



## ORIENTATION 2009

TO: New Proctor Students  
FROM: Brooks Bicknell, Orientation Director

Congratulations on your acceptance to Proctor! As Orientation Director, I want to personally welcome you to the Proctor Community. This fall you will be attending Proctor's New Student Orientation Program. For five days and four nights you and seven other students accompanied by two experienced faculty members 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 may also participate in a community service project such as repairing a trail or clearing blow downs from winter ice damage. While Orientation is not a test of your outdoor skills, you will be challenged and you will learn many skills that will come in handy to you as a Proctor Student.

All of us at Proctor believe that participating in Orientation is a vital first step into the Proctor Community. The qualities that we stress on Orientation are the same ones that we value on campus and include:

- A student's willingness to work
- Responsibility for one's actions
- Respect for all members in the community
- Importance of cooperation
- Awareness, respect and enjoyment of the natural environment
- Forming meaningful relationships with other students and faculty

We feel that the dynamic mountain environment is the ideal setting for you to practice these values. To support you, Proctor's Orientation leaders are very experienced in leading wilderness trips and also look upon Orientation as a time for their own personal renewal in the ethos of the school. Our leaders are experienced in the administration of First Aid and will do their utmost to help you have a successful trip. On Orientation you will also learn many useful skills. You will learn to set up and break camp, load your backpack efficiently with your personal gear, improve your hiking skills and learn to ford streams safely. With the aid and encouragement of your leaders you will learn how to prepare a meal for ten, wash your utensils in an environmentally sound fashion, navigate using a topographic map and be able to string a tarp to stay dry and warm in inclement weather. If you feel anxious about sleeping in the woods for four nights, carrying a backpack, or hiking up a mountain, don't worry; I assure you that others share your apprehensions! While the trails may be challenging for you, they are all within everyone's capabilities.

Enclosed is an equipment list of necessary items for the trip. It is critical that you bring all of the equipment listed. The weather in the mountains is unpredictable. It is not uncommon to have freezing temperatures in the mountains in September. While gear can be expensive, it is a good investment and will get further use in the likely event that you participate in any of Proctor's experiential programs.

In addition to having all the necessary gear for this trip, it is also important that you

prepare yourself physically for the demands of the trip. During the summer, get out and hike, jog, bike, or play the sports you already enjoy. Being in shape will make the trip more pleasurable. If you have new boots, you should also break them in prior to Orientation. If you have any questions this summer, please do not hesitate to e-mail me at [brooks\\_bicknell@proctornet.com](mailto:brooks_bicknell@proctornet.com); or call me at the following numbers:

Office 603-735-6205

Cell 603-344-1488

FAX: 603-735-5129.

For international calls add 011+ 1

Again, I welcome you to Proctor, and look forward to meeting you Tuesday, September 8<sup>th</sup>.

Regards,

*Brooks Bicknell*