Outdoor Leadership Experience
Fall 2018

Course Orientation
September 28, 5:30-8 p.m.
Day Hike
September 29
Backpacking Pretrip Meeting
October 17, 7:00-10:00 p.m.
Backpacking Trip
October 19-21
Wilderness First Aid Course
November 10 & 11 (Separate Fee)
Experience Debrief
November 14

Instructional Goals

This course will prepare students for safe, meaningful, and transferable leadership roles in UMass Lowell’s Outdoor Adventure Programs* as well as similar outdoor venues. Throughout the course you will develop a foundational set of interpersonal, instructional and technical skills required of an effective trip leader. Students will be required to actively engage in each class either by instructing, learning, or practicing new skills. *Successful completion of this experience is very helpful but does not necessarily guarantee employment with the UMass Lowell Outdoor Adventure Program. Trip leader positions are limited and filled on an as needed basis.

These skills include:

- **Instructional skills**: Topic Research and Discovery, Lesson Planning, Teaching and Learning, Giving and Receiving Feedback, and Coaching.
- **Additional Topics and Skills** may be addressed depending on individual experience and interests within the scope of the course.

Course Fee $50 Fee includes, instruction, transportation, equipment rentals and backpacking trip food.

Requirements

While no prior experience is required to participate in this course, to successfully complete this experience, students are expected to:

- □ Come ready to learn, lead and be fully present and invested at every class time.
- □ Each participant will be expected to present two mini lessons to the class during the backpacking trip.
- □ Actively engage in the planning, implementation, pre- and post-trip tasks for the overnight backpacking trip (October 19-21, 2018) *This trip is separate from the course listed on the OAP calendar. DO NOT sign up for the OAP Backpacking trip this weekend if you signed up for this course.
☐ Be ready to be outside every time, rain or shine and in the dark!

**Required Materials**

To successfully complete this course, you will need:
- Appropriate clothing for the trip including hiking boots (at least mid-weight) before the overnight trip. See packing list on trip description.
- Notebook or journal and course books.
- Most trip equipment (backpack, tent, sleeping bag, pad, etc...) can be provided at no cost.

**Recommended Written Materials**

These books are recommended both during this class as well as to serve as future reference for you after the class is completed. We will also have some at the Outdoor Center you can borrow if needed.

- [NOLS Outdoor Educator Notebook](#)
- [Allen and Mikes Really Cool Backpacking Book](#)

**Sample Course Schedule (Subject to change)**

**September 28**
- Urban Outdoor Experience
- Course Overview and Expectations
- Challenge by Choice and Full Value
- Experiential Learning Cycle
- Pretrip Information for Next Day
- Mini Lesson Assignments

**September 29**
- Day Hike Mount Monadnock
  - Stages of Group Development
  - Teaching/Learning Methodologies
  - Leave No Trace Awareness Workshop
  - Risk Management and Emergency Preparedness
  - Leadership Styles and Decision Making

**October 17**
- Pre-Trip Meeting
  - Itinerary
  - Meal Planning
  - Trip Prep Logistics
  - Preparedness
  - Equipment Selection, Care and Maintenance
  - Mini Lessons confirmed

**October 19-21**
- Backpacking the Long Trail, VT
  - Participant led experience
  - Mini lessons from class one on Leave No Trace, One outdoor/interpersonal/instructional.

**November 10-11**
- Wilderness First Aid

**November 14**
- Experience Debrief
Mt. Monadnock Day Hike
Jaffrey, NH
September 29th, 2018

TRIP DESCRIPTION:
Mount Monadnock at 3160’ is one of the most frequently climbed mountains in the world! This classic day hike features a full range of New England mountain ecosystems as well as amazing views of the White Mountains in NH, the Green Mountains in VT and the Connecticut River valley. This is a northeast must do!

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.

COST: Included in registration cost for Outdoor Leadership Experience

INCLUDED IN TRIP COST:
- Transportation—12 passenger van, unless otherwise noted.
- Activity Equipment —with the exception of some clothing and personal items listed on the packing list.
- Park Entrance Fees
- Instruction and Leadership

PHYSICAL EXERTION LEVEL & PREREQUISITES 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.

PRE-TRIP MEETING:
- By phone with the trip leader(s) two days prior to the trip

TENTATIVE ITINERARY: Due to the nature of outdoor trips, all itineraries are subject to change.

- 8:00 a.m. Meet in the Bike Shop/ Outdoor Center, load up!
- 10:00 a.m. Arrive at the trail head, hit the trail!
- Lunch and Dinner on trail — do not forget to pack lots of food!
- 7:00 p.m. Head back to campus
- ~8:00 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. Please contact us if you have any questions or have trouble acquiring any of the items on the list. A (*) denotes items that can be provided for you at no additional charge.

