**Wichita Mountains, Oklahoma**

Wichita Mountains Wildlife Refuge is located in the southwest corner of Oklahoma and offers some of the finest rock climbing in the midwest. Located approximately 10 miles from the town of Lawton, WMFR offers single and multi-pitch rock climbing on high-quality granite. Hundreds of quality routes exist of various difficulties from 5.6 to 5.13. The area is primarily a traditional climbing crag, but top roping is possible with the proper gear. There are also bouldering problems.

**Geology**

In simplest terms, the Wichita Mountains are rocky promontories and rounded hills made of red and black igneous rocks, light-colored sedimentary rocks, and boulder conglomerates. The Wichita Mountains were formed in four distinct geologic episodes – magmatism, subsidence, uplift, and weathering. The mountains themselves are Permian landforms covered and preserved by river-borne sediments in the Permian and partially excavated only in recent geological times. Exposure of these fossil mountains is greatest towards the southeast; much of the western part of the Permian range remains buried under sandstones and shales. (http://en.wikipedia.org/wiki/Wichita_Mountains)

**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 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**

Average temperatures for the month of October include highs in the 70s and lows in the mid-50s. Of course, temperatures could be quite different from the norms. 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.

**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. 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!
Campsites
We will be camping for the entirety of this trip. Our campsite will be located in the Wichita Mountains Wildlife Refuge. There will be restroom facilities, showers, and running water – everything we will need to keep comfortable.

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!

Food & Group Cooking
As with all aspects of this trip, cooking will be a group effort. While at the activity site, we will be divided into small cook groups of 3 to 4 people. Each cook group will cook together, clean their own dishes, and be responsible for carrying their group’s food, cook set, stove, and fuel. 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, 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

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<tr>
<th>Day 1 – Thursday, October 25th, 2012</th>
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<tr>
<td><strong>11:30a</strong></td>
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<tr>
<td><strong>12p</strong></td>
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<tr>
<td><strong>Dinner</strong></td>
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<td><strong>10a</strong></td>
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<tr>
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<tr>
<td><strong>1-4p</strong></td>
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<td><strong>2p</strong></td>
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<td><strong>8p</strong></td>
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