| Wilderness Orientation Information |

TO: New Proctor Students
FROM: Kayden Will, Orientation Director
RE: Wilderness Orientation 2021

Congratulations on your acceptance to Proctor! As you begin your Proctor journey, you can look forward to a wide range of experiences, opportunities, and challenges that will help you grow and discover qualities about yourself that you may never have imagined. Every student's path on this journey is different, yet one experience they all have in common is a five-day wilderness orientation trip.

What is Wilderness Orientation?
For 50 years, students have begun their Proctor careers by completing a wilderness orientation trip. We believe that this experience is the best way for new students to begin building relationships, self-awareness, and understanding of Proctor.

When you arrive at the school, you will join seven other students and two faculty members for a five-day and four-night expedition in the White Mountains of New Hampshire. During that time, you will hike to the top of beautiful mountains, swim in cool mountain streams, prepare your own food, and sleep under waterproof tarps strung from trees. You will be challenged physically, mentally, and sometimes, emotionally. In your backpack, you will carry all the equipment and food you need to set up a self-sufficient camp with your group in the backcountry each night. You may encounter rain, mosquitoes, unfamiliar foods, and steep climbs that challenge you, but you will also savor scenic overlooks, delicious meals, and cozy moments in camp with new friends.

When you return to campus, you may have discovered new strengths and feel more ready to take advantage of all the unique opportunities that Proctor has to offer. You will have formed a bond with the students and faculty on your trip, and you will have stories to share. And when you sit in Assembly for the first time, you will already have an experience in common with all the other students in the room.

Why do we do Orientation?
Orientation is a time for all of us to practice Proctor's core values of honesty, compassion, respect, and responsibility. The qualities that we stress on Orientation are the same ones we value on campus. They include:

- Willingness to work hard in the face of challenge
- Responsibility for one's own actions
- Importance of team work and cooperation
- Awareness, respect, and enjoyment of the natural environment
- Formation of meaningful relationships with other students and faculty
- Making good decisions to manage risk to self and others
- Establishing a sense of belonging and appreciating diversity in community

The dynamic mountain environment is the ideal setting for you to practice these values. In addition, with encouragement and guidance from your leaders, you will develop a sense of self-

reliance as you learn outdoor skills such as packing a backpack, pitching a tarp, cooking delicious meals over a backcountry stove, dressing for any conditions, caring for equipment, crossing streams safely, reading a map, and practicing *Leave No Trace* principles. Comfortable in the outdoors, your leaders are trained to administer first aid if necessary and can help the group navigate both the challenges and rewards of Orientation.

What to bring (and not bring)
One of the essential principles of traveling in the outdoors is "Plan Ahead and Prepare." An equipment list is posted on MyProctor, and it is essential that you bring **all** the equipment listed. The weather in the mountains is unpredictable and changeable. You may experience driving rain, freezing temperatures, blazing sun, peaceful calm, and high winds—all on the same trip! You need to be prepared for any of these conditions. At the same time, you should not bring anything extra because you will carry all your equipment yourself. Ounces can quickly add up to pounds. Carrying only the essentials also means leaving your cell phone and other personal electronics back at school so that you can immerse yourself in your group and your immediate experience.

While outdoor gear can be expensive, it is a good investment and will get further use if you choose to participate in Proctor's experiential programs. You may also find that you can borrow items from friends, family, or former Proctor students that you know.

How to prepare
Having the right equipment is the first step in preparation, but preparing physically and mentally for the demands of the trip is essential. During the summer, get out and hike, run, bike, or play the sports you already enjoy. If you have new boots, you should break them in prior to arriving on campus. Being in shape and having comfortable boots will make the trip more enjoyable. Similarly, bringing your best attitude will make a big difference for both you and your group. Come with an open mind, ready to step out of your comfort zone and into a new adventure.

Contact info
If you have questions, please send me an email at willka@proctoracademy.org or call me on my cell phone (802) 598-6121 (for international calls add 011-1). In addition, please let Sue Norris (norrissu@proctoracademy.org) in the Health Center know about any allergies, dietary restrictions/preferences, and other health related information as soon as possible so that we can plan accordingly.

I welcome you to the Proctor community and look forward to meeting you at Registration Day on Tuesday, September 7. (If you are attending Preseason Sports Camp, your Registration Day is Friday, September 3.)

Sincerely,

Kayden Will

Wilderness Orientation Director
willka@proctoracademy.org
(802) 598-6121 (for international calls add 011-1)