Blue Mounds State Park is located in the southwest corner of Minnesota. Located approximately 4 miles from the town of Luverne, BMSP offers rock climbing on quartzite similar to the rocks at Devils Lake, WI. The quartzite cliffs rise approximately 100 feet from the prairie and offer 50-60 foot climbs of various difficulties from 5.4 to 5.12. The area is primarily a traditional climbing crag, but top roping is possible with the proper gear. There is also number of bouldering problems.

Geology
The Sioux quartzite rock was formed on the bottom of an ancient sea. Vast quantities of sand were deposited on this ancient sea floor. Ripple marks from this sandy, watery origin have been preserved and can be seen along many of the park's rock outcrops. Sandstone was formed from the further accumulation and weight of sand water. Through time, heat and chemical reactions transformed the sandstone into a very hard quartzite. The pink to purplish color in the quartzite is due to the presence of iron oxide.

Landscape
Blue Mounds State Park contains a small remaining fragment of the once vast tall grass prairie which covered much of North America. The abundant rock outcrops and shallow soil prevented much of the land within the park from being plowed. However, heavy grazing by domestic livestock has diminished the native grasses and wildflowers and has introduced foreign and exotic, weedy plants. Special management programs are now underway to restore the native grasses and wildflowers (http://www.dnr.state.mn.us/state_parks/blue_mounds/index.html).

Personal Preparation
UNL Outdoor Adventure trips are designed for both beginners as well as people that maybe more than experienced. However, we do want our participants to realize that even though that a beginner could go on this trip, we advise people to take their physical condition seriously. Climbing is a very physical sport and in order to get the most enjoyment out of the trip being physically fit is a crucial part of this experience.

On the field experience we will be hiking approximately 2-3 miles a day to and from the climbing area so please be prepared for that. A comfortable pair of tennis shoes will do just fine!

Transportation
University of Nebraska vehicles will be used for all transportation on this trip. We will depart from UNL Outdoor Adventures located in the UNL Campus Recreation Center. Storage space in the vehicle will be extremely limited on this trip. Please limit your gear to one small travel bag and a duffel bag. We will pack our gear into our backpacks once we arrive at our destination.

Weather & Environment
Temperatures will be cooler than in Lincoln on this trip. The average highs in Blue Mounds, Minnesota during this time are 65 with lows dropping near 40. Rains and thunderstorms are possible so be prepared for a range of conditions and the potential for wet and windy weather. If you have questions regarding clothing needs, please consult the packing list and ask your trip leaders questions.
Campsites
Our campsite will be located onsite at the group campsite in Blue Mounds State Park. There will be restroom facilities here but no running water! We will have water for everyone to drink and cook with.

Personal Care, Hydration, Sanitation, & Hygiene
As we head out on our weekend field experience it is essential that everyone on the trip is taking care of themselves and of one another. We will be very active throughout the weekend so please make sure that everyone is drinking plenty of water. Also there will be restrooms at the campsite that we will be able to use but there is no running water. When we are out at the site there is one restroom that is about a 5 minute walk away from where we climb so that will be an option. Any toilet paper or personal hygiene products that are used out in the field need to be thrown away so all garbage will be packed out!

Minimum Impact Living
Going into the wild lands that we will be visiting on this trip is like going to a museum. You obviously do not want to leave your mark on an art treasure in a museum. If everyone left a mark going through the museum, it would be soon destroyed. The same goes for wilderness areas. If we all leave one little mark on the landscape, the wilderness would soon be far from its natural order and possibly permanently ruined. In order to minimize our impact, we will be practicing the following Leave No Trace principles:

Plan Ahead and Prepare | Travel and Camp on Durable Surfaces | Dispose of Waste Properly | Leave What You Find | Minimize Campfire Impacts | Respect Wildlife | Be Considerate of Other Visitors

Expedition Behavior
Expedition behavior means taking care of yourself and other group members. It means being the first one to help put up the tent or to make hot drinks in the morning. It means staying hydrated, not unnecessarily endangering yourself, and communicating personal concerns to trip leaders. Characteristics such as respectfulness, flexibility, tolerance of others, courtesy, direct communication, self-awareness, and teamwork become critical when traveling in small groups in remote areas. Proper expedition behavior can be the difference between an average experience and a great one!

