Experience the adventure of a lifetime in Florida, backpacking and canoeing in the scenic Ocala National Forest, just north of Orlando! We will be paddling the beautiful, blue, crystalline waters and then spend some time backpacking the National Florida Scenic Trail. You will find yourself soaking in the southern sunshine, surrounded by monkeys, palm trees, and great company! What could be better than a Florida adventure over winter break?

Trip Leaders
1. Callie Dickson and Alex Perronne
2. Rachael Schaefer and Drake West

Dates
Thursday, January 14 to Sunday, January 24th

Location
Ocala National Forest, Central Florida

Price
$650 on or before December 1st. $675 After December 1st.

Price Includes
Transportation, meals while camping, and all group equipment.

Registration
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 and 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. Cancellation prior to 14 days of trip departure = Outdoor Connection retains $150 Cancellation within 14 days of trip departure = no refund

Eligibility
UWL students always have priority. 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 flyer.

Activity Rating
This trip is considered very strenuous because of the backpacking component and terrain being traveled. Please read the other side of this flyer for other essential eligibility requirements for this trip.
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 (EEC) are applicable for all participants. A qualified person is one who can meet the EEC for participation in the program activities.

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 6 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.

Wilderness Paddling

1. Be able to hold breath while under-water and, while in the water wearing a properly fitted pfd, be able to independently turn from a face down to a face up position while keeping head above water.
2. Be able to effectively communicate with the staff and other course participants.
3. Be able to manage all personal care independently or with the assistance of a companion.
4. Be able to manage all personal mobility independently or with the assistance of a companion.
5. Control a paddle and pull it through the water in order to steer and propel the boat forward.
6. Be able to perceive, understand and respond to audible commands given by a boating partner or communicate such commands to boating partners used to maneuver a boat to maintain proper heading or avoid obstacles.
7. Be able to exit a capsized boat, fend for self while in the water away from the boat, attain and maintain correct body position if out of boat, grab onto another boat or rope for rescue purposes, and/or perform self rescue or cooperate with assisted rescue.

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 tentmates 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 trip’s length. Conditions of this environment may vary from cold (below freezing to hot (above 90°F) 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 a few days travel, to reach the nearest road and advanced medical care.