

Colorado School of Mines  
Outdoor Recreation Center in Coordination with Residence Life  
presents:

# W.I.L.D.

Wilderness Instruction and Leadership Development



Backpacking in Rocky Mountain National Park

Welcome to W.I.L.D.!

Get your hiking boots ready because you are about to venture out with the Colorado School of Mines Outdoor Recreation Center on an exciting W.I.L.D. expedition. The W.I.L.D. program in which you are participating is designed to introduce you to other incoming students from your residential floor. An Outdoor Recreation Center (ORC) professional staff and ORC trained trip leaders will also be joining you for this experience. We are looking forward to spending this exciting expedition with you!

This document is designed to inform you about the experience and answer any questions or concerns you may have about your expedition. Please read through all of the materials and if you have further questions contact Rob Thompson, the Director of Outdoor Recreation at 303-273-3907 or [rbthomps@mines.edu](mailto:rbthomps@mines.edu). If you need further assistance please contact Bradley Gasawski, Coordinator of the Outdoor Recreation Center at 303.273.3908 or [bgasawsk@mines.edu](mailto:bgasawsk@mines.edu).

I look forward to meeting you on our exciting adventure this summer!

Sincerely,  
Rob Thompson  
Director of the Outdoor Recreation Center

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# Purpose of W.I.L.D.

The goal of the W.I.L.D. program is to aid residence of the outdoor recreation themed housing floor as you transitioning into the Colorado School of Mines community. The first year at college is the most critical and often challenging in the students mind. Some students leave school or drop out completely because of the challenges they face. College can be tough because of the first time freedom students have making decisions, meeting new people, fitting into a new community, and adapting to a new culture. Our goal is to help with these issues by working to build a support network for you. We want to provide you with resources to help if you struggle, and provide a personal confidence building and challenging experience in the outdoors before the challenges and rigors of the school year begin. We hope this experience will aid you in making smart decisions during your first year. W.I.L.D. will be your first step toward a successful Mines experience and ultimately graduation.

The Colorado School of Mines is known for providing its students with a world class education. What might not be as obvious is we at CSM try to help students succeed both inside and outside of the classroom. Today's graduates will leave CSM not only with a tremendous technical background but also strong leadership skills, communication skills and the ability to problem solve whether in the backcountry, the boardroom or the lab.

## Destination Information

The W.I.L.D. program will take place in magnificent Rocky Mountain National Park. Rocky Mountain National Park (RMNP) includes 415 square miles of protected land, the Continental Divide Trail, Longs Peak and breath-taking views abound. RMNP was established by Woodrow Wilson on January 25, 1915. A year and a half later, the National Park Service Organic Act of 1916 established legislation that created the National Park Service which in turn would protect the nature and culture of designated landscapes across our country.

The W.I.L.D. program will hike a section of the Continental Divide Trail within RMNP. It is a great opportunity to become familiar with one of the most pristine areas in Colorado. By carrying everything you need for your expedition on your back, up and over rocky ridges and down through lush stream drainages you will have an opportunity to discover a world beyond where the pavement ends.

Check out the following link for other information about RMNP:

<http://www.nps.gov/romo/index.htm>



# Expedition Preparation

You certainly don't have to be a serious athlete, but you will be walking moderate distances on several successive days with a pack on your back that weighs from 40 to 50 lbs. Altitude on the trail is between 10,040 feet to 11,480 feet. The elevation gain and loss is gradual along the trail, but can be challenging when carrying a heavy pack. Therefore, it's a good idea to have done some physical preparations in advance to make things less stressful upon your body. Examples could be hiking, running, biking, swimming, or any other physical activity to get your heart rate up. Acclimating to the altitude will be challenging if you are not from Colorado. We recommend arriving on the 9th of August for move in day to begin acclimation to the altitude.

More importantly, please make sure to get plenty of rest prior to the trip; arrive refreshed as much as possible and ready for an awesome experience. We know things can be stressful with move-in, but try to take time to rest.

In addition, be sure to drink plenty of water (up to 1 gallon each day) the week before the trip to hydrate your body. The temperatures in August can be intense and we want to make sure everyone remains healthy during the experience. Each of these will help with altitude adjustment.

To participate, you do not need to know or have done any backpacking. However, we **STRONGLY** recommend preparing. You will be physically active at high altitude from sunrise to sunset.

