **people**.

We'll take care of the last two - but you'll want to come prepared with the right gear! The links above will take you to our gear lists, and you can find information on our website at www.theBOATbus.com/mytrip.

First off, here's what you can count on from BOAT. We can provide:

- Sleeping bags
- Sleeping pads
- Backpacks
- All group gear
 - Tents
 - Cooksets
 - First aid kits
 - Maps
 - Mess kits



That means you'll need to bring “personal gear” - think clothes, toothbrushes, shoes, coats, and other things *only you would use*. You can find all of them on our **gear lists** below.

Having a hard time getting something? We may be able to help you get discounts with certain outdoor retailers. This is a complimentary service you're welcome to use - we don't get any kickbacks, and won't advertise or promote any specific brands or equipment (though they're all respected and reliable) [Let us know what you need](#) and we'll try to help! Please note this is a seasonal offer - **we may not always be able to provide discounts.**

BOAT | GEAR LIST | BACKPACKING

LIST DESIGNED FOR:

summer weather
possibility of rain
40-90 degree weather

Good systems make camping much better. We use **the ten essentials** to make sure we have the gear we need for the conditions. You can see it with the acronym "HAIR-E" below.

If you aren't familiar with any terms below, use our FAQ. We explain everything in more detail.

BOAT provides any gear with a red box.

Hydration

H

Heat

2L+ of water capacity minimum
(water bottles or camelbacks fine)

BOAT provides water filters

wide brimmed hat to block the sun

sunscreen

sunglasses

Area

A

Aid

hiking shoes or boots

camp shoes and/or water shoes

wool socks + liner socks (x 2-3)

backpack (see next page)

BOAT will provide maps, compasses

hand sanitizer

personal medications

toothbrush, toothpaste

menstrual hygiene

BOAT will provide first aid kits

Insulation

I

Illumination

synthetic base layer

fleece mid layer

warm coat or insulated jacket

rain jacket/poncho/rain pants

pants (for poison ivy, bushwhacking)

shorts (for hiking, swimming)

warm hat, warm gloves (for cold)

headlamp

extra batteries

R

Residence

sleeping bags

sleeping pads

entertainment for camp
(books, journals, frisbees, cards)

BOAT will provide tents or tarps that we carry with us to sleep in.

Repair

BOAT will provide repair kits

Edibles

E

Embers

boat provides a bowl and spoon

BOAT provides all stoves, fire supplies

BOAT | GEAR LIST | BASECAMPING

LIST DESIGNED FOR:

spring, summer, fall weather
any altitude
possibility of rain
30-90 degree weather

Good systems make camping much better. We use **the ten essentials** to make sure we have the gear we need for the conditions. You can see it with the acronym "HAIR-E" below.

If you aren't familiar with any terms below, use our FAQ. We explain everything in more detail.

BOAT provides any gear with a red box.

Hydration

H

Heat

2L+ of water capacity minimum
(water bottles or camelbacks fine)

BOAT provides water filters, jugs

wide brimmed hat to block the sun

sunscreen

sunglasses

Area

A

Aid

comfortable shoes to hike in

comfortable shoes for camp

extra socks

daypack and/or backpack

Comfortable clothes for the bus.
Pillows and blankets are optional!

hand sanitizer

personal medications

toothbrush, toothpaste

menstrual hygiene

BOAT will provide first aid kits

Insulation

I

Illumination

synthetic base layer

fleece mid layer

warm coat or insulated jacket

rain jacket/poncho/rain pants

pants (for poison ivy, bushwhacking)

shorts (for hiking, swimming)

warm hat, warm gloves (for cold)

headlamp

extra batteries

R

Residence

sleeping bags

sleeping pads

entertainment for camp
(books, journals, frisbees, cards)

BOAT will provide tents or tarps. We sleep outside the bus, typically at established campsites.

Repair

BOAT will provide repair kits

Edibles

E

Embers

boat provides a bowl and spoon

BOAT provides all stoves, fire supplies

BOAT | GEAR LIST | EXTRA NOTES

BOAT provides gear!

