

Course Overview

This unique Outward Bound expedition will challenge and refresh you through 7 days of exploring the incredible San Juan Islands. Over the first few days of the expedition, you and your patrol will learn foundational sea kayaking skills which will then be put into practice paddling in and around the 400 islands and outcrops which make up the San Juan Islands. These frigid waters are filled with wildlife including seals, sea lions, and eagles. Your patrol will be challenged with navigating and paddling through the inland waterways and moving your camp from island to island through sometimes substantial navigation challenges, currents, and waves.



You don't need to have previous sea kayaking experience. We will teach you skills for wilderness travel—how to pack appropriately, paddle kayaks, set up tarps, cook, and navigate on the sea.

From getting up early, packing your bags and cooking breakfast to paddling a kayak or hiking up a mountain, traveling in the wilderness is demanding. It can take every waking moment to get from point A to point B. Past students

and instructors agree that arriving physically fit will enhance your experience and ability to do well on the course and ultimately allow you to take full advantage of the expedition.

Course Areas

SAN JUAN ISLANDS, WASHINGTON – Nestled between Vancouver Island and the North Cascades, the San Juan Islands are a unique coastal cruising ground with large expanses of sparkling water and mountain scenery. During your journey you will encounter coastlines with a combination of sandy and rocky beaches, shallow and deep harbors, placid and reef-studded bays. Knotty, twisted Madrona trees grow along much of the shorelines while evergreen fir and pine forests cover large inland areas. Sightings of harbor seals, porpoise and eagles are common as well as the rare glimpse of an Orca whale.

WEATHER – The islands get less average rainfall than the surrounding area due to the rain-shadow effect of the Olympic Mountains. Summertime high temperatures are around 70 degrees Fahrenheit while lows could be in the 40's.

Course Activities

SEA KAYAKING – Participants will paddle from island to island and get acquainted with the fascinating natural and cultural history of the Pacific Northwest coast. Instructors will teach students the technical skills, teamwork, and communication skills necessary to travel as a group in a working waterway. Students may also have the opportunity to do a service project with a local land agency, hike to an island vista, or just comb the beach.

SERVICE

Service to others and to the environment is a core value of Outward Bound and is integrated into each course. Groups follow Leave No Trace ethics as part of their service to the environment and engage in acts

of service while leading and supporting fellow participants. Seeing the impact of their actions firsthand, students develop an ingrained appreciation of service and transfer this desire to serve their communities back home.

SOLO

In order for profound learning to take place, students need time to reflect on their experience, and Solo is that opportunity. The Solo experience provides an important break from the rigors of the expedition and gives students the opportunity to reflect on their Outward Bound experience. With sufficient food and equipment, students will set up camp at sites of their own, using the wilderness skills learned during the first portions of the course. The amount of time students spend on Solo is based on length of course, weather, student condition, age, and Instructor preference. Solo campsites are chosen to offer as much solitude as possible (yet be within emergency whistle-signaling distance of other group members). Most students spend their Solo time journaling, drawing, reflecting, thinking and resting as they process lessons of the course to focus on their goals for the future. Instructors check on each participant at regular intervals, as safety is always the top priority.

OUTCOMES

This course will introduce students to the ideas of leadership, character development, and service that are integral to Outward Bound. Students will begin to develop these skills in an expedition setting so that they can continue to grow once they return home. Instructors will work to challenge students to try new things and step outside their comfort zones. As a team, each group will work together to complete difficult tasks necessary for backcountry travel.

Sample Itinerary

The following is an example of what your itinerary may look like. Your actual course plan will vary according to weather, student skills and abilities, and instructor preferences.

Day 1	Course start
Day 2	Intro to sea kayak skills such as wet exits, rescue, and basic paddling
Day 3-6	Explore the San Juan Islands by sea kayak
Day 7	Transport home