Here are a few websites that might help conditioning and backpacking preparations:

<http://www.rei.com/expertadvice/articles/conditioning+backpacking.html>

[http://www.backpacker.com/may\\_2007\\_gear\\_do\\_this\\_workout\\_to\\_hike\\_farther\\_hike\\_stronger/skills/12143](http://www.backpacker.com/may_2007_gear_do_this_workout_to_hike_farther_hike_stronger/skills/12143)

<http://www.backcountrybliss.net/2011/01/how-to-training-conditioning-for.html>



# W.I.L.D. Itinerary

## Friday, August 9, 2013

- 8:00 am -5:00 pm: Move in to the Residence Halls and finished by 5pm.
- Dinner available in Slate Café.
- 7:00 pm: Student floor meeting.
- 7:00 pm: Optional parent meeting.

## Saturday, August 10, 2013

- 7:30 am – 9:00 am Breakfast Slate Café.
- 9:30 am: Welcome! Meet the residence on the floor and Student Trip Leaders and Professional Staff from the ORC.
  - Prepare for your Backpacking and Summit experience
  - Packing and familiarize yourself with the equipment and supplies
  - Logistics
- 12:00 pm Lunch Slate Café.
- 1:00 pm: Meet at the Maple Hall Courtyard with all your personal equipment for the experience
  - Pack and familiarize yourself with the equipment and supplies
- 3:00 pm: Depart for Rocky Mountain National Park.
- Drive to campsite and setup camp in the Rocky Mountain National Park region.
- Dinner.

## Sunday, August 11, 2013

- Wake up and be ready for Breakfast 6:30 am.
- Departure 8:00 am from campsite to the backpacking departure point near Lake Granby, CO to start your adventure.
- Backpack a portion of the Continental Divide Trail and set up camp for the night. Trailheads are Tonahutu/North Inlet and Green Mountain.

## Monday and Tuesday, August 12 & 13, 2013

- Wake up early for an alpine start to summit the ridge of the Continental Divide and potentially a high peak on Monday.
- Depart your campsite and hike to the next destination. Mileage is between 5 to 9 miles a day. The Trip Coordinators will inform you of your schedule during these days.

## Wednesday, August 14, 2013

- Hike out to the vans.
- Return to Golden.
- Closure activities.
- Prepare for High and low Ropes course following day.
- Dinner at 5:30pm.

## Thursday, August 15, 2013

- 8:15 am: Meet for ropes course.
- Meet remaining residents from the floor.
- High and Low Ropes course all day.
- Return to Mines by 4 pm for New Student Orientation.

# Equipment List

Below you will see a number in front of the clothing, Think of it as 1 set of clothing you are wearing and 2 you are packing. Please limit the amount of items you bring because you will be carrying them. **PLEASE, NO COTTON MATERIALS**, they will not dry. Pack quick-dry, light-weight synthetics materials only. If you have any questions about this list, please do not hesitate to contact us at the Outdoor Recreation Center. In Rocky Mountain National Park in August the average high temperature during the day is 68 degrees and the average low temperature is 38 degrees.

## Mandatory Items

- 2-pair of quick dry shorts (1 you wear and 2nd you pack)
- 3-Pair of quick dry socks
- 1-Pair of liner socks
- 2-Quick dry T-Shirts
- 2-Underwear and Sports Bras
- 1-Quick dry long sleeve shirt
- 1-Pair of quick dry pants
- 1-Lightweight fleece jacket or puffy coat
- 1-Lightweight Fleece pants (For the chill and bugs)
- 1-Bandanna
- 1-Rain Jacket (**REQUIRED – must be water proof**)
- 1-Rain Pants
- 1-Pair Sunglasses
- 1-Hat/Visor for sun
- 1-Pair light gloves for warmth
- 1-Warm hat for cool night and mornings
- Lip Balm with SPF sun protection
- Sunscreen SPF 30+(sweat proof)
- Toothbrush and Toothpaste
- Contact materials/glasses/retainer strap (to keep them on your head)/hard sided case for glasses if needed
- Personal medication as needed
- Feminine products as needed (even if you are not on your cycle please bring some)
- Hydration System: A) 2-32 oz. Nalgene's (hard sided) B)1-32 oz. Nalgene (hard sided) & at least 1 liter camelback or larger
- Camera with extra batteries and memory card
- 3-Trash bags for waterproofing clothes and sleeping bag (thick trash compactor bags are preferred)
- 5 to 10-One Gallon QUALITY zip lock bags
- Pen/writing utensil
- Light weight bowl (with lid), and eating utensil
- Identification and insurance card
- A small amount of money for gas station stops on the way up and back
- 1-Pair of Broken in Hiking Boots or Trail Shoes (**MUST BE BROKEN IN!!**)
- 1-Pair of close toed sandals/shoes with heel strap for camp (Please no flip flops or shoes that do not stay on your foot). Crocs work well.
- Watch with an alarm
- Small stuff sacks for organizing items