☐ Medical Questionnaire (Printed, Don’t Email), Complete online waiver
☐ Lunch and Snacks – bring plenty of snacks to stay fueled!
☐ *2 water bottles: quart size – you need at least 2 liters of water with you! It’s a hot day
☐ Sunglasses: highly recommended, borrow from a friend or buy a cheap pair of either
☐ Sun Hat: don’t let the sun turn you red
☐ Hiking Socks: wool hiking style are strongly recommended, they keep your feet cushioned and dry for trail conditions
☐ Hiking Boots or Athletic Shoes: hiking boots are strongly recommended due to potentially rocky and slippery conditions
☐ Hiking Pants: dress for the current temps, synthetic fabric preferred (avoid cotton, no jeans)
☐ Shirt: synthetic quick dry fabric is preferred
☐ *Rain Jacket
☐ Warm Top Layer (synthetic fabric is preferred, fleece is best)
☐ Sunscreen & lip balm: 15 SPF minimum
☐ Camera: protective case is highly recommended
☐ Personal medications: inhaler, epinephrine, etc. Major medications should be noted on your Health Statement
☐ Personal medical insurance card

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 you would like to bring on this trip, please contact the 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
Backpacking Skills Weekend
Long Trail, VT
October 19th-21st, 2018

TRIP DESCRIPTION: The Long Trail runs length of the Green Mountains for 272 miles through the scenic State of Vermont from Massachusetts to Quebec, Canada. Along the trail one finds peaks, meadows, rivers and lakes between hiking shelters, small towns and rural roads. On this trip we will hike a small section of the Long Trail during the most colorful time of year! The trip is designed for beginner backpackers with lots of instruction in basic backpacking skills and Leave No Trace principles. This can also be a great trip for the experienced backpacker.

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COST: Included in registration cost for Outdoor Leadership Experience

INCLUDED IN TRIP COST:
- Transportation—12 passenger van, unless otherwise noted.
- Equipment—with the exception of some clothing and personal items listed on the packing list.
- Entrance and Camping Fees
- Meals Sat Breakfast – Sunday Lunch
- Leadership & Instruction

PHYSICAL EXERTION LEVEL & PREREQUISITES: MODERATE
Participants will hike 3-7mi/5-11 km with the weight each participant carries ranging from 15-30lb/ 7-14kg. 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 hiking over 3-5 hours for 2-3 days.

PRETRIP MEETING:
- Wednesday October 17, 7pm @ Bike Shop/ Outdoor Center. The pre-trip meeting is mandatory. Please contact us ASAP with schedule conflicts.

TENTATIVE ITINERARY: Due to the nature of outdoor trips, all itineraries are subject to change.
- Friday 10/19
  - Meet at Bike Shop/ Outdoor Center (Time TBD at the pre-trip meeting), Review Equipment, load up!
  - Bring money for dinner on road.
  - Drive to the trailhead, possible short hike, set up camp
- Saturday 10/20
  - 8:00 a.m. breakfast, packing instruction, get geared up, and begin hiking for the day
  - Through the day review leave no trace, hike, relax, explore, possibly summit a peak, lunch
  - ~5:00 p.m. make camp, eat dinner, relax
- Sunday 10/21
  - 8:00 a.m. Breakfast in camp, pack-up, begin hiking
  - Through the day review leave no trace, hike, relax, explore, possibly summit a peak, lunch
  - 3:00 p.m. Arrive at trailhead, head back to campus (lunch on the road, have $$)
  - 5:00 p.m. Arrive back to campus. De-issue gear and trip evaluations. Dismiss ~ 6:00pm
PACKING LIST: The items on this list are required 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. Please contact us if you have any questions or have trouble acquiring any of the items on the list, we may be able to help you out. A (*) denotes items that can be provided for you at no additional charge.

- Medical Questionnaire (Printed, Don’t Email), Complete online waiver.
- Beanie Hat (quick fix for chilly conditions, wool or fleece is best)
- Insulating jacket (fleece is ideal, should be compact and synthetic)
- Long underwear tops and bottoms (quick-drying material such as nylon or polyester required)
- Shirts (quick-dry material such as nylon or polyester is preferred)
- Synthetic Shorts and/or pants (dress for the cool temps...avoid cotton, quick-dry material is preferred)
- Underwear
- Hiking Boots or Athletic shoes (good tread and ankle support is a must for those rocky trails, no sandals of any kind while hiking)
- Hiking Socks (1 pair wool mid-weight hiking style are required, especially for wet conditions and blister prevention)
- 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 for security)
- Camera (protective case is highly recommended)
- Personal medications (inhaler, epinephrine, etc.). Any major medications should be made note of on your Health Statement
- Personal medical insurance card
- Toiletries (if you wear contacts bring an extra set)
- Feminine hygiene products (bring a Ziploc for disposal)
- Money (food on the road 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 as well, as weather in the mountains can change suddenly)
- *Mess kit (plate, cup, 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)
- *Backpack (5000 cu inches’ size preferred)

