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:
This trip is designed for anyone interested in backpacking in Colorado. It is a great introduction to overnight backpacking if you have never backpacked before – or an awesome weekend getaway into the Cameron Pass/Rocky Mountain National Park area if you have experience. This trip has something for everyone! This trip is focused around Labor Day Weekend so includes a second night camping outside.

Topics and activities covered in this trip include: fitting a backpack, equipment selection and use, cooking, reading maps, and more. We will also hike around the surrounding area, attempting a summit of Lulu Mountain, a 12,228’ nearby peak and surrounding alpine lakes.

Mandatory Pre-Trip Meeting:
All participants in the Backpacking trip must attend a mandatory pre-trip meeting. The date and time of this meeting will be determined by the instructors and announced the week leading up to the trip. During this time important information will be discussed, and you will have a chance to meet your Trip Instructors and fellow participants, as well as ask any questions. If you cannot attend this meeting, please contact the Outdoor Program as soon as possible.

Itinerary for Labor Day Weekend:
The group will meet and depart the day of the trip at 8:00 AM on Saturday. The group will return no later than 6:00 PM on Monday.

Meals:
The Outdoor Program will provide dinners for Saturday and Sunday night to cook with your fellow participants and a selection of breakfast items for the morning. The type of meals and food is typically determined at the pre-trip meeting. Please let us know if you have any dietary restrictions or preferences. Participants should plan to bring food for lunch Saturday & Sunday and various other high-calorie snacks for the trail (jerky, bars, trail mix, etc.)

Refund Policy:
Participants withdrawing 10 days before the course start date are eligible for a refund subject to a $5.00 processing fee. Participants wanting to transfer courses should contact the Coordinator – Climbing Wall/Outdoor Program. 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. Participants caught using or being under the influence of drugs or alcohol may be reported to the Office of Student Conduct.

Electronic devices:
As connections with fellow students and the outdoor world is a key value of the OP, use of cell phones should be limited to picture taking and essential communication. If you have any questions about this policy please discuss this with your Trip Instructor.
**Equipment Checklist**

This list details equipment provided by the Outdoor Program and equipment that participants are responsible for securing themselves. If you have questions regarding what to bring, or what is provided please contact us as soon as possible. Personal equipment is acceptable but is subject to approval by your trip instructor.

**Equipment provided by the Outdoor Program**
- Backpack (up to 5000 cubic inches)
- Trekking Poles
- Pack Cover (large plastic bag)
- Sleeping Bag (20 F is adequate)
- Foam Pad
- Food and supplies
- Tents/Shelter
- Water purification chemical and/or filter
- Small trowel or shovel
- Collapsible water containers
- Stove, stove fuel and maintenance kit
- Pots and pot grippers
- First Aid Kit (general, participants should provide their own basics such as ibuprofen & Band-Aids)

**Equipment Participants Are Responsible for Securing**
- Underwear
- Long Underwear tops and bottoms
- T-shirt(s) – synthetic or wool is best
- Shorts
- Medium weight shirt
- Fleece sweater or equivalent
- Synthetic long pants or equivalent (note: you will NOT be allowed to participate in “blue jeans”)
- Stocking cap
- Gloves or mittens (lightweight)
- 2 pair socks that work with your boots (heavy wool or synthetic)
- Hiking boots or sturdy hiking shoes (lightweight, waterproof)
- Camp shoes- or sandals (optional)
- Sun hat w/ brim or visor
- Down Jacket (optional but advised)
- Rain jacket & pants
- Pocket Knife (optional)
- Small bowl, mug, spoon
- 2 water bottles (1 liter wide-mouth are best)
- Small headlamp (fresh batteries or bring extra)
- Sunscreen (the stronger the better)
- Lip balm w/SPF sun protection
- Toothbrush, paste, floss
- Comb or brush (optional)
- Hand sanitizer (small amount)
- Toilet paper
- Feminine hygiene products w/ plastic Ziploc or coffee bag containers for disposal
- Hand towel (optional)

**Important Information for Participants:**

*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
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participation in the trip (i.e. required equipment/clothing, inherent risks and physical preparedness). If you do not understand, ask either the Trip Instructor 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 Instructor(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 Programs
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OR

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