## **What the Mines Outdoor Recreation Center can provide**

(You are welcome to bring your own equipment for the items listed below as long as it meets minimum requirements. Call if you have any questions)

- Backpacks (if you have your own please feel free to bring it, 65+ liter)
- Sleeping Bags (if you have your own please feel free to bring it, 15 to 20 degree bag)
- Sleeping Pads (if you have your own please feel free to bring it, please keep it light weight & packable)
- Headlamp (if you have your own please feel free to bring it, please bring extra batteries)

### **Optional Items**

#### **(Remember if you bring it, you carry it)**

- Summit Pack: Squashes and packs into the size of a softball (our backpack lids turn into day pack and can be an option to summit with, without extra weight)
- Supplemental Snacks if you need or want them to fuel your body (We are providing snacks, but you know your body best and what it may need)
- Empty Pillow case/stuff sack for pillow making material
- Multi-tool/pocket knife – no blades over 4”
- Extra Batteries/SD card for camera if needed
- Foot Care Supplies - Blister Kits/Moleskin (if you know you need these materials daily bring your own)
- Binoculars
- Gaiters (The ORC has a limited number available)
- Brush or comb
- Small Journal
- Cup or Mug
- 1-travel pack of UNSCENTED baby wipes (Unscented because of animal attraction)
- Trekking Poles (The ORC has a limited number available)
- Food and Snacks (We will cater to dietary needs and restrictions; however please inform the Director on the application. We will provide you with plenty of food however you know your body best and what it needs for energy, if you wish to bring supplemental snacks please do so)
- 1-Lightweight Quick dry towel
- Bug Spray (30% DEET for it to work)

For the remaining items please do NOT bring them, we will be supplying these items.

- Tents
- Hand Sanitizer
- Biodegradable camping soap
- Stoves and Fuel
- Cookware
- Cooking Utensils
- Water Dromedaries
- Chlorine/Iodine drops for water treatment (if you have a sensitivity to chlorine or iodine please contact the Director of the ORC prior to August 6, 2013 to ensure your needs can be met).
- First Aid Kits
- Toilet Paper
- Transportation from Mines to backpacking location and back

# PROHIBITED ITEMS

- Cell phones, IPODS, MP3 player or ANY Technology based entertainment
- WEAPONS
- Drugs (including marijuana)
- Alcohol
- Tobacco Products
- Glass materials for breaking purposes
- ANYTHING SCENTED because of wild animals and IT WILL Attracts bugs (Deodorant, make up, lotion etc.)
- New Hiking boots (UNLESS broken in)



# How to Layer (Examples)

Sleeping Layer (depends on if you are a warm or cold person)



## Warm Hiking



## Colder Hiking



## Rain Hiking (No umbrella)



# Directions to Mines

**Driving directions from Denver International Airport and/or from I-25:** Take I-70 west, exit Highway 58 to Golden. Exit Washington Street and turn left to enter into downtown Golden. Turn right on 13th Street and left on Illinois St to enter campus.

