



7122 S Sheridan Rd, #2602
Tulsa, OK 74133
www.MyLongWalk.org
info@MyLongWalk.org
918-906-1814

Thank you for your interest in LongWalk!

We appreciate the opportunity to tell you about LongWalk and we look forward to partnering with you.

We believe that there are truths about teenagers that have remained unchanged for a long time. Teenagers highly value the opinion of their peers, they are both influential and easily influenced, and we believe that the very nature of being a teenager places youth in at-risk situations on a regular basis.

Therefore, we ask the question:

“What if teenagers were given the opportunity, the support, and the empowerment to impact their peers, *leading* the way to better choices, deeper self-awareness, and a different tomorrow?”

We use the outdoors to equip leaders and public service to further develop their character.

Through our program, youth will encounter adversity and will see, firsthand, the need for knowledgeable mentors and peer accountability. They will be encouraged, empowered, and will have a life-impacting experience. Our desire is that by the end of a trip, they will not only have a support network and an understanding of good decision making, but they will also have tangible experiences in leading their peers.

In the following pages, you will find:

- A Brief Description of LongWalk
- A Sample Itinerary
- Parent Meeting Handout & Contact Information
- Frequently Asked Questions
- Gear List
- Release Forms

Thank you for the time to introduce ourselves and the opportunity to partner with you in impacting youth. Please contact us with any questions you have. You can also find information about us on our website at www.mylongwalk.org.

Sincerely,

LongWalk Oklahoma, Inc.



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A BRIEF DESCRIPTION OF LONGWALK

Who We Are:

LongWalk is a 501(c)3 non-profit organization established in Tulsa, Oklahoma in 2009. We are committed to making a lasting impact, equipping young people to influence their culture by making a difference in their community. LongWalk is comprised of a working board, several staff guides, and countless community volunteers, both youth and adult.

What We Do:

LongWalk equips, encourages, and empowers leaders; we use the wilderness as a teaching tool. Our program goes beyond the wilderness setting. We invite our participants to continue developing their leadership skills, by participating in youth-led public service and social outreach projects. We have designed our program with three levels, each level building upon the subsequent level.

Why We Do What We Do:

LongWalk's Mission is to provide an opportunity for young adults to learn leadership through wilderness adventure and develop character by serving others in the community. LongWalk's program gives those students who make wise choices the opportunity to be the leader other students wish to follow. We do this with the knowledge that leadership comes from within a group and that healthy leadership produces healthy results. Our desire is that by the end of a trip, our participants will not only have a support network and an understanding of good decision making, but they will also have tangible experiences in leading their peers. They keep coming back because they have fun, and so do we.

How We Do What We Do:

*Please see "Sample Itinerary" for each of these levels for a more detailed description.

Level One:

What We Do:

In the wilderness setting, a classroom that is extremely dynamic, we teach the foundations of servant leadership, good decision making, and the value of peer accountability. We believe in youth, we also believe in relational and experiential education.

How We Do It:

Facilitated by our guides, we take homogenous groups of up to 18 students and 2 adults on a 3-day backpacking trip. Each participant is assigned a day to lead on a Leadership Team (comprised of other students) and each day's Leaders are responsible for making daily decisions for the group. Equipped and empowered by the LongWalk Staff, students will lead their peers and are encouraged to work together as a team, to solve problems, to keep each other accountable, and also to keep it FUN!



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Level Two:

What We Do:

We encourage young adults who are willing to explore more leadership opportunities to network with other young leaders from all over Oklahoma. We do this by inviting students to participate in our monthly public service projects known as The Secret Service. When they are comfortable with assuming a larger leadership role, they can assist in running these events.

How We Do It:

Our young leaders are in charge of our monthly public service outreach (service projects vary each month). Run by a Project Leadership team of 8-12 LongWalk participants and mentored by adults, the Project Team meets at least twice during the pre-project time with the chosen nonprofit, LongWalk staff, and corporate sponsors. The leadership team will attend a dinner after the project and will participate in an evaluation debrief while enjoying an excellent meal provided by LongWalk sponsors. These opportunities are open to all participants and involve student leaders from all over Oklahoma.

