**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
- Underwear
- 3 Pairs 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 / eyeware
- Unbreakable bowl and spoon
- Headlamp/flashlight w/ fresh batteries
- 2 1 liter unbreakable water bottles
- Personal snacks

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**JOSHUA TREE EXPERIENCE**

**CALIFORNIA**

**WINTER BREAK ‘16**

**UW-La Crosse Outdoor Connection**

**Rock Climbing, Backpacking, Camping and Hiking**

**Joshua Tree National Park**

**Description**

Escape the cold weather and experience Joshua Tree National Park the way it should be! Join us as we backpack two days through the wilderness, enjoy stunning views, and partake in some of the best rock climbing the world has to offer. Follow the warmth and avoid the snow for this 9-day adventure!

**Trip Leaders** Alex Perronne and Emily Cobb

**Dates** Saturday, January 2nd to Sunday, January 10th

**Location** Joshua Tree National Park in Southeastern California

**Price** $740 on or before December 1st; $765 after December 1st.

**Price Includes** Transportation, meals while camping, professional climbing guide fees, 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](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 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 pro-
gramming. 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 trav-
eling 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 not limited to, rough, rugged, uneven steep and sloping terrain; human made
and animal made trails; rocky terrain that may range from smooth bedrock to extensive areas of large rock boulders
(boulder fields); crossing 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. Any and all travel can occur during periods of inclement weather or nighttime hours.
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.

Leadership and Expedition Behavior

1. Work effectively as a member of a team despite potentially stressful and difficult conditions. This may require prob-
lem 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 partici-
pants 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,
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.