

First Ascent



What IS First Ascent?

First Ascent is a new opportunity for incoming freshmen at Western Carolina University. The 5-day wilderness orientation program is designed to help foster a sense of community and confidence as students experience the beauty of the southern Appalachians. First Ascent students will learn the basics of camping, climbing and working as a team to overcome obstacles and achieve goals. The program offers a lot of fun, a different perspective on your classmates, and a great way to get a head start in college.

Sample Itinerary

- Day One: All First Ascent's participants will begin the experience together with a welcome lunch, name games/ go over what to pack, gear, food
- Day Two: backpacking skills, navigation, games, go for a swim (?)
- Day Three: rock climbing
- Day Four: summit attempt, check out the views
- Day Five: return to base camp, clean gear, go out with your new friends (after a shower of course)
- Day Six: Have closing session, share photos.

How to Enroll

To enroll, just fill out the application (**deadline July 24, 2009**), send payment, medical form, liability release form and application by mailing or faxing it back to us.

Cost: \$200.00 before July 10th, 2009
after July 10th \$225.00

There are several ways to pay. Cash is accepted at Base Camp Cullowhee. Checks and money orders are a great way to mail your payment. We also accept credit cards over the phone.

To mail your payment:
Base Camp Cullowhee
A.K. Hines University Center
Cullowhee, NC 28723

For credit card orders:
Call us at (828) 227-3466 – Josh Whitmore – Director of Outdoor Programs
Or fax us at (828) 227-7250

Cancellation policy:

There will be no refund unless you cancel and find someone else to take your spot.

Western Carolina University
First Ascent Application for Admission



Which course dates are you enrolling in?

August, 7-12th

August 15-20th

Name _____

Date of Birth _____

Gender _____

What do you hope to learn/gain at First Ascent?

What are your fears/concerns—if any?

What should your trip leaders know about your learning style?

What are the strengths you bring to the group?

What are weaknesses you want to work on?

Do you have outdoor experiences, if so, what types?

Please use the back of the page if needed