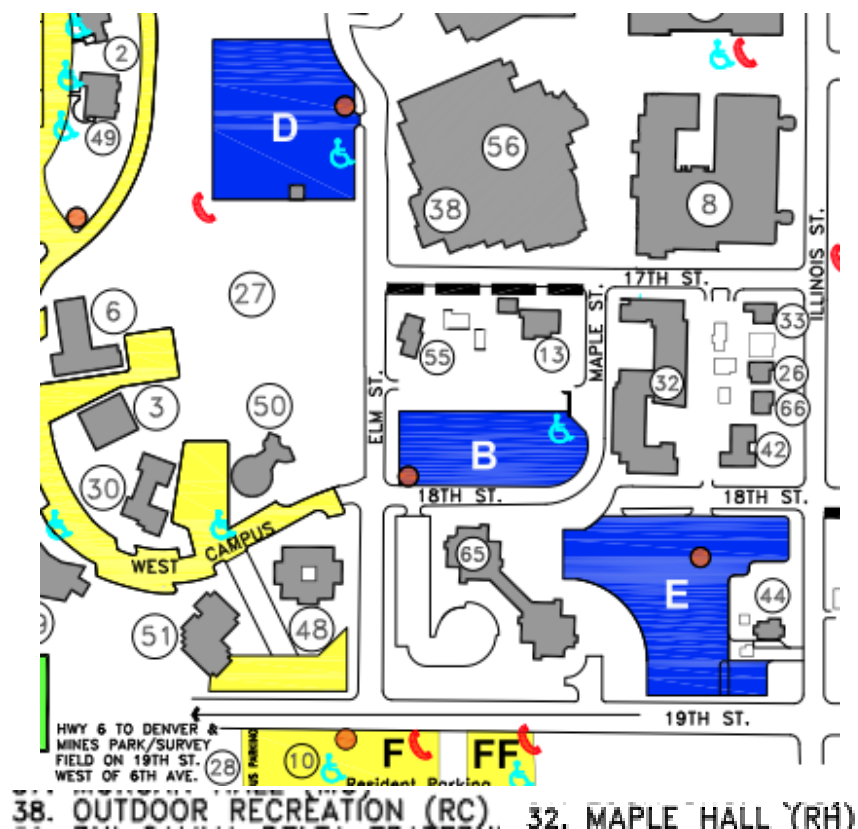
**From Denver:** Take 6th Avenue and head west into Golden. Turn right on 19th Street. Turn left on Illinois Street to enter campus.

**From C-470, I-70, or Western Slope:** Head east to 6th Avenue. Follow the directions above from 6th Avenue.

**From Boulder:** Take Highway 93 into Golden. Turn left onto 19th Street. Turn left on Illinois St Street to enter campus.

## Once on campus...

1. Follow Illinois St to 18<sup>th</sup> Street.
2. Depending on the direction you came you would take a left or a right into the parking area for Maple Hall
3. You will then be in Parking lot E.
4. Participants should take all of their belongings and themselves through the Front Entrance Doors into Maple Hall and proceed to the front desk. Front desk staff will direct you on how to Check-In. The main doors are on Maple St.







## Parking Permits

Please go to [http://inside.mines.edu/Student-Freshmen\\_1](http://inside.mines.edu/Student-Freshmen_1)

This website discusses the process of gaining a parking permit for the fall of 2012-13.

Also other parking information, <http://www.mines.edu/MapsDirectionsParkingInfo>

# Additional Information

## Cancellation and Refund Policy

- 1) If this activity is cancelled for any reason by CSM ORC (i.e. weather, insufficient registration, etc.) you will receive a full refund.
- 2) If you must cancel, you must do so on or before July 20, 2013
- 3) If a participant cancels after July 20, 2013 you will be refunded **IF** we can find a participant to fill the spot. If we are unable to find a participant you **WILL NOT** receive a refund.

## Registration Deadline

The deadline for registration is first come first serve. The final day to register is July 20, 2013. We have only two expeditions going, each with limited space. Please register quickly as our experiences tend to fill quickly.

## Dietary Needs and Food Information

All food is provided on Mines campus and at the expedition destination. Food is not provided while on route to the destination. Participants may want to bring additional money for purchases at rest stops.

If you have specific dietary needs and failed to indicate this information on the registration form, please contact the Director of the Outdoor Recreation Program at 303-273-3907, so necessary arrangements can be made. Requests must be made by August 6, 2013 to ensure your needs can be met.

## Moving On Campus

Residence Life is opening Maple hall and the Outdoor Recreation Floor one-day prior to the beginning of the experience. Meals will be provided for Dinner on the 9<sup>th</sup> of August and Breakfast and Lunch on August 10. Please prepare accordingly.

## Other

It is the participant's responsibility to let family and friends know that they will be out of communication reach during the experience (August 10 @ 1 pm until August 15 @ 5 pm). If there are family emergencies they must contact the Colorado School of Mines Public Safety office <http://publicsafety.mines.edu/> . They will work with you to get in touch with the teams in the field.

Participants are not allowed to drive themselves to and from the trailhead. This is a group experience and the participant must be with the group, in school vehicles for the entirety of the program.

**If you have further questions about your W.I.L.D. program please feel free to contact the Director of the Outdoor Recreation Center at 303-273-3907.**

**We look forward to seeing you this fall!**