



## In General

Outward Bound courses for veterans are fully funded through the generosity of donors who are committed to serving those who serve. Your course will begin at the Hurricane Island Outward Bound School's Sea Program base camp located at Wheeler Bay in Spruce Head, Maine. Here you will get your first introduction to your boat, essential briefings on emergency procedures, and then you will cast off lines and begin your adventure on the water. All courses are "expedition-based," which means that you will leave the base camp on the first day of your course and not return to it until the end of your course. You will row or sail nearly every day, developing skills as you travel along your planned route. On board you will carry all you need: stoves, shelters, food and water, etc. Bathing occurs daily with an ocean swim. No boating experience is necessary. We will teach you everything you need to know: sail handling, steering, anchoring, navigating using chart and compass, and living comfortably aboard a small open boat. 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 Area

The coast of Maine, with its intricate and indented shoreline, is a unique segment of the North Atlantic seaboard. It is renowned among sailors for its picturesque beauty, abundant bays and harbors, rocky islands, and quiet coves. Our cruising area covers nearly 200 linear miles of the Maine coast, with countless rivers, bays, and islands to explore.

The coast of Maine is rich in history. The rocky, spruce-covered islands are the summits of a prehistoric mountain range, and generations of inhabitants have made their livelihoods here. Evidence left behind on the islands reveals the historic presence of indigenous Abenaki camps, pre-colonial fishing grounds, post-colonial timber and farming operations, and early 20<sup>th</sup> century granite quarries. Cold, nutrient-rich waters flow from the Canadian Maritimes, and make the Gulf of Maine home to a wide range of sea birds, harbor seals, porpoises, and whales.

## Course Activities

**Sailing** – The 30-foot open sailboat is your home and classroom. These seaworthy boats are rigged to take full advantage of the power of the Maine coastal winds, and when the winds do not cooperate, the boats can be rowed by two or four people pulling on oars. At night the boat will be configured as a sleeping platform and you and your watch mates will take turns at anchor watch under brilliant night skies. Underway, you will learn to set your sails properly for sailing at different angles to the wind, and to anticipate and respond to changes in weather. As you practice rowing, you will discover that by coordinating all of the rower's movements so that the oars splash as one, you halve the effort it takes to travel on windless days. You will learn to navigate using a chart and compass across open water and among the bold granite islands, concentrating on the environment around you.

**Rock Climbing** – All courses will spend some time on land to stretch your legs or go for a run and many courses will spend a day rock climbing or rappelling from the sea cliffs of one of our remote island bases. Your climbing day involves instruction in movement on rock and climbing techniques, as well as belaying and safety skills.

**Service** – Service is an integral part of the Outward Bound curriculum. We encourage service to the environment by practicing Leave No Trace® ethics throughout the course. We coordinate service projects with local land managers (US Forest Service, Maine Bureau of Public Lands, Dept. of Conservation, local land trusts, etc.) as well as with select social service agencies (nursing homes, hospitals, etc.). During your course, you and your crewmates may have the opportunity to participate in at least one coordinated service project as well as the multitude of opportunities to serve those in your immediate expedition community.

**Personal Challenge Event** – Our courses end with a Personal Challenge Event, an individual final physical push. These events might take the form of a running, rowing or swimming activity, or it may be a combination of the three. This event is a chance to finish your Outward Bound Experience with a true personal challenge where you can own all of your decisions and efforts in contrast to the time you have spent operating within an expedition team.

### Veterans

After the physical and interpersonal intensity of military service, reintegrating back into civilian life can be profoundly challenging. Outward Bound sailing courses are opportunities for participants to share leadership, stories, and support, and to apply their proven organizational and teamwork skills towards common goals in a beautiful peaceful setting. After course, participants report greater self-confidence, and experience healthier and more balanced lives. The expedition may only last a week, but the strength of the experience will be with you for a lifetime.

### Course Progression

- 1. Training Expedition:** Initially, your instructors will focus on teaching the skills of sailing, rowing and navigating, demonstrating maneuvers and coaching your team through the art of moving an open boat safely and efficiently.
- 2. Main Expedition:** The instructors begin to hand over technical responsibility for day to day running of the boat while continuing to teach more advanced skills, and coach the finer points of leadership and teamwork.

### The Outward Bound Difference: What Veterans Learn

#### *On this course, veterans learn:*

- to set sails properly for sailing at different angles to the wind and, timing their movements with their watch mates, to execute sailing maneuvers like tacking and gybing, which turn the boat through the wind;
- to navigate using a chart and compass to arrive accurately at the day's destination in clear visibility and in Maine's classic coastal fog;
- to move the boat under oars, coordinating all of the rowers' movements and precisely maneuvering into secluded anchorages; and
- to live (cook, eat, sleep, work and learn) together aboard a small open sailboat, contributing energy and ideas, sharing tasks and responsibilities, and relying on themselves and each other.

#### *As veterans learn these sailing and seamanship techniques, they practice many essential skills and habits to help them reintegrate and prepare for new challenges at work, home, and in their communities. In a natural environment, they enhance their ability:*

- to remain engaged and present, accepting and meeting challenges as a team, even when the goal seems beyond their reach;
- to focus on the team effort. It takes an entire crew to sail or row the boat well; the boat performs best when everyone is working together;
- to share responsibilities, communicate and lead collaboratively, without the structure of rank. Leadership roles are shared within the group, and responsibilities rotate each day; and
- to find beauty and peace in wilderness, and reserves of tenacity and compassion in themselves. Maine sailing courses are designed to expand and stretch the limits of veterans, individually and together, so that every expedition is a true accomplishment and a memorable journey.



3. **Final Expedition:** Near the end of course, when you and your group have demonstrated the requisite leadership, problem-solving and technical skills, your instructors may remove themselves from participating in the decision-making and technical operation of the expedition.

## Course Skills

### Expeditioning

- ✓ Emergency preparedness
- ✓ Safety management and basic first aid
- ✓ On board shelter construction
- ✓ Outdoor cooking
- ✓ Nutrition and rationing
- ✓ Conservation practices
- ✓ Ropes and knots
- ✓ Leave No Trace wilderness ethics

### Open Boat Sailing

- ✓ Boat handling skills, sailing and seamanship
- ✓ Coastal piloting and navigation
- ✓ Coastal cruising and live aboard skills
- ✓ Tides, currents, and weather forecasting
- ✓ Anchoring
- ✓ Marlinspike seamanship

### Rock Climbing (weather dependent)

- ✓ Belaying and rope handling
- ✓ System safety
- ✓ Climbing technique
- ✓ Rappelling

### Group Dynamics

- ✓ Leadership and decision making
- ✓ Followership and expedition behavior
- ✓ Communication and conflict resolution
- ✓ Goal setting