

UNL OUTDOOR ADVENTURES

Utah National Park Tour

Dates: March 14-23, 2025

Pre-Trip Meetings: March 5th from 8:00-10:00pm, March 12th from 8:00-10:00pm



DISCLAIMER: *Please note that specific details about this trip are subject to change. This packet provides a broad overview of what you can expect, but specific locations, timelines, and details may shift. Any changes will be communicated at the required pre-trip meetings.*

Utah National Pak Tour: Are you interested in exploring the beautiful orange and red canyons, natural arches, and desert of Utah? This trip is for you! What we are doing: We will be touring the great national parks of southern Utah, spending our week in Zion, Canyonlands, and Arches national park. We will be staying in and around the parks, soaking up the landscapes the parks have to offer. We will be touring the parks on foot with spending the majority of our days hiking to scenic views and outlooks. The cost of this trip covers all of the transportation, activity-related gear and camping equipment, meals while at the activity site, camping fees, permits, leadership, and instruction for the program.

PERSONAL PREPARATION: UNL Outdoor Adventure trips are designed for both beginners as well as people who are more experienced. If you're new to hiking, no problem. Be ready to learn. If you're an experienced hiker- that's great too. Be ready to challenge yourself in new ways!

However, even though a beginner is welcomed and encouraged to go on this trip, we advise people to take their physical condition seriously. Hiking is a physical sport and to get the most enjoyment out of the trip being physically fit is a crucial part of this experience. We will be hiking around 5 to 10 miles per day, sometimes in a rugged and remote region. Expect steep grades and rocky trails. Each person will carry a day pack when we are hiking with food, water, and any personal items with them. It will not be a lot of weight, but enough to be impactful on long days on the trail. While this trip will be incredibly scenic, make no mistake, it at times will be difficult. Please do not hesitate to ask the trip leaders about proper conditioning and please inform the trip leaders of any concerns that you may have.

TRANSPORTATION:

All transportation is included in the price of the trip. University vehicles will be used as transportation to, from, and around Utah. We will depart from UNL Outdoor Adventures in the afternoon on Friday, March 14th

WEATHER:

Weather is very variable and subject to change, but the following are averages for mid-March. Please refer to the personal gear checklist to make sure you are prepared - rain gear and warm layers are a must!

Average High Temperature: 55 °F

Average Low Temperature: 30 °F

Sunrise: 7:30 AM

Sunset: 7:30 PM

CAMPSITES:

This trip will require two days of driving to and from the activity site. We will be camping for the entirety of this trip, at various State Parks, front country sites, or at large primitive campsites. Even front country sites in this area have limited, primitive, or no modern facilities. However, there should be some form of a toilet at each site.

COOKING AND GROUP TASK:

As with all aspects of this expedition, cooking and camp chores will be a group effort. The group will be divided into teams and each team will be assigned a task for the day. Some of the tasks could include cooking, setting up camp or doing the dishes for the group. All meals while at the camping sites will be provided by Outdoor Adventures. *You will just need to cover the meals as we are driving to and from Utah.* Please see the trip itinerary for specific meals that are **not** provided by Outdoor Adventures. Please inform the trip leaders of any dietary concerns or needs during the pre-trip meeting.

MINIMUM IMPACT LIVING/LEAVE NO TRACE:

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 soon be 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 permanently ruined. To minimize our impact, we will be practicing the Leave No Trace principles:

For more information about the 7 principles of Leave No Trace, go to <https://lnt.org/why/7-principles/>

EXPEDITION BEHAVIOR:

Expedition behavior means taking care of yourself and other group members. Everyone has signed up for the trip for their own reasons, but the experience itself will be a shared experience between all members of the trip. Your presence and behavior on the trip affects others' experience in all sorts of ways. On this trip, camp responsibilities are shared. Everyone will take their turn to do dishes, help cook, carry group gear etc. This also means taking care of yourself- if you are unhealthy, it will negatively impact the experience for others. For example, it is important to stay hydrated, communicate concerns to trip leaders, and avoid unnecessarily endangering yourself. Characteristics such as respectfulness, flexibility, tolerance of others, courtesy, direct communication, self-awareness, and teamwork become critical when traveling in groups in remote areas. Proper expedition behavior can make the difference between an enjoyable experience and a great one!

