Women’s Day Hike Mount Cardigan
Orange, MA
October 13, 2018

TRIP DESCRIPTION:
Our female instructors will provide you with information on trip planning and gear, as well as provide insight on where to go locally and regionally, and what to bring. We’ll also address topics such as backcountry hygiene, Leave No Trace, and answer any questions you may have about hiking or how to translate your knowledge into an overnight backpacking trip. This trip will provide a chance to connect with other female hikers and can be tailored to any experience level.

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 and topics specific to women in the outdoors. 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: $15 for students/faculty/staff, $30 for guests

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

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: 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 leaders 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 on trail — do not forget to pack a lunch!
- 5:00 p.m. Head back to campus
- ~7:00 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.
- Personal medications: inhaler, epinephrine, etc. Major medications should be noted on your Health Statement
- Personal medical insurance card
- 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
- Sun Hat
- 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:**
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