



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 6-day, 5-night backpacking trip is an adventurous visit to the beautiful Moab, Utah area around Arches and Canyonlands National Parks. This trip is aimed towards people who would like to expand their backpacking knowledge and experience. Your group will backpack around Moab and sample a number of beautiful hiking trails in the area. No prior experience is necessary, but be ready for long days outdoors.

Mandatory Pre-Trip Meetings:

All participants in the Fall Break Moab Adventure must attend two mandatory pre-trip meetings in the Outdoor Program office immediately left of the Climbing Wall in the Student Rec Center. The date and time of these meetings will be determined by the instructors and announced upon registering for this course. During these times 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. Food will be planned out and equipment will be issued for the trip. If you cannot attend these meetings, please contact the Outdoor Program (campusrec_op@mail.colostate.edu) as soon as possible.

Itinerary:

Sunday: Depart Rec Center in early morning. 7-8 hours to Moab.

Monday: Orientation to desert hiking. Short hike to see the sights.

Tuesday-Friday: Backpacking and adventure hiking in the nearby National Parks.

Saturday: Drive back to Fort Collins arriving in evening.

Meals:

Basic Camping Meals will be provided for each day/night spent in Moab area. Plan on simple one-pot meals that are easy to make but filling. Food and meals will be planned out during the first pre-trip meeting and finalized at the second pre-trip meeting. Meals on the Road: While traveling to and from Moab participants are responsible for purchasing or bringing their own meals. Stops for meals will occur as needed at standard fast-food type restaurants. Plan on \$25-40 additional cost if you purchase meals at restaurants. Also, a special meal will be planned on Thanksgiving to celebrate the holiday!

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 Coordinator – Climbing Wall/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. Participants caught using or being under the influence of drugs or alcohol will 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 safety 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.

Individual Equipment Provided by Outdoor Program

- Backpack for gear (Osprey Escalante model- 60-80 liter volume)
- Sleeping Bag (warmth rated to 25°F, if you sleep cold you may want to rent a warmer bag from a local outdoor store.)
- Daypack for longer daily hikes
- Foam Pad (full-length ridgerest or similar)
- Trekking Poles (optional)

Group Equipment Provided by Outdoor Program

- Food and supplies
- Tents/Shelter
- Water purification chemical and/or filter
- Small trowel for cat holes if needed
- 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

- Rain Gear- jacket and pants (Gore-Tex or equivalent)
- Headlamp or Flashlight with extra batteries
- Liter-sized water bottles (minimum of 2)
- Underwear
- Long Underwear tops and bottoms (No cotton!)
- T-shirt(s) – synthetic is best
- Shorts
- Medium weight shirt
- Fleece sweater or equivalent (no cotton!)
- Synthetic long pants or equivalent (note: blue jeans are not appropriate)
- 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, waterproofed)
- Camp shoes- running shoes (optional)
- Sun hat w/ brim or visor
- Down “puffy” Jacket (optional but recommended, it will be chilly at night)
- Sunscreen (the stronger the better)
- Bandanna
- Lip balm w/SPF sun protection
- Toothbrush, paste, floss
- Comb or brush (optional)
- Hand sanitizer (small amount)
- Toilet paper (consider natural options – these will be discussed at pre-trip meeting)
- Feminine hygiene products w/ plastic Ziploc or coffee bag containers for disposal
- Hand towel (optional)
- Hair bands/wraps (optional)
- Bowl, cup, cutlery
- Knife, folding utility type
- Sunglasses
- A favorite tea or powdered drink (for breakfast and dinner – optional)
- Camera (optional, you may use your cell phone, but there are no re-charging options)

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 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:

Outdoor Programs in Campus Rec
Campusrec_op@mail.colostate.edu

OR

Rodney Ley, Assistant Director – Outdoor Program
Rodney.Ley@colostate.edu
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