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
By registering for this course, you are agreeing to the following policies:

**Eligibility**
Current students, faculty, and staff members of UMass Lowell are eligible to participate in OAP trips and events. Students who are under 18 years of age must have forms signed by their parent/legal guardian before being eligible to participate in a trip.

**Trip Cost**
Trip costs cover the following expenses: transportation, meals (not including travel meals), camping, entrance fees, instruction, and most equipment. Any costs not covered will be explained at registration or at the pre-trip meeting. Cash, check, and all credit cards except AMEX are all acceptable methods of payment. Full payment is required at the time of registration unless otherwise noted.

**Cancellations and Refunds**
Due to needs of trip planning and reservations, cancellations must be made 14 DAYS PRIOR TO TRIP DEPARTURE to receive a full refund. Cancellations that occur within 14 days of trip departure will receive no refund, unless another participant on the waiting list can be found to take the open spot. 100% of your payment will be refunded if a trip is cancelled by OAP staff (sometimes due to weather). Some longer and specialty trips/events may have separate cancellation and refund policies, which will be outlined at the time of registration. Participants are expected to be responsible for arriving on time and prepared for trips. Those who register for a trip but do not show up on time for a trip cannot receive a refund.

**Prerequisites and Pre-Trip Meetings**
We aim to provide trips for participants of all skill levels. If participants are required to meet trip prerequisites and minimum experience requirements to participate as listed on the trip handout, this information will be present at the time of registration. In addition, each participant must attend all mandatory pre-trip meetings for each trip registered. Pre-trip meetings will be coordinated by the trip leader prior to the departure of the trip. If these requirements are not met by the time of trip departure, participation and funds paid will be forfeited. If you are unsure of your eligibility or unable to attend a meeting you should inform the Outdoor Program Coordinator immediately to discuss other options.

**Management of the Trip**
The Outdoor Adventure Program reserves the right to cancel any trip before departure or shorten any trip after departure due to safety consideration or other factors. In addition, the Outdoor Adventure Program reserves the right to change the itinerary of the trip for reasons that include, but are not limited to: weather, group experience, emergencies, safety considerations, etc. The Outdoor Adventure Program reserves the right to send home early any participant who cannot withstand the rigors of the trip, who violates any program policy or law, who is deemed to be a danger to him/herself or others, or who requires medical attention during the trip and is deemed ineligible to continue participation. NO REFUND will be provided for early departures. Accommodations and transportation back to campus will be at the expense of the participant.

**Alcohol, Drugs, & Tobacco**
It is our mission to provide healthy and safe outdoor recreation experiences. Alcohol and illegal drugs are PROHIBITED on OAP trips. We represent UMass Lowell on our trips and we need to follow the university's zero tolerance policy even while away from campus. Consumption and/or possession of alcohol or drugs while attending an Outdoor Adventure trip or event will be handled through the appropriate UMass Lowell authorities. If you carry personal medications you must indicate this on your Health Statement and keep it in your possession while on the trip. We encourage participants to refrain from use of tobacco products during the trip. If you do use tobacco products all related trash must be properly disposed of to protect the sensitive areas we travel.
Harassment & Discrimination
No harassment of any kind will be tolerated by participants or staff during any Outdoor Adventure trip or event. The Outdoor Adventure Program strives to be sensitive and supportive of cultural and individual differences—specifically those differences due to age, gender, race, ethnicity, national origin, religion, sexual orientation, disability, and socioeconomic status. We encourage respect and appreciation for the diversity of all participants and staff and we hope you will do the same. It is your responsibility to report any misconduct to Outdoor Adventure Program staff or the Program Coordinator immediately.

Equipment Use
The Outdoor Adventure Program seeks to provide what trip equipment we can to participants in order to provide a safe and fun trip experience. Participants are responsible for equipment rented to them by the Outdoor Adventure Program. Participants will be responsible for paying for any damaged or lost equipment as assessed by the Outdoor Program Coordinator.

If you have any questions about this policy you may contact: Kevin Soleil Assistant Director of Outdoor and Bicycle Programs kevin_soleil@uml.edu (978) 934-1932

For further questions or information, please contact us:
978-934-1932 | Kevin_Soleil@uml.edu