

# WELCOME TO THE UVM OUTING CLUB!

Every student on campus is a member, which means you are too! There are plenty of ways to get involved in the UVMOC, and there are plenty of ways to get outside at this university. If at any time you have questions or want to simply hang out, stop by our Outing Club House at 8 Colchester Ave. Free pancakes every Wednesday!

## HOW TO SIGN UP FOR OUTING CLUB TRIPS:

**COME TO THE OC HOUSE:** House Managers will update you on space availability for trips of interest to you.

**PAY FOR TRIP:** Your spot is not secure unless you have paid! Trip prices include: transportation, food, instruction and any equipment you need to borrow. Cash, Check & CatScatch are accepted!

**CANCELLATION POLICY:** Full refund will be given only if cancellation occurs 2 weeks prior to the date your trip is scheduled. Up to three days prior to your trip earns you credit towards another Outing Club trip, class, or rental. No refunds for cancellations less than three days prior to your trip.

\* Indicates trips for all experience levels! Beginners and folks looking for low impact experience welcome!

\*\*\* These trips are for students who are already comfortable spending extended amounts of time in the backcountry and looking for advanced level of challenge.

\*\* Indicate a trip presenting intermediate challenge. Open to new new-comers eager to build experience and those with prior activity experience and/or skills.

### ROCK CLIMBING

#### Rock 101\*\*

These are day trips designed to introduce new climbers to outdoor rock climbing. Ideal for first-time climbers, however anyone is welcome to sign up. Some of the topics covered on these trips will include basic climbing technique, climbing knots and belaying. These trips will explore climbing locations around North Western Vermont.  
Price: \$20 Limit: 8  
Dates: September 13, October 11, October 18

#### Rock 201\*\*

These overnight weekend trips are for new climbers who want a more in-depth rock climbing experience at a more remote location. No prior climbing experience is necessary for this trip, and beginners are welcome! This trip will cover similar topics as our 101 trips and will dive a little more into advanced climbing technique.  
Price: \$40 Limit: 8  
Dates: September 12-13 (Adirondacks, NY), September 19-20 (Adirondacks, NY), October 3-4 (Rumney Cliffs, NH)

#### Rock 301\*\*\*

This overnight weekend trip is designed for more experienced climbers. Participants on 301 trips must have a working knowledge of belaying and climbing knots and have some prior climbing experience in a gym or outside. These trips will focus on climbing technique and lead climbing.  
Price: \$40 Limit: 8  
Date: October 10-11 (Rumney Cliffs, NH)

#### Women's Rock Trip

This trip is designed as a Rock 101 for female-identified participants. We will teach the basics of equipment, belaying, and climbing technique, while simultaneously providing a space for women to learn in a gender affinity space.  
Price: \$20 Limit: 8  
Date: October 17th

### PADDLING

#### Canoe Day Trip\*

Get to the water while it's still warm! Fall semester is the PERFECT time to explore the tributaries and lakes of New England, so spend your day with us and maybe discover a love for the flow.  
Price: \$20 Limit: 9  
Date: September 12, September 20, October 4

#### Kayak Day Trip\*\*

Spend a day paddling with some of the Vermont's finest waterways (Waterbury Reservoir, Lake Champlain, etc.)! Learn the tricks of the kayak trade, and enjoy some good food and company while you're at it!  
Price: \$20 Limit: 9  
Date: September 13, September 19, October 3

#### Sea Kayaking Weekend\*\*

How do you bring a sleeping bag on a kayak trip? You pack it in your boat! Come learn a new way of travel with everything you need for the weekend staying dry in your own vessel. Enjoy cool waters and cool company for an extra cool weekend.  
Price: \$40 Limit: 9  
Date: October 10-11

#### Canoe Weekend\*\*

Spend the weekend outside of UVM, outside of closed walls, and outside of technology. Mid-terms are coming up around this time, so treat yourself to a little weekend escape and find the serenity in the water.  
Price: \$35 Limit: 9  
Date: October 17-18



### SPECIALTY TRIPS

#### Stand-up Paddleboarding\*

SUP friends, want to SUP? Spend your time stand-up paddle boarding on Lake Champlain. Bring yourself, a good attitude, and a love of the water!  
Price: \$30 Limit: 12  
Date: September 13

#### Sailing on Lake Champlain\*

Team up with the Community Sailing Center and take your sails to Lake Champlain for a day out on the water in our windy city. No experience necessary!  
Price: \$30 Limit: 9  
Date: September 19

#### Trail Running Day\*\*

Our poor cross country ski trails are neglected in the warmer months, so let's show them some loving! Join us for a jaunt through Shelburne Farms, or Blueberry Hill, or the Catamount Trail, or wherever your heart desires! Hydration packs and a passion for running in beautiful places are HIGHLY recommended!  
Price: \$15 Limit: 9  
Date: October 3

#### Creative Arts at the Cabin\*

Bring your guitar, ukulele, flute, pens, pencils, paints and spend a weekend getting in touch with your artistic side. Make masterpieces, music, poems, and anything you else you use as an outlet. All in the comfort of the retreat-like Outing Club Cabin in Bolton.  
Price: \$20 Limit: 9  
Date: November 14-15

#### (Almost) Full Moon Hike\*\*

Enjoy the woods by way of headlamp! As you climb higher, let the moon guide the way, until you find the full glowing light at the top. Join us to enjoy some dinner, hot cocoa, and a beautiful moonrise all while getting to know the people around you.  
Price: \$15 Limit: 9  
Date: October 24

