

2025
TRIP GUIDE



YELLOWSTONE TETON ADVENTURE

A 13-day adventure camp for 8th and 9th graders



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GRADES

8th - 9th

TUITION

\$4,595

DATES

7/29 - 8/10

- **For the 2024-2025 school year**
- **Included in tuition:** Food, lodging, and airport pick-up and drop-off; group and technical equipment; guided activities
- **Not included in tuition:** Program and travel insurance; personal clothing and items; transportation to and from the arrival and departure airports



Get ready for the adventure of a lifetime in Wyoming's stunning Rocky Mountains this summer! Over 13 action-packed days, hike through Yellowstone's wildlife-rich backcountry trails—spotting bison, black bears, lynx, elk, mountain goats, and more. Climb the iconic rock faces of the Wind River Range, and trek up to an alpine lake for a summit adventure in Grand Teton National Park. Cap off your journey with a thrilling whitewater rafting ride down the Snake River. Don't miss out on an unforgettable adventure in America's first national park!



Who is Adventure Treks?

We believe in creating remarkable, life-changing experiences for teenagers. Since 1993, we've guided thousands of students through spectacular outdoor adventures across North America and the world. Our multi-week camps go beyond experiencing awe in the outdoors: While students explore some of the world's breathtaking landscapes, they're also developing confidence, leadership, optimism, and resilience—essential character traits that will help them achieve incredible things as they face the world.

Adventure Treks is where teens break out of their comfort zones to discover their best selves, forge lifelong friendships, and grow into capable young adults in a supportive, technology-free environment.

Our program is defined by an unmatched commitment to safety, communities that have resulted in consistently high return rates, and a focus on transformative personal growth. With the industry's best student-to-instructor ratio and qualified, caring staff leading the way, we foster an environment where everyone feels valued and inspired.

“Simply put, AT was one of—if not the—most formative experiences of my life. I wouldn't be the person I am today without the lessons I learned on those trips, and I'm still friends with folks I met 20 years ago.”

Brad Elkins, student from 2002-2006, currently a political consultant

YELLOWSTONE 2025 >> our program goals



To maintain physical and emotional safety as our top priority



To offer fun and exciting outdoor activities that help teens gain valuable life skills and a greater sense of self



To take a sincere interest in the growth and development of young people



To empower students to create an inclusive and reflective community that maintains a culture of kindness, sense of humor, and spirit of cooperation and volunteerism



To inspire young people to develop a lifelong love of the outdoors and conservation ethic



To be a sustainable and responsive business, with a focus on our families and the quality of our programs



We have the **best student-to-instructor ratio in the industry**, with 4 students to every 1 staff

High student & staff return rate

More experienced, mature instructors

All-inclusive tuition

Our instructor-to-student ratio is the best in the industry. Most typical summer teen programs have a 6-7:1 ratio with only 2 staff; our programs maintain a 4:1 ratio with up to 5-6 staff. We also have:

- The highest student and instructor return rates in the industry (consistently between 50–85%);
- More experienced and qualified instructors with a broad range and depth of knowledge, skills, personality dynamics, and experience;
- All-inclusive tuition;
- And a hands-on director team!

YELLOWSTONE 2025 >> AT vs other programs

It's important to know the specifics of the program you're choosing for your child. While every program operates a little differently, Adventure Treks' model is truly unique. We accommodate larger groups (up to 24 students), hire more instructors for each group with our 4:1 ratio, and have the highest retention with student and staff.

We recruit more experienced instructors with higher certifications and pay them a better wage than our competitors, ensuring that we're attracting top talent.

	Adventure Treks	Outward Bound	Moondance Adventures	Wilderness Adventures	Apogee Adventures
Student-to-staff ratio	4:1	6:1	6:1	6-7:1	6:1
Student return rate	Consistently 50 - 60%	*	*	*	*
Staff return rate	Consistently 60 - 85%	*	*	*	*
Group size	Max 20 - 24	12-13	12-13	12-13	12-13
Extra fees and rental gear?	No. All-inclusive	All-inclusive	Must purchase/rent backpack, sleeping bag, & sleeping pad	Must purchase/rent backpack, sleeping bag, & sleeping pad	Must pay for bike rental, backpacks, sleeping bags, showers, & laundry
Director involvement on every trip?	Yes	No	No	No	No
Average staff age	Consistently 26 - 28	*	*	*	*
Minimum medical certification**	Wilderness first responder	Wilderness first responder	Wilderness first aid	Wilderness first responder	CPR, wilderness first aid, lifeguard

*Info not publicly available

**At minimum, Adventure Treks requires our instructors to be certified as wilderness first responders, which is an intensive 80-hour course that also includes CPR. Other companies only require wilderness first aid (16–20 hours) and CPR.

