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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 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.

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
- Sunglasses – important for eye protection

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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 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:

Andy Nelson, Coordinator – Climbing Wall/Outdoor Program
Andy.Nelson@colostate.edu
970-491-7305

OR

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