Level Three:

What We Do:

We give students who have shown a willingness to lead others into better decision making the opportunity to test themselves in a high mountain wilderness. They face the new challenge of leading as an individual and being evaluated by their peers. Our participants will leave the trip having a more accurate self awareness, gained through experience and self-evaluation.

How We Do It:

Facilitated by our guides, we take up to 10 students from diverse backgrounds and 2 adults into the Weminuche Wilderness, outside of Durango, CO for a 6-day backpacking trip. Mentored by our staff, participants will lead sections of the course, including making daily decisions for the group, as an individual.

Our Impact:

LongWalk has seen incredible results from our young program. The results are so encouraging the OU Social Work Department is conducting an outcome study.

We have facilitated many Level One Trips, taking out hundreds of youth, including sports teams, student leadership groups, youth groups and youth led ministries, home schooled students, and just groups of friends.

This year we will facilitate 15 Level One Trips, reaching over 500 youth. Our students will organize over 1,000 public service outreach hours, involving local nonprofits, corporations, and young leaders from all over Oklahoma. Fifty students will complete our Level Three training, and will be invited to return as our Leaders for next year.



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SAMPLE ITINERARY: Level One Trip

Weeknight BEFORE the Trip:

Parent/Participant Meeting (see "Parent Meeting & FAQs")

- Meet Parents and Participants
- Review Personal Gear List, Collect and Review all required trip forms, Review Expectations, and Answer Questions about the Trip
- Individual Gear is distributed to Participants (see "Gear List")

*Participants are assigned to leadership teams and tents for the trip and are assigned to inventory gear; while participants are working on inventorying, Parents meet with LongWalk Staff for Q&A.

FRIDAY

AM – Group loads backpacks & gear on sponsoring organization's transportation

- Depart for wilderness
- Arrive at wilderness (State Park/National Forest)
- Guide reviews general safety and wilderness procedures and expectations
- Friday Leadership Team directs camp setup, dinner preparation, distributes community gear, and insures all campers understand where water and toilets are located
- Group Debrief & Discussion, Including Group & Self-Evaluations, Led by Crew (and Adults)
- Brief Saturday's Leadership Team

SATURDAY

AM – Saturday Leadership Team wakes up Crew, directs breakfast preparation, breaking down of camp, and insures all packs are loaded, all gear is accounted for, water bottles are full, and campsite is pristine

Depart from Campsite & Start Hiking, Led by the Saturday Leadership Team

- Leadership Team leads Crew throughout the day with provided maps
- Leaders decide when rest and water/food breaks are taken and where camp is set up

PM - At campsite, Leaders supervise camp setup, meal prep, and other associated tasks

- Group Debrief & Discussion, Including Group & Self-Evaluations and areas of excellence and areas that might need improvement, Led by Crew (and Adults)
- Brief Sunday's Leadership Team

SUNDAY

AM – Sunday Leadership Team wakes up crew, directs breakfast preparation, breaking down of camp, and insures all packs are loaded, all gear is accounted for, water bottles are full and campsite is pristine

Depart from Campsite & Start Hiking, Led by the Leadership Team

- Leadership Team leads crew throughout the day with provided maps
- Leaders decided when rest and food breaks are taken

PM - Upon arrival of destination, Sunday Leaders supervise gear inventory and break-down

- Group Debrief & Discussion, Including Group & Self-Evaluations and areas of excellence and areas that might need improvement, Led by Crew (and Adults)

Group evaluates the trip and is informed of other LongWalk Leadership opportunities and invited to participate. Crew leaves area in sponsoring organization's vehicles and departs for home.



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PARENT & PARTICIPANT MEETING

PARENTS:

We look forward to meeting you and spending the weekend with your child. We appreciate what you have done to make this possible. It is our hope that this experience will not only impact your child's life, but it will be one that he or she will share *with* you. We also hope that this is not the only time we get to connect with you; our program is something your child can be involved in throughout the year with wilderness trips and public service opportunities.