HIKE



CLIMB



RAFT



SUMMIT





Day 1	Arrive in Jackson, WY (JAC) and meet group	Frontcountry camping
Day 2	Day hike in Yellowstone National Park	Frontcountry camping
Days 3-6	Backpack through Yellowstone National Park	Backcountry camping days 3-5
Day 7	Logistics day: Laundry, food shopping, van cleaning, gear organizing	Frontcountry camping
Days 8-9	Rock climb in the Wind River Range	Frontcountry camping
Day 10	Logistics, drive, and prep day	Frontcountry camping
Day 11	Summit hike in Grand Teton National Park	Frontcountry camping
Day 12	Whitewater raft the Snake River	Frontcountry camping
Day 13	Depart from Jackson, WY (JAC)	Back home!

Each trip's order of activities may vary; enrolled families will have access to their child's specific daily itinerary.



DAY 1

Fly or drive into Jackson, WY (JAC) and meet Adventure Treks! Once everyone has arrived, we'll head to camp for a delicious welcome dinner.

**DAY
2**

Explore different trails in Yellowstone National Park on a beautiful day hike. We'll stop for a scenic lunch and play fun games to get to know each other.

**DAYS
3-6**

Embark on an epic four-day hiking trip through Yellowstone's stunning Rocky Mountains! Escape the crowds and explore trails that lead past some of the park's 500+ active geysers—the largest concentration in the world. Experience the incredible biodiversity and keep an eye out for Yellowstone's famous wildlife as you hike. Shaped by ancient volcanic activity, these mountains offer a breathtaking and unique landscape you won't forget.

DAY 7

Logistics day! Students and instructors will work together to get laundry done, refresh our food supply, and do a thorough van clean-up. Then we'll get ready to climb for the next few days.

“My friends at AT are by far the best friends I’ve ever made, and probably some of the best anywhere. AT is an incredible experience that will change your whole attitude on life. You meet so many cool people from all over the world and learn you can connect with anyone.”

– Avery Keats, student from 2021-2024

**DAYS
8-9**

Get ready to scale the granite domes of the famous Wind River Range! Known for its glaciers, lush valleys, soaring peaks, and pristine lakes, this area attracts climbers from around the world. Spend two thrilling days honing your climbing skills and tackling various grades, all while surrounded by some of the most picturesque scenery in North America. At the end of the day, feed your inner thrill-seeker by with an exciting rappel down the crag!

**DAYS
10-11**

After a prep and drive day, venture back toward Grand Teton National Park and gear up for an epic hike to Amphitheater Lake! Sitting at an impressive 9,698 feet, this subalpine lake offers breathtaking views of iconic peaks like Grand Teton, Disappointment Peak, Mt. Owen, and Teewinot Mountain. As you trek through the lush conifer forest, you'll also catch stunning vistas of Bradley and Taggart lakes and the expansive green prairies below. Keep an eye out for black bears, mule deer, and grouse along the way.

**DAY
12**

Dive into an exhilarating whitewater rafting adventure on the Snake River! Get ready for some of the bounciest, most thrilling rapids you've ever encountered, with your new best friends at your side. With the majestic Tetons towering overhead, every moment of this adrenaline-pumping ride will make you fall in love with rafting!

**DAY
13**

We promise you this: You won't want to leave! But it's time for our incredible adventure to come to an end. Relive every memory the night before with a celebratory dinner, and exchange contact info with all of your new best friends so you can stay in touch.



FUN, FRIENDSHIP, & CULTURE OF KINDNESS

First and foremost, you'll have loads of fun. Our goal is for you to return home having made lifelong friendships, tried and succeeded at new and exciting activities, and had so much fun that you can't wait to do it all over again next summer with your new friends. We want you to laugh a lot, be yourself, and feel appreciated for who you are. We create a strong culture of kindness and sense of belonging to a community in which everyone feels valued, included, and supported. You'll feel like you've gained a second family.

We get that you're trusting us with their summer, and we're going to help make it your **BEST SUMMER YET**. In fact, our students have such a great time that most of them return to us for multiple summers. You'll also come home with the confidence that you can do **ANYTHING** you put your mind to.



ALL LEVELS WELCOME

No experience is necessary, so don't worry if you've never rock climbed or kayaked before. We'll teach you everything you need to know to succeed, from setting up a tent to paddling a whitewater raft to cooking delicious meals in the backcountry. If you do have experience, that's fantastic! Our instructors will take your skills to the next level.

LARGER GROUPS

Most programs cap their student groups at 12 or 13. Adventure Treks runs larger student groups of up to 20 to 24. There are lots of benefits:

- More students from a wider variety of backgrounds to befriend.
- The opportunity to spend time both the big group and in different smaller groups throughout the trip. In smaller groups, students get more personal time with each other and create strong bonds. Then in the large group we can all have fun together!
- Social dynamics are easier to manage. With a larger group, instructors can fluidly manage groupings to make sure everyone has an incredible experience and prevent exclusive cliques from forming.