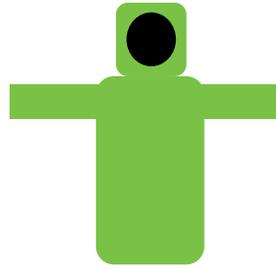
check the **red boxes** on our list to see what gear BOAT provides on trips.

unless it says otherwise in registration, **gear is free!**

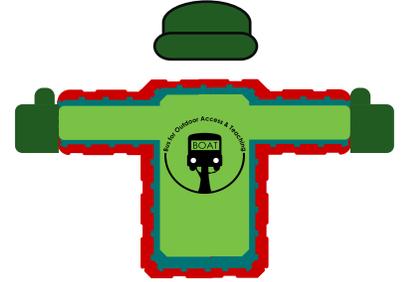
LIGHTS



RAIN LAYERS



WARM LAYERS



BOWLS, SPOONS, WATER



SLEEPING BAGS/PADS



Want to know more? We made an FAQ about gear. Check it out at www.theBOATbus.com/mytrip

Don't hesitate to contact us for gear help. We can give you advice, help you find discounts, and may be able to provide the gear you are looking for.

Backpack Sizing Recommendations:

2-day to 5-day trips:	50L+
6-day to 12-day trips:	60L+
12+ day trips:	70L+

Please do not bring weapons, fireworks, illicit drugs, or other illegal or potentially disruptive items on your trip. It is in your best interest to bring less, not more, on trips. If you have questions about whether or not an item is appropriate, just ask!

People often want to bring knives or firestarters on trips. Please be mature and mindful in doing so. We consistently see knives - especially large ones - cause injuries more than they solve problems, and knives were formally removed from the 10 Essentials we build our gear lists around.

BOAT will utilize fires when we are able, but local regulations may ban them in frequent dry seasons.

MEDICAL INFORMATION

Please check your trip page to confirm what forms are required - this varies by trip.

You can find your trip page at
www.theBOATbus.com/mytrip



FORMS WE SHARE

QUICK HITS

If you have medications, bring twice what you need in the original container.

Submit all forms (health form, immunization record, insurance card) **3 weeks before your trip!**

BOAT works directly with organizations to run trips. The organization you are participating with will help collect forms! Some of the things we ask for include:

- A health form, so we can provide first aid if needed.
- A copy of your insurance card, in case you get sick
- Sometimes immunization records, so we can follow local regulations for youth programs.

Typically these are provided directly by our program partner, but they may reach out to you so we can all share this information to keep you safe!

A few more notes...

ARE YOU BRINGING MEDICATIONS?

Please bring **twice as much** as you would need for the trip. This allows us to carry medication separately (i.e. in the packs of a leader) to reduce the risk of losing critical meds. Let us know if this isn't possible.

FOR MINORS: due to state laws in some places we operate, your medication must be distributed by chaperones or guides. **Please bring medication to your pick up in its original container!**

SPECIAL CIRCUMSTANCES?

We understand our systems may not serve all needs. Contact our Director at info@theBOATbus.com with any unique circumstances so we can set up accommodations, or to discuss health concerns.

BRINGING A FIRST AID KIT?

You do not need to bring your own first aid kits. Our guides are experienced medical providers, and we suggest you ask them if you need treatment. While dealing with a small cut in normal life is fairly easy, in the backcountry we want to take extra precautions to minimize the risk of infection or other issues.

If you have any questions about our first-aid kits, health policies, don't hesitate to reach out!

CURIOS ABOUT OTHER HEALTH QUESTIONS?

Our "wellness" section below highlights some useful things to know about life in the field.

WELLNESS



FOOD & POOPING

QUICK HITS

Read on for other “nice to know” things about life outside. Make sure we know about your dietary restrictions in advance!

On your trip, we'll talk a lot about “wilderness wellness” - all the things we can do to ensure people are happy, healthy, surviving, and thriving in the backcountry. We get a lot of questions about this, so we wanted to give you the details!

WHAT DO WE EAT?

Food is as important as equipment on trail. Our diet is the fuel that keeps you healthy, happy, and energized. But we also want food that is light, easy to carry, and easy to preserve. BOAT is proud of the food we make. We've got a whole cookbook of options, and you will be our main chefs! We've done everything from pizza to pasta to burgers to sushi to empanadas.