This trip is about HAVING FUN, learning to make good choices under pressure, and learning the value of mentorship and peer accountability, all as your child experiences the foundations of leadership. The goal, first and last, is to have fun together. If the weather is unbearable, it will NOT be fun- we will reschedule, but because this is variable Oklahoma weather, the decision to cancel will be made as late as possible. We have been caught in snowstorms, thunderstorms, and flash floods- none of which were predicted before the trips. We have the equipment, sound judgment, and experience needed to make the best decisions for your child and ourselves.

Please take the time to look at our FAQs handout. By no means will this answer *all* your questions, but it will definitely help. You can also find our forms on our website as well as our Gear List. **Please review the Gear List and make sure that your child has all the items needed for this trip** (note: different trips have different gear needs). **Before your child is allowed to participate in a LongWalk trip, we must have ALL Completed Forms and the Trip Fee.** Should any issues arise with your child, whether behavioral or otherwise, the sponsoring organization will have final say in any disciplinary repercussions; if your child is participating in a trip that is not facilitated through a sponsoring organization, LongWalk staff will use sound judgment as to the consequences of your child's choices, we will then contact you.

We understand that your child is your priority. We see it the same way. We value your input and experience as a parent. Before the trip leaves, we invite you to share with us your expectations and goals for your child. And because we believe that what we are doing will have a lasting impact on your child, we encourage you to share with us after the trip. That is one of the many great rewards about being a parent: you get to see the daily impact of your child's positive choices... long after a LongWalk trip!

Please feel free to ask any questions that you may have at the Parents' Meeting, or privately if you feel that it would be more appropriate. We look forward to getting to know your child and working with you!

Thank you,
The LongWalk Staff



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PARENT/GUARDIAN CONTACT INFORMATION:

Your information is important to us, please write legibly.

Name of Parent/Guardian: _____

Name of Son/Daughter: _____

Date of LongWalk Trip: _____

Phone: _____

E-Mail: _____

Has your Son/Daughter ever attended a LongWalk Trip or Event?

(Circle one) Yes No

Would you be willing to share your Pre-Trip Expectations and Trip-End Evaluations with us?

(Circle one) Yes No

How did you hear about LongWalk?

(Check All That Apply)

- My Son/Daughter
- A Friend of my Son/Daughter
- A fellow Adult
- Internet Search
- Other: _____

Thank you for taking the time to fill this out. We value the opportunity to connect with both your child and you! We welcome your feedback and look forward to hearing your stories. With your help, we can continue to improve and develop. We are dedicated to making a positive impact on the lives of youth and we are grateful for your support.

Thank you,

The LongWalk Staff



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FREQUENTLY ASKED QUESTIONS

WHY SHOULD MY SON/DAUGHTER GO ON A LONGWALK TRIP?

We believe that your child has something unique to offer this world that no one else does... and we want to give him/her the opportunity to positively impact not only their own life, but the lives of their peers. We use the outdoors to equip leaders and public service to further develop their character. Through our program, your son/daughter will HAVE FUN, encounter adversity, and will see, first hand, the need for knowledgeable mentors and peer accountability. They will be encouraged, empowered, and will have a life-impacting experience. Our desire is that by the end of a trip, they will not only have a support network and an understanding of good decision making, but they will also have tangible experiences in leading their peers... and they will have GREAT MEMORIES!

WHAT EQUIPMENT/GEAR DOES MY SON/DAUGHTER NEED?

Your child will only need to provide the clothes he/she will wear and the shoes on his/her feet.

We will provide everything else, including (but not limited to): backpack, water bottles, food, poncho, stocking cap, gloves, eating utensils, flashlights, and all group gear, etc.

*Please see our Gear List for a detailed list of items your child needs.

WHERE DOES LONGWALK GO?

We take trips all over Oklahoma, Arkansas and Colorado. Your child will be going to a wilderness area that best fits the needs and goals of his/her specific trip. Some of the most frequent wilderness areas we use are: OK: Greenleaf State Park and Wichita Mtn., ARK: Ozark Highlands Trail, Devil's Den, Hare Mtn., and White Rock Mtn., CO: Weminuche Wilderness

*Please contact us to get a full list of wilderness areas in which we operate.

WHO IS IN CHARGE?

