

Travel & Logistics

United States Naval Academy Leadership Expedition

Pacific Northwest Backpacking

Welcome to NOLS! We look forward to meeting you at the start of your course.

The Quick Run- Down

- You are responsible for booking a flight to Seattle, Washington for the day before your course start date.
- From SEATAC Airport take a ground shuttle to the nearby town of Mount Vernon and spend the night at either the Days Inn or CottonTree Inn; you are responsible for these arrangements.
- NOLS will pick up students at 7:00 am on the start date of the course outside each hotel, and drive them to our Pacific NW location in Conway, Washington.
- On the final day of the course NOLS will return students to Mount Vernon by approximately 3:00 pm. You are responsible for your own lodging that night.

Meeting Time and Location

On the day your course begins, we will meet students before breakfast at 7:00 a.m. at both of the following locations:

Days Inn
2009 Riverside Drive
Mount Vernon, WA 98273
360-424-4141 or 800-329-7466

Best Western/CottonTree Inn
2300 Market Place
Mount Vernon, WA 98273
360-428-5678

If you have any problems on arrival day please call us at NOLS Pacific Northwest, telephone: 360-445-6657.

Airport Shuttle Service: Seattle to Burlington/Mount Vernon

Bellair Charters Airporter Shuttle (866-235-5247 or 360-380-8800/www.airporter.com) offers bus service from Seattle-Tacoma Airport (SEATAC) to Burlington (Mount Vernon) for approximately \$30 one-way or \$54 round trip. There may be additional charges for extra volume baggage. Reservations are necessary. The first daily shuttle to Burlington departs SEATAC at 6:00 AM and the last departs SEATAC at 11:30 PM.

The Bellair Charters Bus Station in Burlington is two miles north of the Best Western/CottonTree and Days Inn hotels in Mount Vernon. You can take a taxi to either of these locations:

For the CottonTree Inn in Mount Vernon you can take a courtesy taxi with Better Cab Co. (360-755-9262), provided you have a reservation at the CottonTree.

For the Days Inn in Mount Vernon you can take a taxi with any of the many taxi services available in the yellow pages, including A Better Cab Co. (360-755-9262), Yellow Cab (360-424-8294), or Valley Taxi Plus (360-336-3283). The cost for this should run between \$7 and \$9.

Train Service

Amtrak (800-872-7245 / www.amtrak.com) offers train service to Mount Vernon twice daily in both northbound and southbound directions. Tickets from Seattle to Mount Vernon cost approximately \$19 one-way or \$33 round trip and can be less expensive when reserved well in advance. A taxi from the train station to either hotel should run between \$5 and \$7, and can be arranged with any of the many taxi services available in the yellow pages, including A Better Cab Co. (360-755-9262), Yellow Cab (360-424-8294), or Valley Taxi Plus (360-336-3283).

Bus Service

Greyhound Bus Lines has regular service from downtown Seattle to Mount Vernon for approximately \$9. If you fly to Seattle you must arrange for transportation from Seattle-Tacoma Airport to the Seattle bus station. Here are some options:



Metro Transit: Approximately \$1.50. Transit bus #174 leaves the airport every half-hour making a stop at the Greyhound Depot.

Gray Line Airporter: Approximately \$10.25. Get off at Westin Hotel on Stuart Street. Greyhound Depot is three blocks east.

Taxi: Approximately \$20.

Automobile

If you choose to drive, getting to the meeting location by car is easy. From Interstate-5, take the College Way exit (#227) for Mount Vernon. Head east on College Way to Riverside Drive (second set of lights). Turn left onto Riverside Drive, heading north. The CottonTree Inn is about 1/2 mile down on left. We will meet you at the CottonTree Inn. Please do not come to the NOLS headquarters since our staff will be involved with course preparations. If you wish to park your vehicle at NOLS Headquarters while you are on your course, you may follow us there after we meet in Mount Vernon.

First Day to the Last Day

The first day of the course is busy. All phone calls, letters, and personal matters must be attended to the evening before. From the meeting locations in Mount Vernon we will drive to our headquarters in Conway for breakfast, followed by a morning and afternoon of getting acquainted, checking personal gear, issuing NOLS equipment and food, and finally packing up to leave town. Once last minute details are completed, you will be transported to the trailhead to spend your first night camping.

