

Colorado School of Mines
Outdoor Recreation Center & Residence Life presents:
Wilderness Instruction & Leadership Development (WILD)



Rocky Mountain National Park: 5-Day Backpacking
August 13-18, 2015

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

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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. 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 Backpacking WILD program will take place in magnificent Rocky Mountain National Park. Rocky Mountain National Park encompasses 415 square miles spectacular mountain environments and is located in the north-central region of Colorado. More than 355 miles of hiking trails take you to the park's many treasures: meadows flush with wildflowers, cool dense forests, alpine lakes, majestic mountain peaks and the noticeable presence of wildlife, including elk, moose and bighorn sheep. All of this and more makes Rocky Mountain National Park one of the top backpacking destinations in the entire country.



This year the backpacking portion of the WILD trip will hike along the continental divide in 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>

Trip Preparation

You certainly don't have to be a serious athlete, but you will be hiking about 7 miles each day with a pack on your back that weighs 35 to 50 lbs. Altitude on the trail is between 9,100 to 12,600 ft. The 3,500 ft. elevation gain 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, or swimming, for at least an hour 3x's a week. Hiking/walking hills and trails is the best conditioning for this trip. 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 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>

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 to 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 too 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.rei.com/learn/expert-advice/layering-basics.html>

<http://www.sierratradingpost.com/lp2/layering-guide/>

<http://www.outdoorgearlab.com/a/11061/Introduction-to-Layered-Clothing-Systems>

Equipment List

Personal Clothing		Personal Equipment		Personal First Aid & Toiletries	
Underwear/ Sports Bra	2-3	Backpack <i>(free rental option)</i> 4500cubic inch min.	1	Advil/Tylenol	For headaches and soreness
Hiking Shorts	2	Sleeping Bag (20-30F) <i>(free rental option)</i>	1	Lip Balm	
Hiking Pants	1	Sleeping Pad <i>(free rental option)</i>	1	Sunglasses, Sunscreen, Ball Cap (sun hat with brim)	
Long Underwear Top/Bottom	1 each	Bowl w/lid	1	Moleskin & Duct Tape	For blister repair and prevention
Fleece Pants	1	Mug/cup	1	Allergy/Prescription Meds	
Hiking Shirts	2-3	Spoon, fork, knife	1 each	Toothpaste/brush	Travel Size
Fleece Jacket	1	Water Bottles 2-required Camel Bak w/1- 32 oz bottle is ok	32oz each	Toilet Paper and 2-3 quart size zip lock bags	Pack it all out!
Rain Jacket	1	Headlamp	1	Small Hand Sanitizer	
Rain Pants	1	Camera w/batteries	1	Feminine Hygiene	
Swimsuit	1	Trash bags	2	Baby Wipes	10-15
Small towel	1	Trekking Poles		Nail Clippers	1 pr.
Winter Hat	1				
Light Gloves	1				
Gaiters (opt)	1pr.	Group Equipment		Van Kit	
Light Sneakers	1 pr.	Tents	PROVIDED	Sandals	
Bandana	1	Stove & Fuel	PROVIDED	Change of Clothes	
Hiking Shoes/Boots	1pr.	Food	PROVIDED		
Hiking Socks NO COTTON	2-3pr.	Pots & Pans	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 at 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!