Smoking, Alcohol, and Illegal Substances
In the spirit of expedition behavior, please do not bring alcohol or illegal substances or items on the trip. Cigarettes are acceptable at established areas but are not allowed to be used in vehicles. We encourage you not to smoke on this trip as a wellness challenge! If you must smoke, please respect other participants, be aware of fire danger, and of course pack out all related trash.

What is provided by Outdoor Adventures?
On OA academic field experiences, all transportation, activity-related gear and camping equipment, camping fees, leadership, and instruction are provided by Outdoor Adventures. The trip cost does not include personal clothing and equipment, or activity and non-activity meals. Be sure to bring cash and a debit/credit card for meals during transportation.

Personal Gear Checklist

### Personal Climbing Gear
- Chalk bag (can be provided by OA)
- Climbing harness (can be provided by OA)
- Climbing shoes (can be provided by OA)

### Personal Clothing
- Camp shoes
- Socks (Synthetic is best)
- Synthetic long underwear
- Synthetic underwear
- Quick drying shorts and/or pants (lightweight)
- Rain pants
- Rain jacket
- Synthetic t-shirt (1-2)
- Synthetic long sleeve t-shirt
- Fleece or insulating jacket
- Lightweight gloves
- Lightweight stocking hat
- Sunglasses and sun hat
- Camp shoes or sandals
### Personal Items
- Sunscreen
- Lip balm with sunscreen
- Toiletries (toothbrush/toothpaste)
- Prescription glasses, contacts, and case
- Personal first aid kit
- Personal medications/prescriptions
- Pocket knife
- Camera
- Journal and pencil/pen
- Tampons, pads, towelettes

### Travel Bag & Clothing
- Small sport/gym bag or backpack
- Casual clothes for car ride and being in town
- Toiletries/towel
- Cash and/or credit card

### Gear Provided by Outdoor Adventures
- Tent
- Sleeping bag (20°F)
- Sleeping pad
- Cooking equipment
- 2 Nalgene water bottles
- Bowl and spoon
- Headlamp

### Packing Considerations
When packing for this field experience, please consider that there will limited space available in the vehicles. Please keep your personal luggage to a minimum and bring only a small personal backpack or gym bag. Please only bring what you need!

### Cotton Clothing
What’s the deal with cotton clothing? While super comfortable, cotton is not a good choice for active clothing or for enduring a rain shower. When wet from perspiration, rain, or falling in a creek, cotton does not dry quickly or maintain its thermal properties like synthetic clothing. Wearing wet cotton clothing can easily lead to hypothermia which is a dangerous condition in the backcountry. While synthetic clothing can be expensive, there are affordable options. Having a synthetic base layer on this trip is mandatory.

### Daily Itinerary

**Day 1 – Friday, September 21st, 2012**

- 11:30a  **Arrive at Outdoor Adventures and pack vehicles**
- 12p     **Depart Lincoln**
- Dinner  **On the road**
- 6:30p   **Arrive at Blue Mounds, Minnesota**

**Day 2 – Saturday, September 22nd, 2012**

- Breakfast **At camp**
- 9:30a    **Arrive at crag, stretch, base site management issues**
- 10a      **Learning sessions and climbing**
- 12p      **Lunch**
- 1-4p     **Climbing and discussion**
- 6p       **Dinner**

**Day 3 – Sunday, September 23rd, 2012**

- Breakfast **At camp**
- 9:30a    **Arrive at crag, stretch, more climbing!!!**
- 12p      **Lunch**
- 2p       **Head back to vehicles, pack up camp, leave for Lincoln**
- 8p       **Arrive at Lincoln**