

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 this application, send payment, medical form, liability release form and application by mailing or faxing it back to us.

Cost \$275 Early Registration; \$300 Regular Registration.

July 9-14: **Early Registration ends June 22nd**

July 23-28: **Early Registration ends June 30th**

August 13-18: **Early Registration ends July 15th**

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



Which course dates are you enrolling in?

- July, 9-14th
- August, 23-28th
- August 13-18th

Name _____

Date of Birth _____

Gender _____

Form of Payment:

- I've already paid on-line as an additional fee in Cat Walk when registering for my regular orientation session.
- Check, enclosed with this application
- Credit Card, please call Josh Whitmore at 828-227-2466 to arrange payment

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?