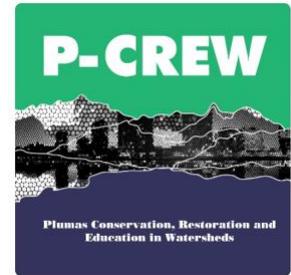


Welcome to P-CREW Session 1!

Dear _____,

Congratulations! You've been selected as a Crew Member for Session 1: **June 17- July 18, 2019!** We've chosen you because you had great responses on your application, interviewed well, your references recommended you, and we feel you will be an asset to the crew.



We hope you are as **excited** as we are about living, working, playing and learning for five weeks in the Northern Sierra Nevada with students from high schools in Oakland, Berkeley, Paradise, Portola, Quincy, Greenville, Susanville and more! The crew will be diverse, motivated and ready to launch into our fifth summer.

We have included a Pre- P-CREW Workout Plan for your convenience and encourage you to keep active and push yourself before you arrive. This helps to ensure success at P-CREW and life ☺.

Leaders

Field Crew Leaders this summer will be Elliot Bills, Alana Joseph, Jacob Norman, and one more to come. The **Alumni All-Stars** will be Lena Badhia and Kylie Kersch. (Please read the enclosed "Meet the Field Crew Leaders" page.) Their skills, experience, dedication and enthusiasm will make them excellent leaders. We know you will learn a lot from their tremendous amount of knowledge and they will help guide you through your P-CREW experience.

Packing List and Gear

Your much-anticipated **packing list** is enclosed. Space is limited for your personal belongings, so please stick to the "amount each" provided. We encourage you to look in thrift stores for things like hiking boots, work pants and work shirts.

Your **hiking boots** are probably the most important piece of gear on the list, as you will be wearing them every day. Please ensure the boots have high ankle support! They need to completely cover your ankle, unlike tennis shoes. The packing list has some suggested styles, but feel free to contact us with questions before making a purchase. The US Forest Service donated women's size 7/men's size 5 boots. We also have gently used women and men's boots in random size that you can purchase for \$15. Please let us know if you need one of these pairs and we'll check on your size.

During orientation, you will be issued all the **additional gear** you'll need which includes: warm layers, raincoat, backpacks, water bottles, sleeping bag, sleeping pad, etc. You will be responsible for all "borrowed" gear and any unreasonable damage that requires replacement will be deducted from your pay check at the end of your session.

P-CREW Facebook, Website, and Instagram

We encourage you to check out the P-CREW **Facebook** page, <https://www.facebook.com/pcrewyouthcorps/> to see pictures from past crews. Visit the P-CREW website, <https://p.crew.sierrainstitute.us>, to learn more about the program and read past blogs. Follow us on Instagram @pcrew.youth.corps.

Enclosed Forms

Enclosed are a number of informational pages, mostly for your parent(s)/guardian(s) and a number for you. Please read all the **forms** and help them when needed, especially with the health history chart. It's important that you complete this honestly and thoroughly, so your crew leaders can provide you with the best care possible. Only the staff will have access to the personal and health information you provide.

The **P-CREW Member Contract** requires your review, signature, parent signature and commitment to comply. Your success, as well as the success of the crew, is dependent upon your promises. Please take it seriously, as breaking your contract will require your parent/guardian to retrieve you at their expense. Sign both copies of the contract, keep one, and return the other one to us.

Receiving Mail

Mail will be delivered to you in the field at least once a week. Please let your family and friends know that **care packages** (treats, books, magazines, etc.) and letters or cards should be mailed to: "Your Name"

General Delivery
Taylorsville, CA 95983

Cell Phones

Cell phone service is **limited**, and you won't be able to recharge your phone in the field. Furthermore, cell phones will be collected at the beginning of the session and kept in our main office so they are not ruined in the woods. Please tell your parents/guardians not to panic if they don't hear from you and that you will try to contact them at least twice throughout the program. Additionally, the office sends a weekly e-mail to parents to keep them updated about your activities. It's important to disconnect and put all your energy into your crew, projects and recreational activities (you won't be sorry you did).

P-CREW "Angel"

Finally, we have a P-CREW **Trail Angel**, who is willing to assist with boot purchases or anything else on the packing list that you might find financially burdensome. Please let us know if you would like her help, and we will put you in contact with her directly.

Further Questions?

Don't hesitate to contact us (530-284-1022) with **any questions** and/or concerns about the summer. We are here to support and assist you with this incredible journey. Please use the enclosed check list, to assure you've done your "homework". We're looking forward to providing you with this tremendous opportunity and cannot wait to get you all in the field.

Happy Trails,

Ashley Bomar
P-CREW Program Manger
PCREW@SierraInstitute.us

Amy Hafsrud
P-CREW Program Assistant

Amy Stevens
P-CREW Assistant Coordinator