Our meals are cooked on camp stoves. Backpacking stoves are light with one burner and gas you pump yourself, whereas basecamping stoves are four gas burners on a table. While our trips are relaxed, our kitchens are disciplined: knives are covered, hands are washed, and fire and heat are handled with care. Cooking dinner is a process, but students often say cooking is one of the best skills they take home with them.

WHAT DO WE DRINK?

Lots, and lots, and lots of water. We'll pull it from lakes and streams (though on basecamping trips we normally have a spigot and well). We don't drink “raw” water right out of the source, and we will teach you how to filter it so it is clean and tasty. We mix it up a little bit by bringing drink powders (think lemonade, hot chocolate, or even powdered milk) into the field.

WHAT IF I HAVE DIETARY RESTRICTIONS?

Please let us know as soon as possible if you have restrictions! We buy food as early as a month before your trip begins. We automatically accommodate common dietary restrictions (vegetarian, vegan) but medical restrictions (gluten sensitivity, allergies) may require planning.

We may ask for your help in planning for unique dietary restrictions or particular sensitivity

WHERE DO WE GO TO THE BATHROOM?

Pooping is an important part of backcountry health. We'll teach you how on the trip - and you don't need to bring your own toilet paper (we'll have a bit, and will teach you to use natural items too!). When basecamping, there is *usually* a toilet. For backpacking, or remote basecamps, we dig holes and poop in them - it can be weird at first, but we will help you get used to it.

SHOULD I BRUSH MY TEETH?

First off, YES! Brushing teeth is best done with biodegradable toothpastes but otherwise is normal - definitely bring a toothbrush! We even recommend floss - without electric lights, we tend to go to bed when it gets dark leaving *plenty* of time for solid dental care.



MENSTRUAL HEALTH



Hello BOAT!

My name is Katie, and I am a BOAT board member, and adventurer myself. I'm writing to all trip participants who experience menstruation to touch on some important tips and guidelines for a healthy and comfortable backcountry experience this summer, especially around menstrual hygiene.

As a seasoned wilderness exploring lady, I know quite a bit about menstruating and hygiene in the woods, and I'm here to tell you that it is completely manageable! Feel free to read my note below breaking down menstrual trip hygiene. I encourage you to use it as a reference when considering what clothes and menstrual supplies to bring on your BOAT adventure. We'll review this on the trip as well.

Best wishes on all of your adventures!

Katie

Trips Hygiene for Menstruation

Every one of our guides – regardless of gender - are trained to handle hygiene issues for all participants in a professional and sensitive manner, and we talk about trip health during orientation and throughout the trip. This guide is specific to ways menstruating participants can prepare for gender-specific issues on their trip.

What should I wear during my BOAT trip?

Comfortable, synthetic fabric is preferred, as it is easy to wash and quick to dry. Cotton underwear is generally best, or synthetic underwear with cotton lining. You do NOT need a pair for every day! A few pairs (2-3) to change for hygiene purposes will suffice. Shorts and underwear should allow for adequate ventilation. Sports bras allow for flexible movement and comfort during physical activities.

How the heck do I deal with my menstrual cycle in the wilderness?

With adequate preparation backcountry menstrual hygiene is entirely manageable. It helps to bring extra supplies in case your cycle changes or some of your supply gets wet. Used menstrual hygiene products are bagged and carried out with garbage when groups have access to the front country. We can also recommend some supplies to you: we like The DivaCup (a reusable silicone cup worn internally to collect menstrual flow) for its sustainability and practicality, and o.b. brand tampons, which cut down on waste.

Additionally, we can supply you with a “menstrual kit,” which consists of an opaque bag for used menstrual hygiene products, zip lock bags, and extra supplies. There are various tricks for eliminating odor, like placing aspirin or tea bags inside your menstrual kit.

What about other menstrual hygiene issues?

It is normal for your menstrual cycle to change as the body is exposed to new environments and physical activity. This means you might be on your period when you don't expect to be, for longer than normal, or you might not get it at all. This can be scary, but is very normal when you are camping out for a while!

If you experience abnormal signs such as itching and/or odor or soreness in the vaginal area, excessive and or smelly discharge, increased frequency or painful urination don't hesitate to bring this to the attention of your instructors! Our first aid kits have medication to treat the more common menstrual infections, and all of our guides have training in related health issues.

As always, feel free to contact us with any questions or concerns you may have! Many people have some anxiety about their first time with menstrual hygiene in a wilderness context. Don't worry, your guides are seasoned pros!