Ultimately, LongWalk's experienced and qualified staff, as well as the sponsoring organization's leaders, is in charge, but it is your child and his/her peers who make our daily decisions like when to wake up, how to cook our meals, where we will camp that night, etc. This is THEIR Trip.

WHAT CAN MY SON/DAUGHTER EXPECT?

To HAVE FUN, To be in a Leadership Role, To be a Part of a Community, To be Challenged, To participate in Group Discussions, To Hike, Experience Creation, See Beauty, and so much more!

WHAT DO I NEED TO DO TO GET MY SON/DAUGHTER ON A LONGWALK TRIP?

Go to our website, download AND COMPLETE the Forms

Pay our Trip Fee (which is part of the total cost)

Bring Trip Forms and Trip Fee to Parent Meeting

WHERE CAN I GET MORE INFORMATION?

You can visit our website at www.mylongwalk.org or email us at info@mylongwalk.org



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GEAR LIST

CLOTHING - Remember, this is an environment you don't want to take out ANYTHING that you expect to come back undamaged. This is where functionality, not fashion rules. Be inventive, old pajama pants, the sweat suit that you never wanted, the "ugly" stuff - this is what to bring.

PANTS - For warm weather, shorts work. When the sun goes down, the temperature drops in the areas we camp, we suggest you bring something warm to put on at night (sweats or pajama pants). For cold weather, we suggest 3 layers: long underwear, sweat pants, and wind pant. A pair of shorts or bathing suit is required in the event of a water crossing. Please note: sagging is not permitted; this could result in a harmful fall on the trail, please bring a belt.

TOPS/SHIRTS - For warm weather, take 1 short sleeve and 1 long sleeve shirt. You should also bring something warm depending on how cold it could become at night. For cold weather, we suggest 3 layers: long underwear, hooded sweatshirt, and a coat.

SHOES - Something that can hold up to mud and a lot of hiking, boots or basketball shoes work best. For around camp in the evenings or in the event of water crossings, tennis shoes or sport sandals are required.

SOCKS - 3 - 4 pairs, if you choose to wear 2 pair at a time, make sure your footwear still fits.

UNDERWEAR – Highly recommended! Type and numbers at your discretion.

TOILETRIES - Toothbrush (we supply toothpaste), preapproved medications, deodorant/antiperspirant, etc. Do not bring soap, we provide proper disinfectant for cleaning.

LIP BALM – Recommended and with UV protection- particularly in cold and sunny weather (Chapstick or Blistex work great).

OTHER - Any other items (Camera, Books, Journal, Medications, specialty foods, etc.) must be pre-approved by a LongWalk Representative. Please contact us with any special needs you may have, including dietary needs as well as allergies.

Glasses/Contacts - If you wear contacts, we recommend you bring an extra pair of contact lenses or glasses. Contacts are easily lost in the outdoors and it you might need a back-up.

WHAT WE PROVIDE - We provide all necessary items, including backpacks, sleeping bags, sleeping pads, water bottles, raingear (ponchos), stocking caps, and gloves. (You can bring your own gloves if desired.) We also provide all group gear including flashlights, tents, food, stoves, cooking utensils, pots/pans, sunscreen, and insect repellent.

ANY ILLEGAL SUBSTANCE (INCLUDING ALCOHOL) OR ITEMS THAT COULD BE USED AS A WEAPON (INCLUDING ANY KNIFE) WILL RESULT IN CRIMINAL CHARGES BEING FILED IN THE COUNTY THAT WE ARE BACKPACKING. THIS WILL NOT BE FUN FOR YOU



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LONGWALK FIELD TRIP & GENERAL RELEASE FORM

Instruction:

1. Please read entire form, if there is anything above this form or the described activity that you do not understand, do not sign the form until you are satisfied that you have obtained a complete explanation.
2. Fill in all the blanks.
3. If you have more than one child participating, please complete one form per child.

I, _____, am the parent or guardian of

(Parent / Guardian)

_____, a minor, who desires to participate in the following:

(Student)

Backpacking at OZARK MOUNTAINS

Participants will be transported to and from DESIGNATED LOCATION by the Sponsoring Organization, in the event that transportation is not provided, students will carpool.