SMOKING, ALCOHOL, AND CELL PHONE POLICIES:

In the spirit of expedition behavior, please do not bring alcohol or illegal substances 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, minimize cellphone use during the trip and ensure it does not take away from others' experience. There will be plenty of photo opportunities so it is a great trip to bring a disposable or digital camera. Thanks!

WHAT'S PROVIDED BY OAC:

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 a debit/credit card for meals and souvenirs.

CONTACTS:

UNL Outdoor Adventures Center: (402) 472-4777, <http://crec.unl.edu/>



PERSONAL GEAR CHECKLIST

The specifics of this list will be covered during the pre-trip meeting. Please come with specific questions so you are properly prepared for this trip.

Personal Hiking and Camping Clothes:

- Mid-weight, waterproof hiking boots (purchased in advance and broken in)
- Camp shoes (old running shoes or sport sandals)
- Synthetic midweight hiking socks
- Synthetic underwear
- Synthetic long underwear
- Hiking shorts and/or pants (light & quick-drying)
- Synthetic short-sleeve top (1-2)
- Synthetic long-sleeve sun shirt (1-2)
- Rain/wind jacket (waterproof)
- Rain/wind pants (waterproof)
- Fleece or down insulating jacket
- Extra insulation (vest or sweater)
- Bandanna (optional)
- Midweight gloves
- Midweight stocking cap
- Sunglasses
- Sun hat

Travel Clothes & Gear:

- Medium-sized duffel for personal gear
- Travel clothes for current weather conditions
- Small towel and travel shampoo/soap
- Front Country needs: toiletries, prescriptions, etc.
- Cash and/or credit card

Personal Items:

- Daypack**
- Sunscreen
- Lip balm with sunscreen
- DEET bug spray
- Toothbrush & toothpaste
- Prescription glasses with straps and/or contacts & case
- Personal first aid kit & small lighter
- Personal medication (e.g., 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 (e.g., 1 large Nalgene® = 1L) or more

- Watch (with alarm)

Gear That Can Be Provided by OAC:

- Tent
- Sleeping bag
- Sleeping pad
- Camp chair
- Kitchen & food
- Water purification & water jugs
- Maps, compass, & permits (where necessary)
- Bowl & spoon
- Group first aid kits
- Other group related gear

Considerations: When packing for this experience, please consider that there will be limited space available in the vehicles. Please keep your personal luggage to a minimum.

DAILY ITINERARY: *Please note that this itinerary is just tentative and is subject to change based on the decisions of the trip leaders (Also note that meals marked with an asterisk (*) are not provided by Outdoor Adventures!)*

DAY 1 - 3/14/25, Friday

12:00PM Meet at Outdoor Adventures, Drive to Eastern Colorado (about 7 Hours)

Dinner On the Road*

Evening Stay at campsite in Eastern Colorado

DAY 2 - 3/15/25, Saturday

6:00AM Breakfast in Colorado, Drive to Escalante Petrified Forest State Park (8.5hours)

Lunch & Dinner On the Road*

-10:00PM Arrive at Escalante Petrified Forest State Park and set up camp

DAY 3 - 3/16/25, Sunday

Breakfast At Camp, Escalante Petrified Forest State Park

Lunch On the Trail

Drive to Zion National Park, Watchman Campground (3 hours)

Dinner At Camp

DAY 4- 3/17/25, Monday

Breakfast At Camp, Zion National Park, Watchman Campground

Lunch On the Trail

Dinner At Camp

DAY 5- 3/18/25, Tuesday

Breakfast At Camp, Zion National Park, Watchman Campground

Drive to Hamburger Rock (6.5 hours)

Lunch On the road

Dinner At Camp

DAY 6- 3/19/25, Wednesday

Breakfast At Camp, Hamburger Rock

Lunch On the Trail

Dinner At Camp

DAY 7- 3/20/25, Thursday

Breakfast At Camp, Hamburger Rock

Lunch On the Trail

Drive to Ken's Lake (1.5 hours)

Dinner At Camp

DAY 8- 3/21/25, Friday

Breakfast At Camp, Ken's Lake

Lunch On the trail

Evening At camp

DAY 9 - 3/22/25, Saturday

6:00 AM Drive home

Breakfast On the Road*

Lunch On the Road*

Dinner On the Road*

Evening Camp along drive home (if needed)

DAY 10 - 3/23/25, Sunday

6:00 AM Finish drive home

Lunch On the Road*

Afternoon Arrive at Outdoor Adventures, sort & clean gear (30-40 minutes)