WHAT TO EXPECT & FAQs



WHEN WE ARRIVE

Our bus, “Big Red,” will come to you. We are hard to miss - the bus is big, red (hence the name), and definitely looks ready for adventure. Within a few minutes, we will have instructions and stations set up for you to check-in and get ready. Usually that includes:

1 GEAR CHECK



We'll lay out a “gear scroll” for you. Cover it with gear so we know you're ready!

2 TRIP PREP



Get one of our famous “blue bags” from us, plus the group gear you'll carry.

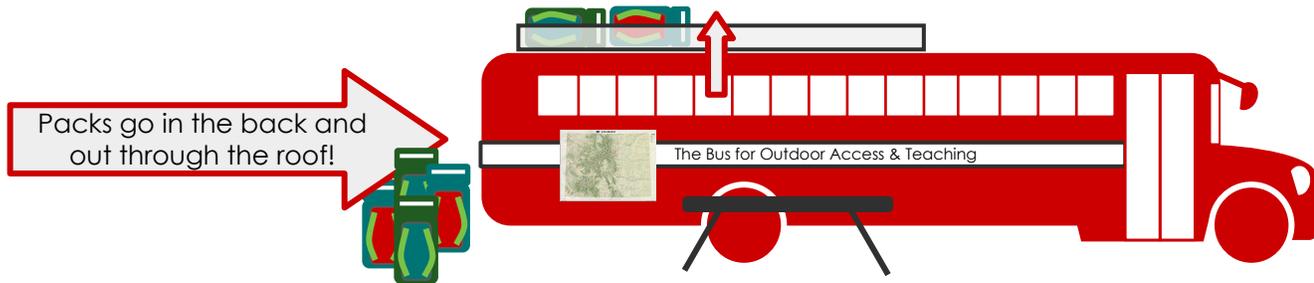
3 PACKING LESSON



Our guides will teach you how to pack efficiently, and we'll get ready to go!

Our goal will be to get everyone's packs ready to go, *before* we get into the field. Then we need to “load up, load in” and eventually “load out.”

Load up is the hardest part - we'll get all the backpacks loaded onto the roof of the bus.



Load in is easy - you go ahead and grab a seat in Big Red! Then we'll begin the long drive to wherever our trip is. Make sure you go to the bathroom first!

Load out is also pretty easy. Exit the bus, and we'll have folks lower your pack down to you from the roof! At that point, you'll circle up with your travel group and your trip will begin.

WHAT IS A “TRIP GROUP”?

Each bus can carry over 30 people - but we can't always camp with that many. We will have color coded travel groups (typically **BLUE**, **GREEN**, or **RED**). You'll typically eat, camp, and travel with your group - though we all come together for certain events or pass each other on the trail.

WHAT DOES THE REST OF DAY 1 LOOK LIKE?

We tend to arrive late in the day - we won't walk very far, since we need to teach you to set up campsites, a camp kitchen, and more. Day 1 is heavy on teaching!



A TYPICAL DAY

Life in the field can vary a lot. We might drop our packs and go check out a hidden waterfall. We may try to hike a few miles longer than normal because of a great campsite we know about. We may take an easy day and bake some bread or make a pizza. But almost every day will have three common components.

1 PACK CAMP



Take down our tents and bag our bags for the day ahead.

We may not pack and travel every day, sometimes we just do things from camp!

2 DAILY ACTIVITIES



Plan our route for the day, and navigate to our next destination.

3 SET UP CAMP



Set up tents, stoves, water filtration, and cook, eat, hang out, or do an activity.

Basecamping

We typically stay at the same place most days, exploring the local area.

Backpacking

We pack up camp most days, carrying everything to hike to our next camp.

Road Trip

We pack up every night - but in the bus, instead of packs to see even more.

Most trips start with a simple morning breakfast over stoves...

Pack camp...sometimes

Pack up camp in packs

Pack up camp in the bus

Morning stretch session and plan for the day

Hit the road or trail. Find nearby hikes, swim, and get to know the area.

Hit the trail. We'll hike for most of the day, taking breaks for snacks, lessons, or activities.

Hit the road. We'll drive for an hour or two, listen to music, or checkout scenery. We stop often!

