This document outlines the basic information regarding the trip. More details regarding the trip may be provided or changed at the Pre-Trip Meeting. If you have further questions after reading this document, please see “Contact Information” below.

Program Description:
Experience ice climbing at the world-famous Ouray Ice Park! Our four-day trip will include days of learning about the skill of vertical ice climbing and the fundamentals of ice protection and anchoring. The group will stay in small dorm-style lodging and make their way into Ouray for dinner each night (restaurant meals not included in fee).

Mandatory Pre-Trip Meeting:
Participants must attend a pre-trip meeting to meet your leaders and fellow participants as well as safety and equipment requirements. The pre-trip meeting will be scheduled prior to the end of Fall Semester at CSU. Meet at the Outdoor Program Suite located in the SE corner of the Student Rec Center near the Climbing Wall. After the meeting you will have the chance to check-out any necessary equipment from the OP.

Program Description:
This trip is designed to offer an introduction to the sport of ice climbing. Participants will learn the fundamentals of proper ice climbing technique, how to properly use equipment such as crampons and ice tools, and basic risk management concerns with ice climbing.

Itinerary:

**Day One**
- 7:00am: Participants meet at OP Suite in Rec Center.
- 3:00 pm: Arrive Ouray
- 3:30 pm: Check into Riverside Inn
- 2-5pm: Orientation to climbing at the Ice Park
- 5-7pm: Dinner on your own and return to Riverside Inn

**Day Two**
- 7am: Wake up & Breakfast at Riverside Inn
- 8am: Climbing at the Ice Park
- 12pm: Break for Lunch
- 1pm: Climbing at the Ice Park
- 5pm: Return to Riverside Inn
- 6 pm: Dinner on your own in Ouray, return to Riverside Inn, hot tub/hot spring

**Day Three**
- 7am: Wake up & Breakfast at Riverside Inn
- 8am: Climbing at the Ice Park
- 12pm: Break for Lunch
- 1pm: Climbing at the Ice Park
- 5pm: Return to Riverside Inn
- 6 pm: Dinner in Ouray, return to Riverside Inn, hot tub/hot spring

**Day Four**
- 7am: Wake up, Breakfast at Riverside Inn, & Checkout
- 8am: Climbing at the Ice Park (optional)
- 12pm: Depart Ouray
- 7-9pm: Arrive in Fort Collins
Meals:
The Outdoor Program is not providing food for the trip. Participants should bring money for meals on the road and in Ouray. Additionally, participants should come prepared with easy breakfast items to eat (pop tarts, granola bars, fruit, etc.) as well as snacks to maintain energy levels while in the ice park.

Refund Policy:
Refund requests may be made at the Membership Services Desk and are reviewed by Campus Recreation staff. Participants withdrawing 10 days before the course start date are eligible for a refund subject to a $5.00 processing fee and may take up to two weeks to process. If payment was made by credit card, the refund is returned to the original credit card. Purchases made by cash or check may require additional time to be processed. Cash refunds are prohibited by university policy. Participants wanting to transfer courses should contact the Assistant Director–Outdoor Program. All refunds are subject to a $5 processing fee and may take up to two weeks to be completed. Prorated fees may apply. Full refunds will be granted if the course is canceled due to weather, objective hazard, or low enrollment.

Drugs and Alcohol:
Drugs are never allowed on OP trips. Being under the influence of any drug or alcohol is prohibited. Alcohol is not allowed on any OP trip in the field and/or transported to the venue.

Electronic devices:
As connections with fellow students and the outdoor world is a key value of the OP, use of cell phones and portable music devices is strongly discouraged. Please use your phone in camera mode and for necessary communications only. If you have any questions about this policy please discuss this with your trip instructors.

Equipment Checklist:
This list is a handy reference guide concerning what gear to bring for the trip. Please pack accordingly to suit your needs. If you have any further questions, contact your trip instructors. Items marked * are provided by the OP at no charge.

** Gear **
- Climbing Harness*
- Climbing Helmet*
- Ice Climbing Boots*
- Crampons*
- Technical Ice Tools*
- Water bottles or bladder
- Day Pack with ice axe attachments preferred
- Sleeping Bag (basic for dorm sleeping)
- Pillow
- Toiletries

** Clothing **
- Try to avoid Cotton!
- Stocking cap
- Gloves – preferably waterproof, an extra pair is also nice
- Wool/Synthetic Tall Socks (at least 2 pair)
- Warm layers (fleece, synthetic, wool)
- Long Underwear
- Fleece Jacket
- Synthetic/Softshell/Hardshell Pants (ski pants are fine but not optimal)
- Synthetic/Softshell/Hardshell Jacket (ski jacket is fine but not optimal)

** Sundries and Optional Gear **
- Lip balm w/SPF sun protection
Important Information for Participants:

Inclusivity Statement
The Outdoor Program in Campus Recreation is dedicated to creating a welcoming and inclusive environment for participants of all ability levels. It is our goal to provide support, assistance, and accommodation whenever possible to allow everyone to participate in Outdoor Program activities. Please contact Outdoor Program Assistant Director Rodney Ley at rodney.ley@colostate.edu at the time of your registration to discuss options.

Pre-trip meetings and safety
Our pre-trip meetings are designed to help you understand the physical activity involved and some of the potential risks and considerations of which you need to be aware. It is extremely important that you understand what is involved with your participation in the trip (i.e. required equipment/clothing, inherent risks and physical preparedness). If you do not understand, ask either the trip leader prior to the departure of the trip. It is your responsibility to make sure you get all the information and your personal equipment before the trip departs. If at the end of the pre-trip meeting you decide that the trip is not appropriate for you, please contact the leaders to discuss your options.

Our expectations of you as a participant:
As a participant in our outings, you are expected to help out in such areas as setting up camp, cooking, and cleaning. If you are unfamiliar with how to perform these tasks, that’s okay, we are happy to help you learn. Beyond helping out, it is imperative that you listen and pay attention to the leader(s) at all times. It is understood that everyone plays a role in safety, for your own safety for the safety other participants.

Environmental impact
On our outings we use a variety of public lands; therefore, it is important to not only minimize our physical impacts, it is also important to minimize impacts on other users. The Outdoor Program strictly follows the seven practices and principals of ‘Leave No Trace.’ We expect that all participants on our outings will do the same.

Health considerations and physical preparedness
Please inquire with us if you are concerned at all about not being physically prepared, we can help clarify the activity level that may be involved in our outings. If you have a health condition that may affect your participation please contact your health professional for specific advice. It is essential that we fully understand the effect any health condition or medication may have on your participation. Please tell your trip leader(s) about any condition that may affect your participation in the trip.

Contact Information
Questions regarding the trip can be directed to:

Rodney Ley, Assistant Director – Outdoor Program
Rodney.Ley@colostate.edu
970-491-0964

OR

Andy Nelson, Coordinator – Climbing Wall/Outdoor Program
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