Acadia Hiking and Sea Kayaking
Acadia National Park, ME
October 5-8th, 2018

TRIP DESCRIPTION:
Acadia National Park is located on the coast of Maine and provides a diverse and rich environment from meadows and marches to evergreen forests and rocky outcroppings. This beautiful park was created when glaciers cut through mountains and left valleys in their wake. The ocean surrounds the entire park, offering a multitude of beaches. We will fill our weekend with hiking, kayaking and exploring this amazing park!

The Enriching Essential Learning Outcomes (E2LO) Initiative helps you build connections between the core outcomes that you achieve in the classroom and events and experiences that take place beyond it. The program you are attending is designed to enrich your student experience related to Social Responsibility and Ethics by exposing you to the concepts of Leave No Trace Outdoor Ethics. By attending programs like this your student experience may be enriched in a variety of ways! For information on E2LO events, experiences, rewards and scholarship opportunities please visit the UMass Lowell E2LO website.

TRIP COST: $65 for students/faculty/staff, $130 for guests

INCLUDED IN TRIP COST:
- Transportation—12 passenger van, unless otherwise noted.
- Activity Equipment —some clothing and personal items not included, review the packing list.
- Park Entrance Fees, campsite fees, food
- Instruction and Leadership

REGISTRATION:
- Fill out an online waiver, print and fill out the Medical Questionnaire
- Register Online
- You can also register at the Outdoor Center, 5 Lawrence Dr.

PHYSICAL EXERTION LEVEL & PREREQUISITES:
HIKING MODERATE
Participants will hike 3-7mi/ 5-11 km with the weight each participant carries ranging from 3-5lb/ 1-2kg. Trails may be rocky, uneven, uprooted, and include gradual switchbacks. Destinations may be a considerable distance from the nearest road. No previous experience is required, but good physical fitness is recommended. Participants can expect elevation change up to 500-2000ft/150-600m over 3-6 hours.

KAYAKING MODERATE
Participants will paddle 1-5mi/ 2-8km and current may be present but weak. Waves will be less than 1ft with the potential for winds up to 10mph. Expect potentially cold water. Previous experience is recommended but not required. Swimming ability with life jacket assistance is required. Trips usually run 3-5 hours a day.

PRE-TRIP MEETING:
- When: Tuesday, October 2nd, 2018 @ 7:00 p.m. Meeting will last about 1 hour.
- Where: Meet in the Bike Shop/ Outdoor Center 5 Lawrence Dr.

Attendance at the pre-trip meeting is mandatory. Contact us ASAP with any schedule conflicts.

TENTATIVE ITINERARY: Due to the nature of outdoor trips, itineraries are subject to change.
- Friday:
  - Meet @ Bike Shop/ Outdoor Center, load up! (time TBD at the pre-trip meeting)
  - Drive to the park dinner on the road
  - Set up camp, bed
- Saturday:
  - 8:30 a.m. breakfast in camp, pack lunch
  - 9:00 a.m. spend the day hiking or kayaking
  - 5:00 p.m. Dinner, campfire, bed
• **Sunday:**
  - 8:30 a.m. breakfast in camp, pack lunch
  - 9:00 a.m. spend the day hiking or kayaking
  - 5:00 p.m. Dinner, campfire, bed
• **Monday**
  - 8:30 a.m. breakfast in camp, pack up
  - 11:00 a.m. Drive back to campus – *lunch on the road*
  - 5:00 p.m. Arrive back to campus. De-issue gear and trip evaluations

**PACKING LIST:** The items on this list are *HIGHLY* recommended for your trip. Current temperatures and personal preference should be considered when packing. Wearing the same piece of clothing multiple times is OK on an outdoor trip, so do not over-pack...but at the same time, do not skimp on needed items. A (*) denotes items that can be provided for you at no additional charge.

- Medical Questionnaire (Printed, Don’t Email), Complete online waiver.
- Water Shoes – must be closed-toed shoes such athletic shoes, that you can get wet.
- Swimsuit and Pack Towel
- Baseball cap or full-brim hat (for sun protection)
- Beanie Hat (quick fix for chilly conditions, wool or fleece is best)
- Insulating jacket (fleece is ideal, should be warm and synthetic)
- Long underwear tops and bottoms (quick-drying material such as nylon or polyester recommended)
- Shorts (quick-dry material such as nylon or polyester is preferred)
- Hiking Boots or Athletic shoes (good tread and ankle support is a must for those rocky trails)
- Hiking Socks (1 pair wool mid-weight hiking style are strongly recommended)
- Camp Shoes (to be worn around camp or in the van...athletic shoes or sport sandals are ideal—no flip flops!)
- Camp Socks (1 pair to wear around camp and while sleeping, separate from your hiking socks)
- Sunglasses (add a keeper strap that floats for security)
- Sunscreen & lip balm (15 SPF minimum)
- Camera (protective case is highly recommended)
- Personal medications (inhaler, epinephrine, etc.) and Personal medical insurance card
- Toiletries (if you wear contacts bring an extra set) (fee showers may be available)
- Money (food on the road Friday & Sunday and/or possible souvenirs)
- Book or journal (great for the van or down time on the trip)
- Hand sanitizer (keeping clean is a good thing)
- Insect repellent (no need for a huge bottle, personal size will be adequate)
- Rain suit (*Jacket is a must, pants are recommended)
- *Mess kit (plate, mug, eating utensils – a small plastic tupperware bowl and mug work great)
- *2 water bottles (quart size)
- *Sleeping bag (with proper temperature rating for the season, we use 0 or 20 degree bags)
- *Sleeping pad
- *Headlamp (*you must provide 3AAA batteries if borrowing one of ours)
- Small Backpack to take with you on hikes, Duffel Bag for personal items

Note: We will distribute other equipment specific to the activity at the pre-trip meeting or on trip departure day. If you have any personal equipment (backpack, sleeping bag, etc.) that you would like to bring on this trip, please bring it to the pre-trip meeting so trip leaders can make sure it is appropriate for the needs of this trip.

*For further questions or information, please contact us:*
  978-934-6151 | outdooradventure@uml.edu