Return to camp

Find a new camp

Find a new camp

Gather the group and prepare dinner, followed by clean up. We do our own cooking!

Evening activities with your group - a campfire, game, or fancy dessert.

Bed time, sleeping under the stars, in tents, or under tarps.



A TYPICAL WEEK...

Monday

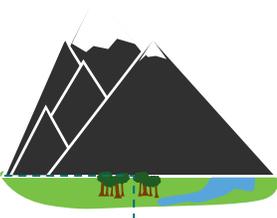


Pick a central location - we'll meet you there with the bus, hand out gear, explain our trip and introduce the guides, then get driving!

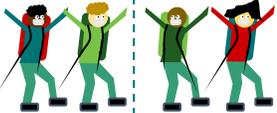
Tue

The beginning of the trip is about getting oriented - to gear and how to travel the land.

Wed



Thu



The rest of the trip is about choice-driven adventure. We work with you to figure out where to go, what we eat, and what we learn. Expect beautiful places and good times!

Friday



...finally we hike out to meet the bus, do a bit of cleaning, and drop you off where we started that afternoon.

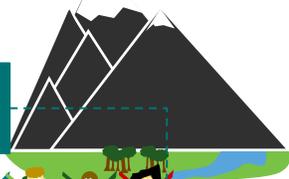
...OR WEEKEND...

Friday

Get everyone on the trip in one place - the bus will meet you there. We'll drive out and camp at a trailhead that night.



Sat



Sunday

Saturday is the chance to do program you choose - or a casual hike or in-and-out backpacking loop!

...on Sunday morning we hike out to meet the bus, in order to get you home by late afternoon.





FAQs

HOW MUCH EXPERIENCE DO I NEED?

Our adventures accommodate all experience levels. We can provide the training and experience you'll need to be confident and comfortable while on your adventure. Many people at BOAT are having their first major outdoor experience. If you are, we'll teach you! If you've done it before, we'll challenge you! We celebrate learning rather than prior experience. Everyone progresses differently - our environments are non-competitive and we strive to help you learn at your own pace.

WHAT ARE WE ACTUALLY DOING?

The daily schedule on the previous page gives you specifics. It's pretty relaxed, and every trip can look a little different. Your group will figure out a schedule that works for you. Much of the time is spent exploring and getting to know each other, but we break for games, cool sites to see, hikes, swims, and other outdoor activities. The wilderness leaves us plenty of options!

HOW FAR DO WE GO EACH DAY?

Honestly it depends. It's not unusual to go 4-6 miles on foot (and more on the bus!) but we'll mix it up based on the group, the location, and the program goals. We believe camping is a team sport, and we make sure everyone can handle whatever pace we go at.

HOW HEAVY ARE THE PACKS?

We can't make any specific promises, but we pack light food and gear to keep packs as light as possible. Expect 40-50 lbs at the beginning of the trip, getting lighter as we go as we eat the food!

WHERE DO WE SLEEP?

We carry our homes with us, typically in the form of tents (set up with poles) or tarps (set up with rope). As long as the tent is well set-up (something we'll teach you), we can weather pretty much anything that gets thrown at us. We spend the first nights teaching you to take care of yourself no matter the weather or situation. We sleep on pads and in sleeping bags, cook on rocks or sandy beaches, and truly live outside for the entire trip. Fun is a top priority on our trips. No comfort is no fun. That means comfort is a top priority when we teach outdoor living skills.

WHAT IS IT LIKE AT NIGHT?

Although it will be much darker at night than at home you have nothing to fear. We all camp together at all times, with shelters sitting close together. The night sky in a wilderness setting will also offer some amazing before bed entertainment - think northern lights or millions of stars.

HOW DO WE CLEAN UP?

Many of our adventures are far from the nearest shower, so to clean up you'll have to swim. It may be cold, but we love it! Some basecamps or sites during road trips may have camp showers.

DO I NEED MONEY?

No, we cover all meals on our trips, and we include snacks. Some folks opt to bring ~\$20 for gas station snacks - but Big Red has a 1000 gallon tank, so we don't stop for gas often!

BOAT

Bus for Outdoor Access & Teaching

Get in touch!

We're happy to answer questions!

phone: (414) 803 7080

e-mail: info@theBOATbus.com

website: www.theBOATbus.com