NOLS courses travel in remote areas as self-sufficient expeditions for the duration of the course. On courses up to a month long you will be in the field all but the first day for outfitting and the last day for de-issue. In addition to learning a great deal about wilderness skills and "expeditioning", you will certainly have an opportunity to enjoy yourself. Having fun and learning by doing is a NOLS philosophy.

Your group will be transported back to our base the next to last day of the course for showers and dinner. The final day is spent on evaluations, cleaning and returning equipment, and enjoying an end-of-course lunch banquet. Everything should be completed by 3:00 pm; the course will end by dropping students off in Mount Vernon. In Mount Vernon there is often an opportunity for one last dinner together. Plan on departing the following morning.

Fishing License

Fishing is an option on this course. If you plan to fish you must have a valid fishing license. In Washington State up to \$48 may be required for a non-resident license. At the course orientation on the first day, your instructors will advise you of the practicality of purchasing a license, depending upon the season and upon your particular course route.

Student Mail

You will be able to send and receive mail on the first and last day of the course. Please have your family and friends include your COURSE CODE (e.g. NAPL-course start date) as indicated in your enrollment letter, with the address as in the following example:

(Your name) - COURSE CODE (i.e. NAPL-course start date)
c/o NOLS Pacific Northwest
P.O. Box 527
Conway, WA 98238

Telephone

You will be out of telephone contact for the duration of your expedition. We have a pay telephone, 360-445-6666, for students' use at our base.



Typical Travel Expenses After Arriving in Seattle

Bring money for travel, meals, and lodging before and after your course. Additional expenses may include phone calls, fishing license, and items of a personal nature.

- \$ 60 Meals while traveling before and after course.
- \$ 70 Travel to and from SEA-TAC Airport and meeting location.
- \$200 Motel fee before and after course.
- \$ 10 Telephone calls.

Refer to your course equipment list for an estimate of expenses that you may incur in properly outfitting for your course. Acceptable payment methods are cash, personal check, traveler's checks, and VISA or MasterCard.

Storage of Luggage and Valuables, Student Parking

Extra baggage and vehicles may be stored at the Pacific Northwest base for the duration of your course. Valuables can be checked into our safe. Cars will be parked in an unfenced parking lot and keys left with NOLS staff. Although due care will be taken, NOLS assumes no liability for baggage, valuables, or vehicles while stored at the NOLS headquarters or elsewhere. It may be possible for you to obtain personal insurance to cover such risks.

Food Considerations

NOLS courses supply a nutritious and varied diet consisting of assorted dried foods and some fresh supplements. The diet is versatile, offering countless combinations defined only by individual creativity. Rice, pastas, beans, flour, cereal, nuts, cheese, soups, dried fruits and vegetables are among the basic ingredients. You will carry an extensive spice kit. There are also a wide variety of drinks available among the field rations such as herb teas, cocoa, fruit crystals and broths.

You may wish to bring some extra treats to supplement the ration. In the past, students have appreciated chocolate bars, energy bars, specialty teas, dried vegetables/fruit or meat jerky. You have the option to bring a small amount of these personal treats (maximum 2 pounds) at your expense and put into organized re-ration bags. Remember that weight and space is limited and for that reason you are strictly limited to 2 pounds for the duration of your course. Due to the nature of expeditions expect to share if you do bring treats.

Behavior In Town

While in town, students are expected to behave responsibly at all times and to be sensitive to customs and traditions of the local people. The use of alcohol in town is not specifically prohibited, except where mandated by law. Violation of law or conduct that could damage NOLS' reputation may result in expulsion from the course. NOLS is a tobacco free community.

NOLS Administrative Headquarters

All tuition payments and enrollment forms should be sent to: NOLS Professional Training, 284 Lincoln Street, Lander, WY 82520. Questions concerning course content, enrollment, college credit, etc. should be directed to the above address or handled by telephone between 8:00 am & 5:00 pm, MST, Monday through Friday at 800-710-NOLS ext. 3

