Jamaica North Trail and Stage Coach State Recreation Area, NE
The Jamaica North Trail is a Rail to Trails project that will link Lincoln and Beatrice by a recreation trail that is made from an abandon railroad track. The trail starts near the Salt Dogs Baseball Stadium and is presently completed through the town of Cortland. We will be used this trail to access Stage Coach State Recreation Area. Stage Coach is a 195 acre lake that was developed by the Corp of Engineering and managed by Nebraska Games and Parks.

Personal Preparation
UNL Outdoor Adventure trips are designed for both beginners as well as people that maybe more experienced. However, although a beginner could go on this trip, we do want all participants to take their physical condition and personal preparation seriously. In order to get the most enjoyment out of the trip, being physically fit is a crucial part of this experience. On this trip we will be pedaling roughly 25 miles each day on a loaded bicycle. If you have any physical or health concerns about the trip please discuss them with your trip leaders prior to the trip.

Transportation
This field trip will begin and end on the University Campus. Included in the classes is the rental of a touring bike and accessories for the overnight experience. If you wish to use your own bike, you must have the bike inspected by one of the class instructors.

Weather & Environment
Temperatures will be cool on this trip and have the potential to be very cold. Average highs will be around 60 degrees and lows will be around 35 degrees. The lower temperatures combined with the possibility of rain and strong wind can create the conditions for hypothermia. Please make sure that you bring adequate clothing layers, rain gear, and food to stay warm, dry, and happy 😊. If you have questions regarding clothing needs, please consult the packing list and ask your trip leaders questions. We will also talk about clothing types in class.

Campsites & Restrooms
The campsites at Stage Coach State Recreation Area are outfitted with pit toilets. There will be running water for drinking and cooking but no hot water for a shower.

Personal Care, Hydration, Sanitation, & Hygiene
Staying hydrated will be essential to staying healthy and feeling fresh on this trip. Cycling anytime of the year requires you to stay hydrated. Drink a minimum of three liters per day on the trip.

Kitchen ware such as pots, dishes, and utensils should be clean and sanitized before use. This can be done by boiling water and dipping in any dirty utensils. Food scraps should be placed in trash baggies and packed out. Dirty dish water (gray water) may be dispersed 200 feet from camp, trails, and water sources.
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, 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 [activity] portion of the trip. Thanks!

What is provided by Outdoor Adventures?

On OA academic field experiences 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.

Daily Itinerary

Day 1 – Saturday, October 27th, 2012
1:30p Arrive at Outdoor Adventures and pack up your bike
2p Depart Lincoln
4p Arrive at Stage Coach State Recreation Area
5p Camp clinic, tent clinic, kitchen clinic, and dinner
7p Camp games

Day 2 – Sunday, October 28th, 2012
Breakfast At camp
10a Begin our pedal back to Lincoln
12p Arrive at Outdoor Adventures
12:30p Spend a half hour cleaning up trip

***Note: All times are estimates and are subject to change***
## Personal Gear Checklist

### Cycling Clothes
- Closed toe-shoes for cycling
- Synthetic mid-weight socks
- Synthetic long underwear (optional depending on weather)
- Synthetic underwear
- Pedaling shorts and/or pants (lightweight)
- Rain pants
- Rain jacket
- Synthetic t-shirt (1-2)
- Synthetic long sleeve t-shirt
- Fleece or down insulating jacket (optional)
- Warm gloves
- Warm 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
- Blister care (moleskin)

### Cycling and Camping Gear Provided by Outdoor Adventures
- Bike
- Panniers
- Helmet
- Tent
- Sleeping bag (20°F)
- Sleeping pad
- Stove
- Cook-set
- 2 cycling water bottles
- Bowl and spoon
- Headlamp

### Packing Considerations
When packing for this field experience bring only what is necessary for an overnight camping trip. When packing your Cycling panniers, remember that you will have to carry everything that you pack. 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 highly recommended.