CAMPUS RECREATION
COLORADO STATE UNIVERSITY

Intro to Backpacking
Information Sheet
All Sections

Program Description

Join Campus Recreation's Outdoor Programs (OP) for a fun two-day overnight backpacking trip—open to everyone, no matter your experience! Our instructors will help you learn the basics of backpacking in the Rockies, from packing your gear to cooking in the backcountry. Experience the beauty of Colorado with an overnight under the stars and a rewarding day hike to a nearby peak or lake. Registration includes transportation, equipment, entrance/campsite fees, food, and instruction.

Registration Required

Students must register online before the start of the program. Registration fees cover transportation, all necessary equipment, instruction, entrance passes and permits, etc. If a program is full, students may join the waitlist by registering in-person at the Service Center front desk of the Student Recreation Center.

Register online at https://purchases.csurec.colostate.edu/

Pre-Trip Meeting

After registering, student participants will be sent an email confirming their registration. This email will also contain the location, date, and time of the Pre-Trip Meeting. Attendance at the Pre-Trip Meeting is required for participation.

During the meeting students will:

- Meet their Outdoor Program Instructors
- Meet the other students participating
- Review trip logistics (meet time & location, travel questions, overview of the day/itinerary, end time, etc.)
- Introduce, familiarize, and fit equipment provided by Outdoor Programs
- Review equipment that students are responsible for bringing
- Review trip policies, documents, etc.
- Questions and Discussion

If you are unable to attend your pre-trip meeting, please contact us as soon as possible.

Refund Policy

Outdoor Programs registration fees are refundable **24-hours** after your purchase and are subject to a $5.00 processing fee. Participants must request a refund within 24-hours after purchase to be eligible for a refund. Refund requests can be submitted at the Service Center or by emailing csurec@colostate.edu

General Program Policies

All Outdoor Programs activities are considered Campus Recreation activities and all Campus Recreation policies related to program participation and facility use and access. More information regarding Campus Recreation's policies for our programs, services, and facilities can be found here.

Equipment

This list details equipment provided by the Outdoor Programs and equipment that student 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 and is subject to approval by Outdoor Programs staff.

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Equipment provided by the Outdoor Program	**Equipment Participants Are Responsible for Securing**
• Backpack (45-75 liters) • Trekking Poles • Pack Cover (large plastic bag) • Sleeping Bag (0 degree synthetic) • Foam Sleeping Pad • Dinner & Breakfast Food, Cooking 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 • Headlamp • Camp Chair • First Aid Kit (general, participants should provide their own basics such as ibuprofen & Band-Aids	• 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 (highly encouraged) • 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)

Drugs, Alcohol, and Tobacco:
Use of drug, alcohol, and tobacco products are not permitted on Outdoor Programs facilities or program activities. Students and participants identified as impaired will be removed from Outdoor Programs facilities or program activities.

Accommodations
The Outdoor Programs is dedicated to creating a welcoming and inclusive environment for all students and participants. Our goal is to provide support, assistance, and accommodations whenever possible to allow everyone to participate in Outdoor Programs activities. Please contact Andy Nelson, Assistant Director of Outdoor Programs at Andy.Nelson@colostate.edu the time of your registration with any questions, concerns, or requests for accommodation for any Outdoor Program activity.

Questions?
Have question about this trip or other Outdoor Programs activities or need to contact us about your trip? Email CampusRec_OP@mail.colostate.edu