**RED ROCK ADVENTURE**
SEDONA, ARIZONA

**WINTER BREAK ‘16**
Hiking, Biking, Canyoneering, Horseback Riding

**UW-La Crosse Outdoor Connection**

**Description**
Escape the cold Wisconsin winter and travel south to Sedona, Arizona for twelve action-packed days! Get ready to hike through beautiful red rock canyons, horseback ride through prairie valleys, and catch the sunset from atop picturesque mesas. End each day by the campfire in a local state park, under starlit skies.

**Trip Leaders** Hannah Murphy & Laura Berry

**Dates** Tuesday, January 12th to Saturday January 23rd

**Location** Sedona, Arizona

**Price** $700 on or before December 1st. $725 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](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.

**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)
- 1 pair hiking boots (sturdy & waterproof, broken in!)
- 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 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 Hiking

Each participant must:
1. At minimum, be able to travel over and negotiate through varied wilderness terrain with a daypack weighing up to
   or exceeding 20 pounds.
2. Travel conditions may include, but are not 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.

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 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 partici-
   pants without direct supervision.
4. Be able to contribute to camping tasks as necessary