
School of Lost Borders

Part 1 - Pre-Program:

Information, Preparation, Travel, Upon Arrival
in the Wilderness.

Covid-19 Information

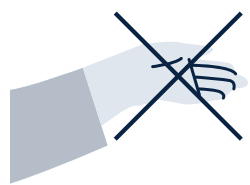
The following is based on the Center for Disease Controls guidelines and adapted to the unique situation of a wilderness gathering. We recognize that by coming together as a group, there is always the risk of COVID transmission. We have taken a harm reduction approach to minimize this risk as best as possible. We ask you to follow these guidelines with great care – for your own safety and the safety of the group.

Transmission Pathways



Most Common

People who are in close contact with one another (within 6 feet, some would say even farther is possible) can contract the virus via respiratory droplets that are produced when an infected person coughs, sneezes, talks or sings.



Much Less Common:

It may be possible that a person can get COVID-19 by touching a surface or object that has the virus on it and then touching their own mouth, nose, or possibly their eyes. However, recent evidence suggests this is much less common than through respiratory exposure.

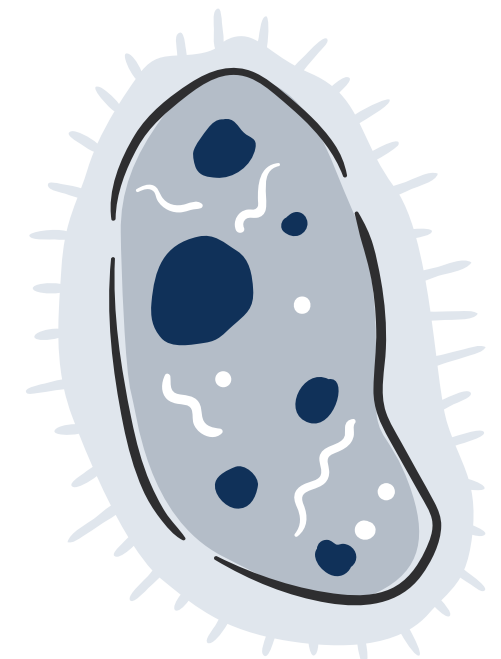
Indoor/Outdoor:



Evidence suggest that the risk of transmission is much greater in a poorly ventilated indoor space; the risk outside – especially with appropriate precautions – is much less. However, there is still risk – especially at close proximity.

Incubation period

The time from exposure to onset of symptoms – “the incubation period” – is thought to extend to 14 days, with a median time of 4-5 days. One study reported that 97.5% of persons with COVID-19 who develop symptoms will do so within 11.5 days of infection.



Presentation

The signs and symptoms of COVID-19 present at illness onset vary, but over the course of the disease, people with COVID-19 may experience the following (based on several studies):

- Fever (83–99%)
- Cough (59–82%)
- Fatigue (44–70%)
- Anorexia (40–84%)
- Shortness of breath (31–40%)
- Sputum production (28–33%)
- Myalgia (11–35%)



Others symptoms that have been reported include headache, new loss of taste or smell, sore throat, congestion or runny nose, nausea or vomiting, diarrhea.

Precautions before Coming to a Lost Borders Program

Beginning Two Weeks Prior to Program:



Please take extra special care to minimize any risk of exposure to COVID so you don't get ill while in the backcountry or infect any of your group members.



Please monitor your health carefully and notice if you are feeling poorly in any way. You may want to bring a thermometer to the program with you.

Note: Being symptom free doesn't guarantee being virus free or not potentially infectious, since 25-40% of cases are asymptomatic or pre symptomatic, the screening is simply reducing (not eliminating) the risk of an infected person coming to the program.



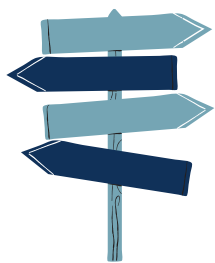
If you have ready access to COVID testing in your community, consider getting tested during the very last days prior to the program.

Precautions while Traveling to Program:



Car Travel:

If you are not vaccinated drive yourself, if at all possible:



Due to the risk of virus transmission while traveling, we ask unvaccinated people not carpool to the program. Exceptions will be made to people who have isolated together, or live in a pod. Please speak to the guides if this is an extreme hardship so that individual solutions can be made.



Mindfulness while traveling:

While driving to our rendezvous spot, be mindful and minimize potential exposure at road stops.



Supplies:

Please do all your purchasing and stocking of supplies near your home prior to making the drive. This means creating a well-stocked kitchen, food supplies, cooler, and plastic food bin.



Protecting local communities:

Our basecamps are in areas with Indigenous people and other sensitive populations, as well as limited healthcare resources to handle travelers who become ill when in the area. Please minimize visiting stores or restaurants in these small towns.



Plane Travel and Quarantine:

Domestic Travel within the US:

Vaccinated: No quarantine or Covid testing is required for vaccinated people after travel within the US. We ask however that you stay vigilant and talk to your guides if you feel poorly post flight.

Non-vaccinated:

The CDC requires quarantining as follows:

- 7 days of quarantine, if a viral test during days 3 -5 is negative
- 10-day quarantine for those who do not get tested.

International travel:

Before you travel: The CDC requires a negative test in order to enter the US. Make sure you understand and follow all airline and destination requirements related to travel, testing, or quarantine, which may differ from U.S. requirements. If you do not follow your destination's requirements, you may be denied entry and be required to return to your country of origin.

After you arrive (vaccinated):

- Get tested with a viral test 3-5 days after travel.
- Self-monitor for COVID-19 symptoms; isolate and get tested if you develop symptoms.

