Welcome to WILD!

Get your outdoor gear ready because you are about to venture out with the Colorado School of Mines Outdoor Recreation Center on an exciting WILD expedition. The WILD program in which you are participating is designed to introduce you to other incoming students from your residential floor. Outdoor Recreation Center (ORC) trained trip leaders will be joining you and leading your group 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 Nate Bondi, the Director of Outdoor Recreation at 303-273-3537 or nbondi@mines.edu.

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

Sincerely,

Nate Bondi
Director of the Outdoor Recreation Center
Table of Contents

Purpose of WILD .....................3
Destination Information ........ 3
Trip Preparation .....................4
Layering ..............................4
Equipment List ......................5
Additional Information ..........6
Purpose of WILD

The goal of the WILD program is to aid residence of the outdoor recreation themed housing floor as you transition into the Colorado School of Mines community. The first year at college is the most critical and often challenging in the students mind. College can be tough because of the first time students have freedom 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 you when you struggle, and provide a 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. WILD will be your first step toward a successful Mines experience.

The Colorado School of Mines is known for providing its students with a world class education. What might not be as obvious is that 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, and communication skills in addition to the ability to problem solve whether in the backcountry, the boardroom, or the lab.

Destination Information

The Golden Experience will be taking place in and around the Golden, CO area. Each day your group will experience new outdoor activities and adventures, many within biking or walking distance of the Mines Campus. North and South Table Mountains are great areas of rock climbing, hiking, and introductory mountain biking. To the west of Golden is Clear Creek Canyon with more hidden mountain biking area, and granite cliffs. The Clear Creek River is great for whitewater rafting, whitewater kayaking, river tubing, and fishing.

The last two days of the trip will be spent in the gorgeous mountains west of Golden where your group will get to hike a local 14,000’ peak. These peaks give a great views and gorgeous wilderness experiences. Assuming that the weather and the group are doing well, the Golden Experience will finish with an overnight camping trip and a summit attempt of a nearby peak.
Trip Preparation

You certainly don't have to be a serious athlete, but you will be hiking, climbing, and biking during your WILD experience. 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. We highly recommend a strong 1-hr workout 3 times a week. Being in decent shape will only give you a better enjoyment of the activities and help you see more places while on this program. Acclimating to the altitude will be challenging if you are not from Colorado.

More importantly, please make sure to get plenty of rest, and eat good meals prior to the trip; arrive refreshed 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. Hydration is a key component to helping your body acclimate to the higher elevations, the increased physical activities, and to adjust to the hot temperatures in August.

To participate, you do not need to know or have done any rock climbing, water sports, mountain biking or hiking. Our instructors will teach you how to use the equipment and will be leading these activities. However, we STRONGLY recommend preparing. You will be physically active for a good portion of each day.

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

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

Layering

Packing the right equipment, especially synthetic clothing, is a must. Cotton socks and shirts are the two most common articles of clothing that people bring on backpacking and hiking trips that they shouldn’t. This is because cotton absorbs water and loses its ability to insulate, thus leaving you wet and cold. Since we will be doing a lot of walking, non-cotton socks are important to keep feet from getting too wet and then creating hot-spots or blisters. Running socks for most activities will do well. To maximize your clothing’s usefulness during this trip it is best to learn to layer with the proper clothing. Layering is a simple system that can keep you comfortable when hiking. If layering is done properly one should not be cold or sweating, both of these avoidable scenarios could become dangerous situations in the backcountry if ignored. When packing your synthetic clothing, consciously plan how you intend to use each article along the trail. Whether it be putting on a rain jacket or taking off a fleece your layering system should facilitate weather conditions that change rapidly. For more information on layering and packing clothing that will keep you as comfortable as possible please reference the links below:

http://www.sierratradingpost.com/lp2/layering-guide/
# Equipment List

<table>
<thead>
<tr>
<th>Personal Clothing</th>
<th>Personal Equipment</th>
<th>Personal First Aid &amp; Toiletries</th>
</tr>
</thead>
<tbody>
<tr>
<td>Underwear/ Sports Bra 2-3</td>
<td>Medium Duffel Bag (3000 cubic inches or smaller) 1</td>
<td>Advil/Tylenol For headaches and soreness</td>
</tr>
<tr>
<td>Hiking Shorts Biking Shorts 2 1</td>
<td>Sleeping Bag (20-30F) (free rental option) 1</td>
<td>Lip Balm</td>
</tr>
<tr>
<td>Hiking Pants 1</td>
<td>Sleeping Pad (free rental option) 1</td>
<td>Sunscreen</td>
</tr>
<tr>
<td>Long Underwear Top/Bottom 1 each</td>
<td>Small Day Pack (free rental option) 1</td>
<td>Moleskin &amp; Duct Tape For blister repair and prevention</td>
</tr>
<tr>
<td>Fleece Pants 1</td>
<td>Mountain Bike w/helmet (free rental option) 1</td>
<td>Allergy/Prescription Meds</td>
</tr>
<tr>
<td>Shirts 3-4</td>
<td>Water Bottles 2-required Camel Bak w/1-32 oz bottle is ok 32oz each</td>
<td>Toothpaste/brush Travel Size</td>
</tr>
<tr>
<td>Fleece Jacket 1</td>
<td>Headlamp 1</td>
<td>Small Hand Sanitizer</td>
</tr>
<tr>
<td>Rain Jacket 1</td>
<td>Camera w/batteries 1</td>
<td>Feminine Hygiene</td>
</tr>
<tr>
<td>Rain Pants 1</td>
<td>Water Shoes 1</td>
<td>Baby Wipes 10-15</td>
</tr>
<tr>
<td>Swimsuit 1</td>
<td>Camp Sandals optional</td>
<td>Nail Clippers 1 pr.</td>
</tr>
<tr>
<td>Small towel 1</td>
<td>Sunglasses 1</td>
<td></td>
</tr>
<tr>
<td>Winter Hat 1</td>
<td>Sun Hat (ball cap) 1</td>
<td></td>
</tr>
</tbody>
</table>

## Group Equipment
- Tents PROVIDED
- Stove & Fuel PROVIDED
- Food PROVIDED
- Pots & Pans PROVIDED
- Activity Equipment PROVIDED

## Prohibited Items
- Cell phones, IPODS, MP3 player or ANY Technology based entertainment
- WEAPONS
- Drugs (including marijuana regardless of medical permit)
- 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)
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. However, CSM ORC is not responsible for flight cancellation fees or travel costs.
2) Cancellations made 30 days or more before the trip will incur only a 10% cancellation fee.
3) Cancellations made between 15-30 days before the trip will be refunded 50% of the trip fee.
4) Cancellations made less than 14 days before the trip will forfeit trip fees.

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 trailhead. 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 Nate Bondi, Director of the Outdoor Recreation Center at 303-273-3537 or nbondi@mines.edu so necessary arrangements can be made. We will do our best to accommodate needs to a certain degree. Requests must be made by July 31st, 2015 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 starting with dinner on Friday, August 13th. 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 13 @ 1 pm until August 18 @ 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 WILD program please feel free to contact the Nate Bondi, Director of the Outdoor Recreation Center at 303-273-3537 or nbondi@mines.edu
Or the Outdoor Recreation Center staff at 303-273-3184 or ORC@mines.edu

We look forward to seeing you in August!