



BOLD/GOLD FAQs

How much does it cost to attend a trip?

The cost to attend a BOLD/GOLD trip is \$1,192. This includes food, all group gear for the excursion, and transportation from base camp to the excursion destination and back. Additionally, most of the activities at base camp will be open to our group when returning from their trip.

Do you offer financial aid?

To ensure equitable access for all, the YMCA offers affordable options at all of our branches. Interested in applying for Financial Assistance? Please find our Financial Assistance link at the bottom of our home page for BOLD/GOLD.

Where and when do expeditions begin and end?

All trips begin and end at YMCA Camp High Harbour at Lake Allatoona, located at:
40 Old Sandtown Road
Cartersville, GA 30121

The specific drop-off time for each trip will be provided in the welcome email. Upon arrival, campers will meet staff and will be outfitted with any gear needed for their trip.

After the trip returns, all campers will be expected to help with the de-issuing process of the group and personal gear. Family members are encouraged to arrive on time for pick-up and will have the opportunity to check in with staff about the course.

We will let our campers and families know the drop-off and pick-up times in the welcome email.

Who leads the trip?

Our staff are experienced in the outdoors with a background of working with youth at camp. All staff undergo BOLD/GOLD training prior to the summer, where they practice facilitation of the camping gear and learn about their trip destinations. All staff are CPR, First Aid, Lifeguard, and Wilderness First Aid Certified.

How many campers are on each expedition?

There are between ten and twelve campers on each trip with three staff.

Where will I sleep?

We provide lightweight tents and there are typically 2–3 campers in each shelter. We also provide a sleeping bag, sleeping pad, and camping pillow. Staff sleep in their tents close by.

What will I eat?

We love good food! Eating well is important to all of us. Campers will actually learn how to prepare and cook their food in the backcountry. The menu is balanced with a protein, veggie/fruit, and carbs at each meal. We also provide lots of snacks, to keep everyone fueled on the go!

Example Typical Menu:

- Breakfast: Oatmeal with brown sugar and fruit, bagels and cream cheese, summer sausage, and hot coco.

- **Lunch:** Chicken/tuna packets, cheese, crackers, tortillas, peanut butter and jelly, protein bars, and fruit.
- **Dinner:** Ramen noodles, pre-cooked chicken, green bell peppers, and stir fry sauce with brownies for desert.
- **Snacks:** Trail mix; protein bars; fruit; pringles; cheese its; fruit snacks; beef jerky.

Before leaving for the trip, campers will be given a snack bag to pack with our available snacks. We encourage them to pack multiple snacks for each day. We provide lots of salty snacks, to help prevent dehydration. We also provide Liquid IV for each camper every day.

What about drinking water? Is it clean?

On our backcountry courses, we will purify our drinking water using a filtration system, and we boil water used for cooking. Your staff will teach you how to properly treat your water before drinking.

Can you accommodate my food allergy or special diet?

Yes! We can easily accommodate vegetarians and vegans as well as campers with certain food allergies. If you have any special dietary restrictions (nut allergies, lactose intolerance, wheat allergy, etc.) please list it on your health form so we can accommodate your specific needs.

What happens with my medications while on the expedition?

All prescription medications must be noted on your medical form prior to the expedition. Medication use is overseen by staff. Please bring your prescription medications and non-prescription medications in the original containers. We require that medication obtained through a prescription must be maintained in the original container provided by the pharmacy with the prescribing label. Campers who would suffer severe consequences if they were to miss a dose of medication due to damage or loss should bring back-up doses of that medication. Upon check-in, medications need to be checked-in with our onsite nurse and infirmary staff. They will meet with the BOLD/GOLD staff, to explain distribution of camper medication.

Should I bring contacts or glasses with me?

Either glasses or contact lenses are acceptable on expedition. However, sterile lens care is difficult on the trail and their use is not encouraged. Whether you wear contacts or glasses, you should think about bringing an extra pair.

When will I receive the gear?

Gear is issued to campers during the gear check on the first day of their adventure. We provide all major gear, including tents, sleeping bags, sleeping mats, camping pillows, backpacks, tarps, cooking & eating utensils, and food. Please let us know if you need help with items on the camper packing list.

Will I be able to take showers?

On Level 1 and Level 2 trips, you can choose to take "camp showers" which involve rinsing off in a stream or lake. Staff will explain more about hygiene on trips upon your arrival. When you return to Camp High Harbour after your expedition, showers are available. BOLD/GOLD campers have access to their own full-bathrooms on Sunday, Monday, Thursday, Friday, and Saturday.

What about privacy?

Privacy takes on a new meaning when you are sharing a tent with other people. Although you will be in close quarters for most of the time, efforts will be made to provide privacy for changing clothes, personal hygiene routines, etc.

How do I go to the bathroom?

Introductory Trip campers will sleep in cabins and have access to full bathrooms all week. On Level 1 Trips, campsites will have pit toilets nearby. Campers on Level 1 and Level 2 Trips will learn the art of Leave No Trace bathroom use and staying clean and hygienic in the backcountry.

Will I be able to keep in touch with family and friends?

Your staff will have satellite phones for emergencies and will have scheduled check-ins with their directors at Camp High Harbour. We know it will be challenging to be away from home for a week, but the satellite phone is for instructor use only.

How do we get around?

All our adventures travel by bus to their destinations. On backpacking expeditions, you will be dropped off and picked up at a trailhead and for paddling trips you will be dropped off and picked up at a boat launch.

How challenging are the trips?

Campers new to this type of adventure can be successful if they are motivated, open to learning new skills, willing to work closely as a team, and are able to demonstrate leadership skills. Trips may be very challenging at times regardless of a camper's experience in the outdoors, but the staff will ensure that everything is within the abilities of the group. You do not need to have any outdoor experience to complete a BOLD/GOLD expedition and you do not need to be an athlete. Being in shape and physically active before you arrive is helpful but is not required on introductory experiences. Come prepared to meet new people, try new things, have fun and challenge yourself. You may make mistakes, but you will learn from them and go on to meet challenges, both individually and as a group. Our Level 1 trip is great for individuals looking for a slow introduction into the outdoors and wanting to experience everything a BOLD/GOLD expedition has to offer but on a smaller scale.

How far do I backpack and how heavy will my pack be?

Beginner level backpacking expeditions may travel 3 to 5 miles each day. Your size and ability to carry the weight of the backpack is taken into consideration. Backpacks may weigh up to 45% of your body weight. Staff will help you adjust your pack to carry the weight safely and in the most comfortable fashion.

Do I have to carry all of my stuff with me?

On backpacking expeditions, you will carry all of your personal belongings as well as some of the group gear and food. On paddling expeditions, you will have your gear in your canoe with you and will be responsible for transporting it to and from each camp site. Your personal belongings will be kept in your duffel or backpack back at base camp.

Should I bring spending money?

Money is not needed and strongly discouraged on Trips. Campers will have the opportunity to visit the Campstore upon return to Camp High Harbour, after their trip. To purchase items at the Campstore, money will need to be loaded onto their Campstore account balance. This can be done by logging into your Campintouch account or the Companion App.

Who do I contact with more questions?

Contact our Director of Retreats and Experiential Learning, Maya Joglekar, at mayaj@ymcaatlanta.org