I acknowledge that I have been fully informed as to the nature of the activity and the provisions for my child's involvement and consent to my child's participation in the above described activity. The undersigned has considered all of the risks related to this extra curricular activity and assumes, for ourselves and our minor child, any and all such risks.

In consideration of the permission granted to my child to participate in the above described activity by LongWalk, I release and hold harmless LongWalk, their agents, employees, officers, representatives and associates from any and all actions or causes of action of any nature for personal injury or property damage of any kind arising in any way from my child's participation in the above described activity. I further acknowledge that this release is binding upon my heirs, successors or assigns, that I have read the forgoing and understand its significance, and that I have executed this document voluntarily.

I have signed this form on _____

(Date)

Parent/Guardian

Address

Telephone Number

LONGWALK PERMISSION FORM: MEDICAL CONSENT & RELEASE



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CONTACT INFORMATION:

Participant Name: _____ Gender: _____ Date of Birth: _____ Age: _____
 Parent or Guardian: _____ Cell Phone (____) _____
 Home Address _____ Home Phone (____) _____
 Parent or Guardian Email(s): _____

EMERGENCY CONTACT: _____ MUST BE CONTACTABLE 24/7
PHONE NUMBER: _____
RELATIONSHIP TO PARTICIPANT: _____
CELL PHONE NUMBER: _____

MEDICAL & HEALTH HISTORY: (Please use reverse side if necessary)

Chronic or recurring illnesses or medical conditions (stomach upsets, rash, frequent colds, etc): _____
 Allergies to Medications/Foods/Asthma/Insects: _____
 Current Treatments & Medications (Reason & Dosage): _____
 LongWalk may administer any over the counter medications, as symptoms present themselves: Yes No

HEALTH INSURANCE:

Company Name: _____
 Insured's Name _____ Policy # _____
 Telephone Authorization # _____ Group # _____

AUTHORIZATION & CONSENT:

I/We, the undersigned parents or legal guardians of the minor child listed below, or adult above the age of 18yrs:

Name (Please print) _____ **Date of Birth:** _____

do hereby authorize any hospital service, x-ray, examination, anesthetic, dental, medical or surgical diagnosis or treatment by any licensed physician or dentist, and hospital service that may be rendered to myself or said minor under the general, specific, or special consent of LongWalk, the temporary custodians of myself or the minor child.

I/We authorize the physician or dentist to call in any necessary consultants in his/their discretion.

It is understood that consent is given in advance of any specific diagnosis or treatment being required but is given to encourage those persons who have temporary custody of myself or the minor and said physician or dentist to exercise his/their best judgment as to the requirements of such diagnosis or medical or dental or surgical treatment.

This consent shall remain effective until 12 pm on the 30 day of August, 2020, unless sooner revoked in writing and delivered to said physician or dentist or said persons entrusted with the custody, care, and control of myself or said minor child.

Signature: _____

Signed this _____ day of _____, 2020.



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Outcome Study, Photo and Recording Release

In consideration of my/my minor child's participation ("Participant"), with LongWalk Oklahoma, ("Organization") and as part of the services being furnished to Participant by said Organization, Participant hereby gives consent to the **ANONYMOUS OUTCOME STUDY SURVEY OF ALL OUR PARTICIPANTS**, photographing of Participant and to the recording of Participant's voice. The Organization is hereby authorized to use or cause to be used said still photographs or motion picture footage, recordings of Participant's voice and Participant's name for advertising, publicity, commercial or other business purposes. Said photographs and/or recordings may be used singularly or in conjunction with other photographs and/or recordings. The Organization has Participant's authorization to reproduce, or cause to be reproduced and use such photographs and voice recordings. The same may be exhibited in all domestic and foreign markets. Participant understands that others may use and/or reproduce said photographs and/or recordings with or without the Organization's consent.

I hereby release the Organization, any of its associated or affiliated companies, their directors, officers, agents, employees, customers and the Organization's appointed advertising agencies, officers, directors, agents and employees, from all claims of any kind on account of such use.

Authorized signature: _____

Minor Child: _____

Date: _____