21st CENTURY SKILLS

Adding to a fun summer, we strive for our Great 8 Outcomes to be learned through new adventures, immersion in nature, and face-to-face interactions with peers and caring role models. Our model of using close-knit communities and exciting, appropriately challenging outdoor activities makes Adventure Treks the perfect place to improve the interpersonal skills young adults need to thrive in the 21st century.

SAFETY

Risk management is at the core of everything we do. Adolescents need reasonable risk as part of their normal growth and development, but from the moment your children leave home until they return to you, minimizing this risk is our foremost priority. As we consider ourselves partners in the parenting process, we make every decision as if you were looking over our shoulders, and we have extremely thorough policies and protocols for each activity. By teaching students about judgment, probability, and consequences, we build a safety-conscious mindset that helps them learn how to make good decisions and take intelligent risks—habits that will apply to the rest of their lives.

EXPEDITION MENTALITY

Strong, inclusive communities develop quickly when there is a sense of mutual respect and trust among all members. Students quickly grow to understand that a good community includes both physical and emotional safety, and they'll discover how one's actions can impact the group. We encourage teenagers to have fun, challenge themselves, try new things, pitch in on group tasks, and maintain a positive mental attitude no matter the circumstances. This is a core tenet of the Adventure Treks experience.

Adding to an insanely fun summer, we strive for our **Great 8 Outcomes** to be learned through adventure, immersion in an outdoor environment, and interaction with great role models—allowing students to improve non-cognitive, interpersonal skills needed to thrive in the 21st century.

- 1 Communication:** Few ideas are the product of a single mind, and being able to effectively communicate in a constantly changing world is a much-appreciated skill. Teammates need to be able to share ideas and build trust, empathy, and understanding.
- 2 Collaboration and social achievement:** The ability to work well with others is vital—even when your team is not of your choosing. Creating and maintaining fun, substantive social connections is a hallmark of success.
- 3 Creativity:** The ability to generate multiple ideas and think out of the box is engendered by a supportive and free-thinking community.
- 4 Critical thinking:** The world's problems don't have simple answers. These challenges require the ability to critically analyze a situation and formulate potential solutions that are not often obvious.
- 5 Leadership:** We solve problems in groups, which need leaders with heart that bring out the best in its members.
- 6 Self-management:** Lasting success requires the ability to postpone short-term gratification or personal needs in pursuit of important long-term goals.
- 7 Resilience:** Everyone encounters challenges and failures. Those who rebound from failure and see problems as opportunities will succeed when others give up.
- 8 Optimism:** An optimist believes that problems are temporary and that they has the ability through effort and persuasion to effect positive change.

MEALS AT ADVENTURE TREKS

Students are always impressed by the food! Instructors will ensure there is plenty of food and plan balanced meals, and we eat family-style, sitting in circles so no one is excluded. There are always second portions (and usually thirds) available; meals include a good balance of protein and carbs; and we eat fresh fruits and vegetables often.

While instructors will have done most of the meal-planning and shopping before students arrive, trip meals are mostly executed by the students (with supervision). Beginning with a French toast breakfast on the second day, instructors will teach students about backcountry cooking and stove and knife safety. Then students will break into smaller groups to cook for each other to ensure that everyone is involved from start to finish.

We can easily accommodate vegetarians and many food allergies, including peanuts, tree nuts, soy, dairy, sesame, and gluten. And we always have a wide variety of snacks available throughout the day. Adventure Treks may choose to operate a trip free of a particular food (e.g., peanuts) due to allergies.

CAMPING IN TENTS

We'll camp in different places throughout our trip. Most of our nights are frontcountry camping (developed campsites with amenities like running water and toilets) at a public or private campground. The other few nights will be spent backcountry camping in wilderness locations where we are most likely out of cell phone service and away from our vehicles, electricity, and other amenities. Multi-day activities like backpacking take place in the backcountry.



Never camped before? Don't worry!
We'll make sure you'll learn the ropes
and get comfortable in a jiffy.

Adventure Treks was the most significant life experience of my adolescence. AT introduced me to a community of individuals who would go on to be friends and mentors for years to come. My love for the outdoors was born out of summers with AT, and so many choices I've made from where I've lived to what jobs I've taken... My path to a career in medicine was heavily influenced by AT experiences as an instructor. I simply can't imagine who I would be if I didn't spend summers with AT.

Lauren Liebling, student from 2004-2006, currently a physician assistant

GEAR

Adventure Treks provides all outdoor gear, including a backpacking backpack, sleeping bag and pad, tent, cooking gear, and all activity-specific technical gear (like climbing shoes and helmets and rafting gear). Students will bring a daypack and duffel bag; clothing, footwear, and toiletries; and a few personal pieces of outdoor gear.

