Platte River State Park Dayhike

**Location:** Platte River State Park, Nebraska

**Date:** Sunday – September 9th, 2012

**Registration Deadline:** September 3rd, 2012

**Price:**
- $15 students & members
- $20 nonmembers

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**Platte River State Park**

Welcome to your quick escape from the city for a full day of hiking! Throughout the quaint 418-acre park, Platte River State Park offers 14 miles of scenic trails leading to overlooks of the Platte River, grassy plains, and picturesque woodlands. The park contains a variety of flora and fauna from the eastern hardwood forests, the tail-grass prairies, and the Platte River flood plain woodlands. This dayhike will give us a healthy dose of what kind of nature Nebraska has to offer.

**Weather & Environment**

The average temperatures for the month of September include highs in the 80s and lows in the 40s. Of course, temperatures could be quite different from the norms. During the day, weather is generally warm, but can be rather windy. Expect a variety of conditions including high winds, rain, and possible storms. Be sure to consult the packing list to make sure you have the proper layers and footwear for this trip.

**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. Hiking can be 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.

**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.

**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.

**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 trip, cooking will be a group effort. While at the activity site, we ask that you help out if needed while making lunch. 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, 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. 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 hiking portion of the trip. Thanks!

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

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

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Personal Gear Checklist

Dayhike Clothes & Gear
- Mid-weight hiking boots
- Synthetic mid-weight hiking socks
- Hiking shorts and/or pants (light & quick-drying)
- Synthetic long-/short-sleeve top
- Rain/wind jacket (waterproof)
- Rain/wind pants (waterproof)
- Extra insulation (vest or sweater – weather dependent)
- Mid-weight gloves (optional)
- Mid-weight stocking cap (optional)
- Sunglasses and/or sun hat
- Lip balm with sunscreen
- Camera

Gear Provided by Outdoor Adventures
- Backpack
- Crazy Creek chair

Packing Considerations
When packing for the trip, please consider that there will limited space available in the vehicle. Please keep your personal luggage to a minimum and bring only a small personal backpack and a bag for your gear. Remember that you will have to carry everything that you pack. Please only bring what you need and make sure that your pack weight is no more than 1/3 of your body weight. That being said, make sure you are ready for the conditions described in the weather section.

Cotton Clothing
What's the deal with cotton clothing? While super comfortable, cotton is not a good choice for active clothing or for enduring wet/windy weather. When wet from perspiration, rain, or snow, cotton does not dry quickly or maintain its thermal properties like synthetic clothing. Wearing wet cotton clothing can lead to hypothermia in the conditions we will be experiencing on OLS 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 advisable.

Daily Itinerary

Sunday – September 9th, 2012
9a Arrive at Outdoor Adventures
930a Depart for Platte River State Park
1030a Start hiking!
Lunch On the trail
4p Head back to Outdoor Adventures