After you arrive (non-vaccinated):

- Arrive 7-10 days before program begin
- Get tested with a viral test 3-5 days after travel AND self-quarantine for a full 7 days after travel.
- If you don't get tested, self-quarantine for 10 days after travel.

If possible, choose a self-quarantine location that is in an urban area that is well-equipped to handle Covid-19 cases and provide easy access to testing. Contact your guides for local information.

Key elements of a self-quarantine:

Leaving your hotel room or campsite only when necessary. Having your own food, cooking and bathroom supplies. Wearing a mask or face shield and social distancing if in public.

FOR MORE INFORMATION, VISIT THE C.D.C. WEBSITE:

ON PREVENTION:

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/PREVENT-GETTING-SICK/PREVENTION.HTML](https://www.cdc.gov/coronavirus/2019-nCoV/prevent-getting-sick/prevention.html)

ON TRAVEL:

[HTTPS://WWW.CDC.GOV/CORONAVIRUS/2019-NCOV/TRAVELERS/FAQS.HTML](https://www.cdc.gov/coronavirus/2019-nCoV/travelers/faqs.html)

Expectations upon arrival in the wilderness

Our protocol adapts accordingly to meet the needs of all group members. Upon arrival, you will be asked to share with the group your vaccination status as well as your personal space needs and distancing preferences.

Distancing:

Vaccinated: Vaccinated group members are not required to distance but expected to respect other group members space needs and distancing preferences.

Non Vaccinated: To keep with CDC recommendations, and minimize any risk of infections in the backcountry, the school requires a minimum of 6 feet distance between unvaccinated participants, and mask use for occasions where distance is less than 6 feet.

We are fortunate to work exclusively outdoors, and are grateful for the respect and care we are seeing among group members. Our recent experience is that groups have been very good about supporting one another's individual needs and this has only strengthened the natural sense of community that comes from being in ceremony together. Once personal and group safety boundaries are set, a welcoming space is created for everyone and we are able to sink into ceremonial space together and focus on the program.

For more information or to ask additional questions, please contact the guides for your program.

Recommended Covid Packing List

Personal Items

- Multiple face masks and/or face shield
- Personal hand sanitizer (at least 60% alcohol content) and/or disposable gloves
- Extra personal soap for handwashing
- Optional: Thermometer

Personal Kitchen

Participants are generally advised to come prepared to live self-sufficiently. When possible, the guides will provide drinking water, and a minimal camp-kitchen for all to use with a two or three burner stove, a dish-washing station, and some pots and pans. At times, participants may be asked to bring their own cooking set up. Check with your guides about camping and cooking details.

Stock up!

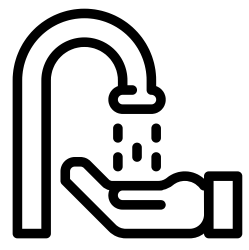
As much as possible, please come with food for the duration of the trip. If you are doing a four-day solo fast, restocking perishable foods may be necessary after the fast.

Personal bathroom supplies sufficient for the entirety of the time are helpful, including plenty of ziplock baggies for disposal of your own trash.

School of Lost Borders

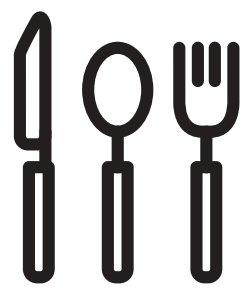
Part 2 - During the Program:

Hygiene, Health Monitoring, Community,
Signs & Symptoms Reminders



Clean your hands often

Wash your hands often with soap and water for at least 20 seconds, especially after you have had any worrisome contact. Bring hand sanitizer that contains at least 60% alcohol, in case soap and water are not readily available. Cover all surfaces of your hands and rub them together until they feel dry. Avoid touching your eyes, nose, and mouth with unwashed hands.



Communal Meals

Please be courteous and remember other group members' physical distancing needs when eating together.



Monitor your health

Continue to monitor your temperature as you have during the last two weeks leading up to the program. Ask yourself regularly: Am I feeling poorly in any way? As always, approach the guide(s) being mindful of physical distance and make sure to use a mask or face shield as needed.

Remember to recognize the symptoms that might be part of a COVID infection:

- fever > 100
- cough
- sore throat
- shortness of breath
- unusual headaches
- fatigue
- chills
- gastro-intestinal symptoms such as diarrhea or stomach cramps
- loss of sense of smell or taste

If you become sick, talk to the guides about how best to manage your own health and the health of the community.

The School of Lost Borders COVID Backcountry Protocols are intended to offer individuals participating in wilderness rites of passage programs guidance on reducing the risk of the spread of COVID-19. Adherence to any recommendations included in these Protocols will not ensure successful prevention of spread of COVID-19 in every situation. Furthermore, the recommendations contained in these Protocols should not be interpreted as setting a standard of zero risk, or be deemed inclusive of all proper methods of harm reduction, nor exclusive of other methods of harm reduction reasonably directed to obtaining the same results.

The ultimate judgment regarding the propriety of these Backcountry Protocols must be made by participants and guides relying on these Protocols in light of all the circumstances presented to these individuals and the context therein. These Protocols reflect the best available information at the time they were prepared. The results of future studies may require revisions to the Protocol to reflect new data.

The School of Lost Borders does not warrant the accuracy or completeness of these Backcountry Protocols and assumes no responsibility for any injury or damage to persons or property arising out of or related to any use of these Protocols or for any errors or omissions.

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