



Frequently Asked Questions

1. WHAT IS PATRIOT RESILIENT LEADERSHIP INSTITUTE?

Patriot Resilient Leadership Institute (PRLI) is a group of New Hampshire veterans and citizens that runs Camp Resilience to provide sustained, comprehensive programs to help wounded warriors and first responders to recover their physical, mental and emotional well-being.

2. WHAT IS CAMP RESILIENCE?

Using the scenic beauty of the Lakes Region of New Hampshire, PRLI runs Camp Resilience for service members, veterans, first responders, and their loved ones. Camp Resilience retreats combine facilitated peer-to-peer counseling and outdoor experiential learning activities to help attendees to improve their physical, mental, and emotional well-being.

3. DO I HAVE TO PAY FOR CAMP RESILIENCE?

No. We pay all retreat expenses including lodging, meals, and activities. However, you are responsible for your transportation to and from Gilford, NH. We ask that attendees who are able to submit a \$75 attendance deposit refundable upon completion of their retreat.

4. DOES CAMP RESILIENCE HAVE "RULES"?

There are some expectations for conduct at Camp Resilience participants that you are expected to adhere to. Failure to do so will result in you being sent home immediately.

5. WHERE AM I STAYING?

You will be staying at the Gunstock Inn, a historic country inn in Gilford, NH.

6. WHERE WILL I BE EATING?

Most meals occur at the Gunstock Inn. We may also eat at other local restaurants or have outdoor BBQs. Please let us know ahead of time if you have any food allergies or dietary restrictions.

7. WHO IS LEADING THE CAMP RESILIENCE ACTIVITIES?

Trained, experienced instructors/facilitators lead all sports activities. Licensed counselors and other professionals lead the life skills programs.

8. ARE THERE ANY MEDICAL RESTRICTIONS?

No. Typically, we try to structure the sports activities to accommodate participants with varying degrees of physical ability. However, for some sessions, there will be certain minimum levels of physical ability required.

9. WHAT SHOULD I BRING?

You should bring the personal hygiene items you require for the time you are with us. If you require specific food or drink items, please bring those items as well.

10. WHAT SHOULD I WEAR?

- We recommend attendees dress comfortably in shorts and/or other clothing suitable for strenuous activities. Consider bringing layers for warmth. It can get cool year-round in New Hampshire, and we will be spending a lot of time outside. Please, also bring a rain jacket because we will still do our outdoor sports activities in light rain.
- Appropriate footwear is required for sports activities. We recommend that you wear sneakers or comfortable boots, such as hiking boots. Avoid sandals, flip flops, crocs, open-toed, or open-backed shoes.
- For winter sessions, at minimum please bring a warm jacket, blue jeans or other warm pants, and some form of long underwear for the skiing/snowshoeing as well as warm winter boots for the hike. However, for your comfort, we recommend bringing a ski jacket, ski pants, or other types of water-resistant clothing.
- There is a swimming pool and workout facility at the Gunstock Inn, so you should bring a swimsuit and workout clothes.

11. ARE THERE SCHEDULED BREAKS?

Yes, there are planned breaks during the day. If you need a longer or unscheduled break, please ask a staff member to direct you to an area where you can sit and relax.

12. IS SMOKING ALLOWED?

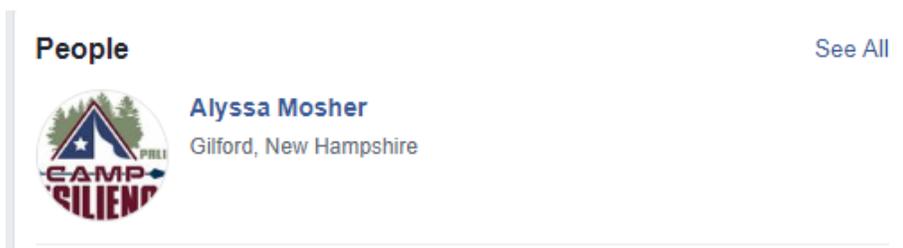
Yes, smoking is allowed in designated outdoor smoking areas during breaks.

13. WHAT HAPPENS AFTER THE SESSION IS OVER?

We create a private Facebook group for each session's participants so that you can easily continue to communicate and support each other. It is a secret group which means that only members can see the posts. The only members will be the participants and selected Camp Resilience staff.

14. HOW DO I JOIN THE SECRET FACEBOOK GROUP?

Search for Alyssa Mosher on Facebook. Add the profile that has the Camp Resilience Logo as the profile picture, see below. Please also like the Camp Resilience Facebook page. We will then invite you to join the secret Facebook group. Accept the invitation and you will be added.



15. WHY IS THERE A PUBLIC RELATIONS RELEASE?

We use the Public Relations Release to obtain your permission to use your photos and comments in marketing and fundraising materials. Opting in is optional.

Frequently Asked Questions: Equine Retreats

1. WHERE AM I STAYING?

Camp Resilience Equine Assisted Learning Retreats occur at the UpReach Therapeutic Equestrian Center (153 Paige Hill Rd, in Goffstown, NH).

2. WHAT IS UPREACH THERAPEUTIC EQUESTRIAN CENTER?

UpReach Therapeutic Equestrian Center is a non-profit organization delivering innovative and flexible equine-assisted activities and therapies for over 100 individuals each week.

3. WHAT DOES CHECK-IN LOOK LIKE? WHAT ABOUT THE SCHEDULE?

When you arrive at the center, you will be directed to the Hill House where you will unload your belongings. You will then be directed to a parking area, a short walk away. You will be provided a daily schedule once you arrive. Most of the program will be run either in a large barn or outdoors. The terrain is dirt, woods, and fields. The staff at the center will be available all three days to help facilitate activities. In case of emergency, the UpReach office phone number is 603-497-2343.

4. WHAT ABOUT FOOD?

All meals and snack will be provided, but please let us know ahead of time if you have any food allergies or dietary restrictions.

5. DO I NEED TO HAVE EXPERIENCE WITH HORSES? WILL I RIDE A HORSE?

No horse experience is required to participate in this program; horseback riding is not part of the weekend's experiences. You will spend time learning about horses and have the opportunity to experience carriage driving. Aside from carriage driving, all experiential opportunities will be unmounted.

6. WHAT CLOTHING SHOULD I WEAR?

Bring comfortable clothing that you would not mind getting dirty. Temperatures tend to vary, so pack accordingly and bring layers! Most of your time will be spent outside or in the arena. Bringing more clothes is better than not having what you need.

7. WHAT TYPE OF SHOES SHOULD I WEAR?

Because you will be in close proximity to horses, appropriate footwear is required. We highly recommend you wear hiking-type boots. You may wear sneakers, but you cannot wear any type of open toed or open backed shoes, including sandals, flip flops, and similar footwear. We highly recommend you bring a few pairs of footwear, in case a pair gets wet.

8. SHOULD I BRING OTHER ITEMS? WHAT HAPPENS IF IT RAINS?

You will need your own personal hygiene items and accessories. This program will run rain or shine. Please bring the necessary items in case it rains. We will be walking around the facility, which includes paths in the woods, fields and a small hill to and from the main barn. Please plan accordingly. Hats, jackets, sunglasses, extra socks, and a small flashlight are recommended.

9. WHO ARE THE PROGRAM FACILITATORS?

This program was developed and will be facilitated by a team of UpReach PATH Intl. certified instructors, mental health professionals and trained volunteers.

10. CAN I SMOKE AT THE CENTER?

There will be a designated smoking area outside at the Hill House.