WINTER BREAK ’16
UW-La Crosse Outdoor Connection

Description
Spend four days canoeing in the backcountry of Everglades National Park in Southern Florida. Enjoy the unparalleled landscape of the nation's largest wilderness area east of the Mississippi River. After canoeing, we'll travel to the southernmost point of Florida to Key West. There we'll spend a day snorkeling, parasailing, kayaking, paddle boarding and more. What better way to end the day than with a sunset sail on the ocean?

Trip Leaders Colleen Palmiter and Phoenix Rogers

Dates Friday, January 15th to Sunday, January 24th
Location Everglades National Park and Key West, Florida

Price $825 on or before December 1st. $850 After December 1st.
Price Includes Transportation, meals while camping, canoe rentals, permits, all water activity fees and 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 to be moderately strenuous to very strenuous because of the canoe portion of the trip. Please read the other side of this flyer for some other essential eligibility requirements for this trip.

WHAT YOU’LL NEED
- Money for food on the road
- 2 long pants (non cotton, no jeans)
- 1 rain coat
- 1 pair of rain pants or wind pants
- 1 pair light camp shoes
- 1 pair long underwear (no cotton)
- 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, toothbrush/paste
- Sunglasses with safety strap
- Hat or visor
- Gloves or mittens
- Winter hat
- Pocket knife /multi-tool
- Personal medication / eyewear
- 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 (EEC) are applicable for all participants. A qualified person is one who can meet the EEC for participation in the program activities.

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 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 and advanced medical care.