Before opening day, students will pack all of their items in a daypack and duffel bag; the daypack can be a school backpack and will act as carry-on luggage, and students will use this often throughout the trip. The duffel will be checked luggage and will act as a “closet” while on the trip: They are stored and locked in the U-Haul trailer that we tow, and students will pull whatever items they need for the next activity out of their duffels and pack them in their backpacking packs or daypacks.

TECH-FREE EXPLORATION

Our students have an unbelievable amount of fun—all without their cell phones. We unplug from technology so that we can connect with our natural surroundings and each other and build strong, inclusive, and kind communities. Upon arrival to Adventure Treks, students will call home and then turn their phone off to be stored throughout the trip (minus a few designated calls home—more info on page 17). No time for Snapchat or TikTok at Adventure Treks, and best of all, students will quickly realize they don't even miss their phones.

Students are encouraged to bring a camera or GoPro for taking photos and videos!





GETTING TO ADVENTURE TREKS

Students will meet us at **Jackson, WY (JAC)** on opening day. Most of our students choose to fly by themselves (i.e., without their parents) as they see this as a great exercise in independence. Our instructors will be at the airport to greet our students as they arrive by plane or car, and our office monitors all flights and is on hand to assist with delays and cancellations. Once your child meets their group, they'll call home to give a safe arrival notification.

While we provide travel guidelines and can help find flights that work, it is the family's responsibility to book travel. We will happily help coordinate travel for students traveling to and from the same home airports. For all students flying to Adventure Treks, we recommend purchasing refundable airfare and/or travel insurance.

If flying

- Arrive on opening day between 9 am and 2 pm
- Depart on closing day between 6 am and 11 am

If driving

- Tentatively plan to arrive between 11 am and 12 pm on opening day, and between 8 am and 9 am on closing day. (This might change; a director will be in touch beforehand to confirm a time and meeting location.)



COMMUNICATION DURING THE TRIP

Instructors will take photos and videos throughout the trip, which the office will provide to families. Because of the wilderness nature of our trips, there are limitations regarding the frequency of updates and the number and size of photos sent to the office. During multi-day backcountry activities like backpacking, trip updates will not be available until the group comes back into cell service. Our goal is to provide at least one update per week on each trip.

Written updates will be emailed to families. Photos and videos will be uploaded directly to an online album, and we'll send your child's specific album link about a week before your child's trip starts. Additionally, you can expect one or two brief phone calls from your child during the trip.

The summer office hours are 8–6, but someone is always on call for after-hours emergencies. We'll provide an emergency contact number parents can use for urgent or time-sensitive situations, such as canceled flights or family emergencies. If your child's trip begins or ends on a weekend, the office is open and happy to assist with travel.

“AT dramatically boosted my ability to adapt to new situations and go with the flow. It was also a great social environment, and I'm thrilled whenever I run into someone I know from AT (which last happened in January 2024). It was great to spend summer with other people excited to try out new things, have fun, and be silly. Most concretely, AT made me a lifelong lover of the outdoors and taught me the skills I needed to enjoy it fully.”

Grant Clovin, student from 2009–2011, currently a lawyer

Weather

Summers in Yellowstone are generally nice, with daytime highs in the 70s and 80s (June trips can be a little cooler, with lingering snow patches). Evenings will cool off, and we'll probably experience an afternoon thunderstorm or two. While hiking at higher altitudes, it may be chilly and breezy.



“My experience with AT gave me a love of the outdoors and being in nature. It helped me build resilience and trust in my own body and my ability to push through challenges and setbacks. It gave me a sense of belonging and community with my fellow AT friends, as well as several very close friendships that made me feel seen and loved. I still feel like it was one of my most formative, treasured experiences of my teen years.”

Zoe Fishman Sitrin, student from 2004-2007, currently in product marketing

Did you know?

- Yellowstone National Park is larger than Rhode Island and Delaware combined.
- Yellowstone is home to the largest free-roaming herd of bison in the world
- Beneath Yellowstone Lake is the one of the world's largest supervolcano calderas, measuring 30 x 45 miles.
- There are more than 300 active geysers and 10,000 thermal features in Yellowstone!



Ready to enroll? It's easy!

1

Complete our online application and submit a deposit to secure a space.

2

Submit admissions forms, including parent questionnaire, student questionnaire, health history, and character reference.

A \$1,000 deposit must accompany the application to secure your child's spot, which will be applied toward the full cost of tuition. In the event a student is not accepted to Adventure Treks, the deposit is fully refunded. Please visit adventuretreks.com/terms-conditions for more information regarding our cancellation and refund process, payment options, trip insurance, and more.