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 intended for individuals who have an interest in combining a moderate day hike in the nearby foothills with a specially crafted yoga session. Our trip is led by a certified Yoga Instructor who is also an OP Trip Instructor. No experience is necessary and participants are encouraged to bring their own mats if available.

Mandatory Pre-Trip Meeting:
All participants in the Yoga Day Hike course must attend a mandatory pre-trip meeting on prior to the trip. You will be contacted via email by the instructor about one week in advance with the exact day, time and location. 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 your instructor when you receive the email about the time and place.

Itinerary:
The group will meet and depart the day of the trip at 8:00 AM. The group will return no later than 6:00 PM.

Meals:
The Outdoor Program does not provide food on day trips. Participants should plan their food and nutrition needs in advance – high calorie foods and snacks are encouraged (energy bars, jerky, fruit, etc.)

Refund Policy:
Participants withdrawing 10 days before the course start date are eligible for a refund subject to a $5.00 processing fee. Transfers to other courses is not available. 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**
- Yoga mat (if requested)
- Yoga block
- Trekking poles
- Day pack (if requested)

**Equipment Participants Are Responsible for Securing**
- Closed-toed shoes for hiking
- Rain Gear
- Hat w/ brim or visor
- Appropriate clothing depending on the weather
- Water bottle (1 liter)
- Lunch foods that are easy to eat and carry
- Bandana(s) (optional)
- Sunscreen (the stronger the better)
- Lip balm w/SPF sun protection
- Sunglasses
- Camera (optional)

**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.

*An equal access and equal opportunity university*
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