Spring Break Southwestern Adventure Backpacking and Hiking
Zion, UT and Grand Canyon, AZ March 10th – 17th, 2018

TRIP DESCRIPTION: Come spend your spring break on an adventure backpacking, camping and hiking in the Southwestern US in Zion National Park in Utah and Grand Canyon National Park in Arizona! These venues are some of the most spectacular and dynamic landscapes in the American West! We will fly into Salt Lake City then drive south to spend our first few days hiking in the main canyon of Zion. Next we will drive to the South Rim of the Grand Canyon for a few days where we will backpack to the bottom and camp close by the Colorado River. Finally we will head to Las Vegas to catch some sleep and catch an early flight back to Boston. Temperatures and weather in these parks during this time of year can range from warm spring sunshine days to full winter conditions. Be prepared for an awesome adventure!

REGISTRATION:
Register and pay deposit Online
Fill out an online waiver

INCLUDED IN TRIP COST:
- Transportation— (2) 8 passenger vans, airfare
- Equipment—with the exception of some clothing and personal items listed on the packing list.
- Camping, Logistics, Activity Fees
- Meals from Saturday – Saturday with the exception of discretionary road food
- Leadership & Instruction for Backpacking, Camping and Hiking

PHYSICAL EXERTION LEVEL & PREREQUISITES:
- Physical Exertion Medium to High due to elevation change, dry desert weather, cold and hot temperatures, steep trails and negotiating uneven terrain with heavy packs.
- No previous experience required. Must have appropriate footwear, clothing, cold weather and rain gear.

COST AND PAYMENT SCHEDULE: $750 for UML student/faculty/staff. Deposit of $275 holds your spot. $550 due by Dec 13. Full Balance $750 due Jan 8. Due to financial commitments such as airline tickets, vehicle rentals etc…, participants not adhering to this payment structure may be dropped from the trip.

CANCELLATION POLICY: Cancellation must occur before January 8th, 2018 to receive a refund. Cancellations after January 8th will receive no refund unless another person can be found to claim the unfilled seat.

TRIP INFORMATIONAL MEETING: Wednesday November 15th at 8pm we will hold an informational meeting on in the Campus Recreation Meeting Room. Thinking about joining us on this trip? You should be there! If you miss this meeting you can contact us for details.

For further questions or information, please contact us:
978-934-1932 | outdooradventure@uml.edu
Spring Break
Southwest Adventure Backpacking and Hiking
Zion, UT and Grand Canyon, AZ March 10th – 17th, 2018

PRETRIP MEETINGS:

December 13, 7-8:30pm at the Campus Recreation Center Atrium. We will review itinerary, equipment needed and process 2nd payment. If you are unable to attend the pre-trip meetings please contact the trip leaders as soon as possible.

February 28, 7-8:30pm at the Campus Recreation Center Meeting Room. We will review the final plan, examine participant’s equipment, discuss final trip logistics, meal planning and final details.

TRIP LEADERS: Kevin Soleil: kevin_soleil@uml.edu
Anna Hisnanick: anna_hisnanick@uml.edu

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

- Friday 3/9 Meet at the CRC at 4pm to distribute gear and pack for the trip. Finish last minute preparations and get a good night sleep in Lowell
- Saturday 3/10 Meet at the CRC at Noon. Drive to Logan Airport to check in for our flight. Fly to Salt Lake City, arriving approximately 11pm. Get picked up and drive south toward Zion. Stay in a motel.
- Sun 3/11 Finish the drive to Zion. Set up camp at the Watchman Campground. Spend the day acclimating to the desert air and elevation. Do a mellow day hike along the river at the bottom of the canyon, possibly walking up into the narrows conditions permitting.
- Monday 3/12 Day hike in Zion Canyon popular destinations may include Observation Point, Angels Landing or the Narrows weather dependent.
- Tuesday 3/13 Day Hike #2 in Zion Canyon. Leave the park in the afternoon and drive to Grand Canyon National Park South Rim. Prepare for the backpacking portion of the trip.
- Wednesday 3/14 Backpack down to Bright Angel Campground via the Cedar Ridge Trail.
- Thurs 3/15 Spend the day enjoying the sun (hopefully) and relaxing at camp. Enjoy a short day hike up through “The Box” on the Bright Angel Trail.
- Fri 3/16 Wake up super early and hike back up to the South Rim (4000+ ft.). Drive to Lake Mead campground or a Las Vegas Hotel for the night. Clean up and prepare to travel back.
- Sat 3/17 Wake up EARLY and go to Las Vegas airport for a 6AM departure! Arrive in Boston mid-afternoon. Return to the CRC, clean up and return gear. High fives all around! Rest up for class on Monday...

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

- Day Pack for carrying personal items and food in the van.
- 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 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 (2 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
- Sunscreen & lip balm (15 SPF minimum)
- Camera (protective case is highly recommended)
- Personal medications (inhaler, epinephrine, etc.)
- Personal medical insurance card
- Toiletries and pack towel (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)
- *Rain suit (jacket is a must, pants as well, as weather in the mountains can change drastically and 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 (provides warmth and comfort while snoozing)
- *Headlamp (you must provide 2AAA batteries if borrowing one of ours)
- *Backpack (5000 cu inches or more 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:
978-934-1932 | outdooradventure@uml.edu