

BOLT
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Dear 2009 BOLTer!

We hope this letter finds you well, and that you are enjoying your summer. Your friendly BOLT Summer Managers are working hard back in the PVD to get everything ready for the August trip. We are all very excited and hope that you are too!

The trip is now barely two months away and we in the BOLT office are set on making the 22nd BOLT trip the best yet! In order to do so, we have compiled this packet to provide you with EXTENSIVE information about what you should expect during the trip, and what you can do to prepare (beyond just putting your game face on). Included in this packet is the following information:

1. Key dates form for both the summer and fall
2. Extra BOLT forms and checklist with missing forms/information
3. Gear Info (Additional copies of the BOLT Gear Checklist are also available online at <http://www.brown.edu/BOLT/> - click on the "BOLTERS" heading and then "Mailings")
4. "White Mountains, Blue Skies, Brown Bears, Oh My!" Form
5. NOT INCLUDED BUT IMPORTANT-- If you have yet to send your payment for the trip, please do so as soon as possible. Payment is due by **July 31**. *Please make checks payable to Brown University and mail to the box address listed above.* (Again, if you need financial assistance, please contact Shelley Adriance at the BOLT office, Shelley_Adriance@brown.edu, or (401) 863-1185.)

In order for this trip to be a success, we need a bit of help from you. If you are missing any paperwork, please turn it in ASAP! If you have not completed any of these forms, a letter is included in this packet outlining what you are missing. Thanks for being prompt with all of your paperwork. It will allow us to focus on other preparations for the trip like concocting the most epic trail mix the White Mountains have ever seen.

Another crucial component of your own preparation for the BOLT trip is to get in (or stay in) shape this summer. You don't need to buy a membership at a fancy gym or be ready to run a marathon, just a few days a week of walking, running, biking, playing tennis, swimming, curling, alligator wrestling etc., will make your trip much more physically and mentally enjoyable.

In addition to physical preparation, we encourage you to take some time to prepare mentally and get excited! BOLT has a number of different goals that all interact with each other, and being cognizant of these goals can help everyone get the most of their

BOLT experience. BOLT combines aspects of leadership, community, experiential learning and environmental awareness into one program. The cornerstone of the program is the August trip, but this is just the beginning of the BOLT experience, with many fun activities to follow.

Though every group will have 2-3 leaders, each person will have the opportunity to take on multiple leadership roles at different times. Remember that there are many different leadership styles and being a leader doesn't mean you have to be hiking out in front of the group. A good leader considers physical, mental, emotional and environmental factors when assessing group dynamics and how to maximize the group's enjoyment and safety. Leaders must recognize diversity within the group- such as differentials in hiking experience- and act accordingly. Your leaders will be there to support you in this, but BOLT is about empowering each member of the BOLT community to be a leader in their own way (Brown students wouldn't have it any other way).

BOLT also allows all of us to live simply and deliberately for five days in a peaceful environment, away from everyday distractions. We will work to respect that environment by paying attention to and minimizing our impact on the wilderness, while we also enjoy its beauty and calm (and perhaps its unpredictability, aka rain). BOLT offers a great opportunity to appreciate nature while reflecting and thinking about the upcoming year individually and within a safe, supportive community.

We hope that each of you can join with us on this fantastic trip, but we do realize that things come up. If you find out that you are **unable to participate** in the trip, please let us know **AS SOON AS POSSIBLE**, as there are other students on the waiting list who desperately want your spot. If you drop out, you are guaranteed a refund of your participant fee only if you let us know by JULY 31st.

OK, so that was bit long, but thanks for sticking with us and hopefully you are now as excited as we are for good hiking, good food, and good people. Again, everything in this mailing is also available on our website under "Mailings" in the "BOLters" heading.

We love talking BOLT with anyone who will listen to us (as you can tell from this letter), so if you have any questions/concerns at any point, please feel free to contact us:

(401) 863-1954

BOLT@brown.edu.

For now, continue to have a wonderful summer and don't worry, you will undoubtedly hear from us again. Yeah, that's right, BOLT 2009!

Take care,
Jason
Rachel
Ben

YOUR FRIENDLY BOLT SUMMER MANAGERS (YFBSMs)