Welcome to the Adventure!

Congratulations on your decision to join Outdoor Adventures on a cross country ski trip of Colorado State Forest in Colorado. Now that you have registered, the next step is to prepare yourself for this exciting adventure. Please read over this packet carefully. It should help you better prepare for this trip and will hopefully answer many of the questions you may have. Please do not hesitate to contact your trip leaders with any inquiry. They would be excited to chat with you about your upcoming adventure.

Never Summer Yurts

This adventure will take place in a backcountry yurt system located within Colorado State Forest State Park near Walden, Colorado just northwest of Rocky Mountain National Park. The 12,000 foot peaks of the Medicine Bow and Never Summer Mountain Ranges will form our backdrop on this tour. We will ski the groomed and un-groomed trails of a seemingly unlimited trail system for endless skiing options. Opportunities to view wildlife in this remote location include moose, elk, deer, red tailed hawks, and coyotes.

Weather & Environment

Average temperatures for the month of January include highs in the mid-30s and lows in the 0s. Of course, temperatures could be quite different from the norms. Mornings and evening will likely be very cold and potentially windy. Expect a variety of conditions including rain, snow, wind, and sleet. Be sure to consult the packing list to make sure you have the proper layers and footwear for this trip. Sunrise will be around 7a and sunset will be around 715p. Walden averages nearly 60 inches of annual snowfall per year with much of it arriving in January.

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. Skiing 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.

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. 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.
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. 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, 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 Skiing 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

More Information
Never Summer Nordic        www.neversummernordic.com
Cross Country Ski Areas Association http://www.xcski.org/

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

<table>
<thead>
<tr>
<th>Trip Leader</th>
<th>Phone Number</th>
<th>Email Address</th>
</tr>
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<tbody>
<tr>
<td>Todd Grier</td>
<td>402.472.4777</td>
<td><a href="mailto:todd.grier@unl.edu">todd.grier@unl.edu</a></td>
</tr>
<tr>
<td>Cristina Woodworth</td>
<td>402-709-5520</td>
<td><a href="mailto:cwoodworth11@live.com">cwoodworth11@live.com</a></td>
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</tbody>
</table>
## Suggested Personal Gear List

Please use this gear list as a starting point for packing for the upcoming trip. Make adjustments based on personal needs and past experiences.

### Front Country Personal Travel Clothes & Gear
- Small-sized backpack for items (books, clothing layer, wallet, pens, etc.)
- Medium-sized duffel for personal gear (we will back our gear into larger backpacks at the trailhead)
- Travel clothes for current weather conditions
- Small towel and travel shampoo/soap
- Front Country needs: toiletries, prescriptions, etc.
- Cash and/or credit card

### Backcountry Personal Ski Clothing
- Hut scuffs/booties
- Synthetic midweight hiking socks
- Synthetic underwear
- Synthetic long underwear
- Soft-shell insulated pants
- Synthetic short-sleeve top (1-2)
- Synthetic long-sleeve top (1-2)
- Rain/wind jacket (waterproof)
- Rain/wind pants (waterproof)
- Fleece or down insulating jacket
- Extra insulation (vest or sweater)
- Scarf/face shield
- Midweight gloves/mittens
- Midweight stocking cap
- Sunglasses

### Personal Items
- Sunscreen
- Lip balm with sunscreen
- Toothbrush & toothpaste
- Prescription glasses and/or contacts & case
- Personal first aid kit & small lighter
- Personal medication (eg. ibuprofen)/prescriptions
- Pocket knife/multi-tool
- Camera - make sure you can waterproof it!
- Journal & pencil/pen
- Reading book, Sudoku, cards, etc.
- Tampons or pads
- Hand sanitizer
- Blister care (moleskin & duct tape)
- Insulated mug or small thermos
- 2 one-liter water bottles (eg. 1 large Nalgene® = 1L) or more
- Headlamp with extra batteries
- Watch (with alarm)
- Gear Provided at the Yurts
- Pots, pans, & coffee perculator
- Kitchen utensils & silverware
- Dishes, dish soap, & dish pans
- Paper towels & dish towels
- Stock pot for snow melt
- Propane, stove, & lighter
- Wood-stove, firewood, & axe/maul
- Snow shovel
- Table & chairs
- Bunk beds & pillows

### Gear Provided by Outdoor Adventures
- Cross country skis, boots, & poles
- Backpack (5,000in³)
- Sleeping bag
- Crazy Creek® camp chair
- Backpacking cookware & food
- Water purification & water jugs
- Maps, compass, & permits
- Bowl & spoon
- Group first aid kits
- Other group related gear

### Packing Considerations

When packing for this field experience bring only what is necessary, paying close attention to the packing list. Please only bring what you need there is limited space in the vehicles and in the packs we will carry to the yurt. If you have packing questions or concerns, please ask one of the trip leaders.
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

Please note that this itinerary is just tentative and is subject to change based on the decisions of the trip leaders!

Sunday – March 17th, 2013

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
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<tbody>
<tr>
<td>1230p</td>
<td>Arrive Outdoor Adventures and load personal gear into vehicles and trailer</td>
</tr>
<tr>
<td>1p</td>
<td>Depart Lincoln for Fort Collins, Colorado</td>
</tr>
<tr>
<td>Dinner</td>
<td>On the road*</td>
</tr>
<tr>
<td>Lodging</td>
<td>Hotel</td>
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Monday – March 18th, 2013

<table>
<thead>
<tr>
<th>Activity</th>
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<tbody>
<tr>
<td>Breakfast On the road*</td>
</tr>
<tr>
<td>Morning Depart for Colorado State Forest; Walden, Colorado</td>
</tr>
<tr>
<td>Lunch On the trail</td>
</tr>
<tr>
<td>Afternoon Ski!</td>
</tr>
<tr>
<td>Dinner At the yurt</td>
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<tr>
<td>Camp Yurt</td>
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Tuesday – March 19th, 2013

<table>
<thead>
<tr>
<th>Activity</th>
</tr>
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<tbody>
<tr>
<td>Breakfast At the yurt</td>
</tr>
<tr>
<td>Morning Ski!</td>
</tr>
<tr>
<td>Lunch On the trail</td>
</tr>
<tr>
<td>Afternoon Ski!</td>
</tr>
<tr>
<td>Dinner At the yurt</td>
</tr>
<tr>
<td>Camp Yurt</td>
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Wednesday – March 20th, 2013

<table>
<thead>
<tr>
<th>Activity</th>
</tr>
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<tbody>
<tr>
<td>Breakfast At the yurt</td>
</tr>
<tr>
<td>Morning Ski!</td>
</tr>
<tr>
<td>Lunch On trail</td>
</tr>
<tr>
<td>Late Afternoon Depart for Lincoln, Nebraska</td>
</tr>
<tr>
<td>Dinner On the road*</td>
</tr>
<tr>
<td>Evening Arrive at UNL Outdoor Adventures</td>
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</tbody>
</table>

Please note that meals marked with an asterisk (*) are not provided by Outdoor Adventures!