Elkhorn River, Nebraska
Canoeing Day Trip

Dates: September 30th, 2012
Location: Elkhorn River, NE
Price: $35 student members / $45 non-members
Registration Deadline: September 24th, 2012

Elkhorn River Nebraska
The Elkhorn River originates in the lush hay meadow land in the north-central counties of Holt and Rock and ends near Gretna at the confluence with the Platte River. Spring rains can produce destructive flooding. Flood damage is higher along the Elkhorn than any other river basin in Nebraska.

The Elkhorn is smooth flowing and wide and usually has a narrower, deeper channel which is desirable for canoeing. The Elkhorn is a meandering river and the channel’s position can vary from year to year. While canoeing you will encounter mud bars, submerged logs and will occasionally see car bodies and broken concrete used for bank protection.

You will canoe through hilly land forms having moderate to steep slopes and rounded ridge crests composed of glacial till mantled with loess. Along the river there are open woodlands and dense forested areas interspersed with farmland in the cleared lowlands. Wildlife thrives here and includes deer, squirrels, raccoons, opossums, fox, coyote, shorebirds, eagles, hawks and with turtles, catfish and snakes in the river.

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. Canoeing 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.

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 drybags once we arrive at our destination.

Weather
Average temperatures for the month of September include highs in the 70s and lows in the 30s. Of course, temperatures could be quite different from the norms. During the day, weather is generally mild with moderate winds. Expect a variety of conditions including strong winds, rain, and the cold. Be sure to consult the packing list to make sure you have the proper layers and footwear for this trip.

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:
Expedition Behavior
We arrive on this trip as individuals, but will be working together as a team. 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, even when it’s cold and wet. It means staying hydrated, staying motivated, motivating others, preparing adequately for the needs of the trip, not unnecessarily endangering you, and communicating any concerns to trip leaders. Characteristics such as respectfulness, flexibility, tolerance of others, courtesy, direct and assertive communication, self-awareness, and teamwork become critical when traveling in small groups in remote areas. Expedition behavior means understanding that trip leaders will make decisions that are in the best interest of the group. Proper expedition behavior can be the difference between an average experience and a great one.

Food & Group Cooking
As with all aspects of this expedition, cooking will be a group effort. All meals on the trip will be provided by Outdoor Adventures. You will just need to cover the meals on the way to and from the destination. Please see the trip itinerary for specific meals that are not provided by Outdoor Adventures.

Please inform the trip leaders of any dietary concerns, food allergies, preferences or special needs during the pre-trip meeting and indicate them on the Health Statement form.

Smoking, Alcohol, Cell Phones, & 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. Please be respectful with cell phone use by stepping away from the group if you decide to use your cell phone during transportation to and from our destination. Please, no cell phone use while in the vehicle or during the canoeing portion of the trip. Thanks!

What is provided by Outdoor Adventures?
All transportation, meals while at the activity site, all 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 meals outside of the activity site. Be sure to bring cash and/or a card for meals and souvenirs.

More Information
Nebraska Game and Parks Commission http://www.ngpc.state.ne.us/boating/guides/CanoeTrails/canoetrails.asp

Contact Us
UNL Outdoor Adventures | 402.472.4777 | http://crec.unl.edu/

<table>
<thead>
<tr>
<th>Trip Leader</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Personal Gear Checklist

Canoeing Clothing
- Sport sandal or water Shoe
- Synthetic light-weight socks
- Shorts and/or pants (lightweight)
- Rain pants
- Rain jacket
- Synthetic t-shirt
- Synthetic long sleeve t-shirt (lightweight)
- Fleece insulating jacket (optional)
- Sunglasses & sun hat
- Dry clothing for vehicle ride home

Personal Items
- Sunscreen
- Lip balm with sunscreen
- Prescription glasses, contacts, and case
- Personal medications/prescriptions/first aid
- Camera
- Cash and/or credit card
- Journal and pencil/pen
- Tampons
- Hand sanitizer
- Headlamp or flashlight
- 2 Nalgene water bottles (2 liters)

Gear Provided by Outdoor Adventures
- Kitchen utensils
- Life jacket
- Paddles
- Canoes
- Dry bags for personal clothing and belongs

Packing Considerations
When packing for this field experience bring only what is necessary for an overnight camping trip. Please only bring what you need there is limited space in the vehicles and in the dry bags. It is necessary to waterproof anything you want to remain dry. You do not want to assume the provided dry bags will keep everything dry.

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 highly recommended.

Elkhorn River Daily Itinerary

Sunday – September 30th, 2012

TBD
- Arrive Outdoor Adventures & load the vehicles
- Depart Lincoln

Morning
- Arrive Put-in; Unload the vehicle and trailer; Paddling and safety instruction; PADDLE!

Lunch
- On the river

Afternoon
- Finish paddling
- Load the vehicle and depart for Lincoln

Later Afternoon
- Arrive in Lincoln

***Note: All times are estimates and are subject to change***