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.

NOTE: This is NOT a Learn-to-Ski program. Participants must have prior skiing experience, for example the ability to ski “green and blue” runs at a downhill ski resort. If you have questions, please contact the Assistant Director (contact info at the end).

Program Description:
Spring Break is finally here! This three-day adventure will take you high into the Colorado State Forest near Cameron Pass to experience skiing in a high alpine environment. Our group will stay in cozy huts with wood burning stoves and fantastic views.

This trip is designed for people who have some prior skiing and would like to take their skills to the backcountry. All ski and avalanche gear can/will be provided. Participants will skin into a hut deep in the backcountry of the Medicine Bow Mountains of Northern Colorado. We will spend two nights and three days skiing snowy bowls in the range and discussing avalanche awareness. Meals are prepared on a shared-work basis. This is not a learn-to-ski course. Participants must be on telemark or alpine touring skis; Splitboards are acceptable with instructor approval.

Mandatory Pre-Trip Meeting:
All participants in the Spring Break Hut trip must attend a mandatory pre-trip meeting scheduled about two weeks in advance by the OP Trip Instructor. During this time important information will be discussed, boots and skis will be fitted and you will have a chance to meet your Trip Instructors and fellow participants, as well as ask any questions. In addition, there will be a presentation on VERY important avalanche safety. If you cannot attend this meeting, please contact the Outdoor Program as soon as possible at campusrec_op@mail.colostate.edu.

*IMPORTANT NOTICE*
By signing up for our trips, you have made a commitment to Colorado State University to attend any meetings scheduled by your trip instructor, as well as a commitment to show up for the trip itself. Your attendance is mandatory. If you fail to communicate or not show up, your trip instructor has permission to fill your spot on the trip with someone on the waitlist and no refund will be granted.

Basic Itinerary:
The group will meet and depart the first day of the trip at 7:00 AM. The group will return no later than 7:00 PM on the last day.

Meals & Food:
The Outdoor Program will provide breakfast, light lunches/snacks, and dinner for each day spent in the backcountry. Participants should plan to bring light lunch/snack foods that they enjoy eating outside to supplement what will be provided by your instructors.

Refund Policy:
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As an extended school break trip, special refund policies are in effect. Participants withdrawing 30 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 Assistant Director – Outdoor Programs. Contact info is at the end of this sheet. 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 is a handy reference guide concerning what gear to bring for the trip. Please pack accordingly to suit your needs. Clothing, sundries, and Optional gear is your responsibility to secure. If you have any further questions, contact your Trip Instructors.

Equipment provided by the Outdoor Program
- Alpine Touring skis/binding. Participants may provide their own gear with instructor approval.
- Ski Poles
- Alpine Touring Boots
- Climbing Skins for skis
- Avalanche Rescue Equipment (Beacon, Shovel, & Probe)
- Sleeping bag good to 20F
- Sleeping pad

Clothing
- Lightweight Long Underwear tops and bottoms (wool or synthetic)
- Ski parka
- Down/Synthetic Coat
- Ski pants
- Fleece sweater or equivalent (NO COTTON!)
- Other warm clothes for nights in the hut
- Stocking cap – wool or synthetic
- Helmet (optional)
- Gloves or mittens (2 or more pairs are ideal)
- 4 pair socks that work with your ski boots (heavy wool or synthetic) (bring these to the pre-trip meeting to try on boots)
- Face mask (optional)
- Sunglasses or ski goggles
- Water bottles, minimum 2 liters. (Avoid Camelback or similar bladders as the bite valves can quickly freeze.)
- Backpack & Small Daypack (one for carrying in items to the hut, and another smaller pack for day skiing)

Sundries
- Sunscreen (the stronger the better)
- Lip balm w/SPF sun protection

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• Hand sanitizer (small amount), wet wipes
• Period products
• Toiletries
• Cup, bowl, and spoon (plastic)

Optional Gear
• Camera
• Book for light reading
• Earplugs (if you wake easily)
• Extra batteries
• Thermos
• Swiss Army Knife or equivalent

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 a Trip Instructor 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 Trip Instructor(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
Rodney.Ley@colostate.edu
970-491-0964

OR

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

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