

4 DESERTS

ARIZONA , CALIFORNIA, NEW MEXICO, TEXAS, UTAH



WINTER BREAK '17 Backpacking, Rock Climbing, Camping & Snowshoeing UW-La Crosse Outdoor Connection

Description Prepare for the adventure of a lifetime by traveling through the Four Deserts of America! First we will backpack in Guadalupe Mountains National Park, Texas; home to Texas's highest peak in the Chihuahuan Desert. Next we will head to White Sands National Monument in New Mexico, where we will backpack to a secluded campsite on the sand dunes to sled and stargaze! After that we will drive through the beautiful Sonoran Desert of Arizona and see some Saguaro cactus and roadrunners before arriving at Joshua Tree National Park in the Mojave Desert! We will spend four days backpacking the California Riding and Hiking Trail, then have a day of guided rock climbing in Joshua Tree. We will conclude the trip with a visit to Bryce Canyon National Park in the Great Basin Desert for a day of winter activities before returning to La Crosse!

Trip Leaders Spenser Garcia and Drake West

Dates Thursday, December 29th to Wednesday, January 11th

Locations Joshua Tree National Park in Southeastern California, Guadalupe Mountains National Park in Northwestern Texas, White Sands National Monument in Southern New Mexico, and Bryce Canyon National Park in Southern Utah

Price \$725 Before December 1st. \$750 After December 1st.

Price Includes Transportation, meals while backpacking/camping, professional climbing guide fees, and all group equipment.

Registration for all trips and clinics are based on a first come first served basis. A non refundable \$150.00 deposit is required for all Winter Break Trips. Register at the Outdoor Connection or at <https://recsports.uwlax.edu>.

Payment Cash, checks, Visa, Master-Card, Discover Card, Apple Pay & Campus Cash.

Refunds The Outdoor Connection incurs, in advance, certain expenses related to each trip, such as contracted guides, facility reservations and specialized equipment purchases or rental. A full refund will be given if the OC has to cancel the trip for any reason. Cancellation prior to 15 business days before the trip departures will result in a forfeit of 50% of the registration fee. Cancellation prior to 10 business days results in forfeit of the full trip registration fee.

Eligibility UW-L students always have priority, however, when possible faculty/staff and the general public are eligible. Registration fees are higher for non-students. All participants must also meet the essential eligibility requirements listed on the back of this flier.

Activity Rating This trip is considered to be moderately strenuous to very strenuous because of the backpacking component and terrain being traveled. Please read the other side of this flier for other essential eligibility requirements for this trip.

WHAT YOU'LL NEED

- Money for food on the road
- 2 Pair pants (non cotton, no jeans)
- 2 Piece rain-suit of durable material
- 1 Pair light camp shoes
- 1 Pair long underwear (no cotton)
- 1 Pair hiking boots (sturdy & water proof, **broken in!**)
- 2 Pair underwear
- 3 Pair wool socks
- 2 pair ultra thin backpacking liner socks
- 1 Long sleeved shirt (non cotton)
- 1 long sleeve fleece
- 2 T-shirts (non cotton)
- 1 Pair shorts / swimsuit
- 1 warm jacket
- Toiletries: small towel, tooth brush/paste
- Sunglasses with safety strap
- Hat or visor
- Gloves or mittens
- Winter hat
- Pocket knife / multi-tool
- Personal medication / eyeware
- Unbreakable bowl and spoon
- Headlamp /flashlight w/ fresh batteries
- 2 1 liter unbreakable water bottles
- Personal snacks

Some Essential Eligibility Requirements

The Outdoor Connection strives to inspire others to enjoy and respect the outdoors through creative recreational programming. Programs are day-long to multi-day wilderness adventures with the goal of immersing participants in and exposing them to wilderness variables that encourage and necessitate direct interaction with nature.

The health and well being, of our students and staff and the effective education of our students are top priorities. The wilderness environments Outdoor Connection trips live in and travel through are remote, dynamic, and physically and emotionally challenging. These environments along with the educational activities conducted and the living and traveling conditions encountered require each student/participant to be fully committed to and capable of working hard, taking responsibility for him or her self, and working effectively in the group to achieve the goals of the trip.

The Essential Eligibility Criteria are applicable for all trip participants. A qualified person is one who can meet the EEC for participation in the program activity.

Wilderness Backpacking

Each participant must:

1. At minimum, be able to travel over and negotiate through varied wilderness terrain with a backpack weighing up to or exceeding 50 pounds or 40%–45% of body weight.
2. Travel conditions may include, but are limited to, rough, rugged, uneven steep and sloping terrain, human made and animals made trails, rocky terrain that may range from smooth bedrock to extensive areas of large rock boulders (boulder fields), needing to cross rivers and creeks without the aid of bridges up to three feet or more in depth, ascending, descending or traversing slopes covered in snow, rocks or vegetation, bushwhacking off trail through thick standing and/or downed vegetation and any and all travel can occur during periods of inclement-weather.
3. Travel distances can range from less than one mile to more than 10 miles in one day.
4. Travel durations can range from less than one hour to more than 7 hours in one day and occur on successive days.
5. Have average strength and endurance and basic balance and agility to safely travel through such terrain with a backpack.
6. Have the ability to have a third point of contact for balance purposes, such as with hand(s) or to hold a walking stick, for travel through deep rivers or ascending or descending slopes.
7. Be able to stay alert and to focus for several hours at a time while traveling.
8. Although groups will often be able to take hourly breaks or camp early if weather becomes hazardous, occasionally this is not possible.

Leadership and Expedition Behavior

1. Work effectively as a member of a team despite potentially stressful and difficult conditions. This may require problem solving on an interpersonal or group level as well as a willingness to accept differences.
2. Contribute to a safe learning environment—no verbal or physical inappropriate behavior of others is tolerated for any reason.
3. Be able to willingly and equally share responsibility with tent mates in daily tent group chores.
4. Effectively communicate ideas and concerns on an individual and group level.

Outdoor Skills Camping

1. Learn and competently perform some fundamental camping skills
2. Remain adequately hydrated, fed, and properly dressed so as to remain generally healthy and be able to avoid environmental injuries such as hypothermia, heat illness, sunburn or frostbite.
3. Be able to perform, after being instructed, the above activities independently in cooperation with other participants without direct supervision.
4. Be able to contribute to camping tasks as necessary
5. Live in a physically demanding, remote backcountry environment for the uninterrupted period of the trips length, which can range from one to eight days or more. Conditions of this environment may vary from cold (below minus 20° F) to hot (above 90° F) depending on course location and season and may include, but is not limited to, rain, snow or hail, uninterrupted sun and/or wind, or the absence thereof. The remoteness is such that it may require at minimum 1-day's travel, but perhaps in excess of 1 week's travel, to reach the nearest road-head and advanced medical care.