#### Hike for Hunger\*\*

Hunger Mountain is calling for us, but our surrounding community could use our help too. We can hike a mountain, but we can also help feed families in Burlington who struggle to put food on the table.  
Price: Non-perishable food donations  
Limit: 9  
Date: October 25

#### Backcountry Cooking\*\*

Ever wanted to know how to make a calzone in the backcountry? Well, now you can learn that and any number of other possible delicious foods if you join us for a weekend of backcountry cooking!  
Price: \$30 Limit: 9  
Date: October 31- November 1

#### Dendrology Hike\*

WE LOVE TREES. Do you? Come join us for a dendrology hike to learn all about the trees that coexist with us in this beautiful state we call our home.  
Price: \$15 Limit: 9  
Date: October 4

#### Cabin Yoga\*

Need a break before finals? Join us for a Saturday afternoon getaway to the cabin. Light the fire, and relax as we practice yoga and mindfulness, while eating a hearty dinner afterwards.  
Price: 10 Limit: 9  
Date: December 5

### CATAMOUNTAIN CLASSIC: SEPTEMBER 26- 27

Avi Kurganoff was an Outing Club kayak, ski and backpacking instructor from 2011 to 2012. His life ended prematurely in the Spring of 2012, after just getting back from an Alternative Spring Break trip. Avi had devoted his life to anyone and everyone in the outdoors. His passion, music, and infectious smile touched so many people across the university and within the Outing Club community. In Avi's memory, the Catamount Classic was born. Avi was involved in a youth mentoring program called DREAM. Each year, the money raised from the Catamount Classic goes towards a scholarship to send a DREAM student on an Outward Bound trip. The Catamount Classic is an event that happens every year where UVM attempts to hike the entire 273 miles of the Long Trail in a single weekend (in separate groups). This will be the 4th Classic, and hopefully, the first time we will reach our goal. So come out and help us complete this challenge!

#### HOW TO SIGN UP:

**Group Sign-up:** Make your own groups of club members, trek reunions, or just a bunch of friends. Register online at the UVM Outing Club website. Food is not included if you register as your own group. You can choose a day trip on either Saturday or Sunday, or an overnight.  
Price: \$10 each for OC transportation, discounted price for personal transportation.  
Limit: 7 per group

**Individual Sign-up:** Sign up individually on one of our eight OC sponsored trips. These trips will be available for sign-up at the General Meeting and at the Outing Club House. Food, transportation, and gear is included.  
Price: \$15 for a day trip, \$30 for an overnight.  
Limit: 9 per group  
Trips: Two Overnights (September 26- 27), Three Day Trips (September 26th), Three Day Trips (September 27th)

### BACKPACKING & HIKEING

If you want to get out in the woods one day at a time, check out the following hikes. Experience fresh air, hummus wraps, and a whole lotta fun!

Price: \$15 Limit: 9

Falls of Lana Hiking & Swimming*	September 13
Sunset Ridge @ Sunset**	September 19
Fall Foliage Hike*	September 20
Mt Mansfield Day Hike**	October 17
Rattlesnake Cliffs Day Hike*	October 18
Burnt Rock Day Hike**	November 7
Mt. Able Day Hike**	November 7
Camel's Hump Day Hike**	November 8
Snake Mt Day Hike*	November 8



#### Backpacking in Maine Weekend\*\*\*

Maine is one of the most beautiful places you'll have the opportunity to explore in New England. Come on this adventure and spend the weekend in Maine with the OC seeing the sights, eating food, and enjoying the company of friends! Due to far drives, we will be departing Friday afternoon for a two-night overnight.  
Price: \$40 Limit: 9 Date: October 2- 4

#### Monroe Skyline Tradeoff\*\*

Two separate groups will spend the weekend on the Long Trail's majestic Monroe Skyline. One group will be Northbound and the other Southbound make sure to exchange high fives between Mt. Abe and Mt. Ellen!  
Price: \$30 Limit: 2 groups of 9 each Date: October 10- 11

#### Backpacking Mt. Mansfield Weekend\*\*

We can't get enough of Mansfield and neither should you, come hike up with the OC to the summit of Mt. Mansfield for a weekend of fantastic company and phenomenal views on Vermont's most notable peak.  
Price: \$30 Limit: 9 Date: October 24-25

#### Backpacking the Whites\*\*\*

Come hang out in the most rugged mountains of New England for an overnight. This beautiful range spans over almost one quarter of the state of New Hampshire. The White mountains of New Hampshire offer challenging courses, but their majestic views make it all worth it.  
Price: \$30 Limit: 9 Date: October 31- November 1

#### Pico Peak Weekend\*\*

Spend the weekend backpacking up Pico Peak where you can catch views of Killington and the surrounding Green Mountain National Forest.  
Price: \$30 Limit: 9 Date: November 7-8

#### Backpacking the 'Daks\*\*\*

Spend a weekend in the High Peaks Region of the Adirondacks in New York State hiking some of the coolest peaks this side of the Mississippi!  
Price: \$30 Limit: 9 Date: November 14-15

#### Backpacking Kinsman Ridge\*\*\*

Spend a weekend in the White Mountains of New Hampshire and be able to say you completed a section of the Appalachian Trail!  
Price: \$30 Limit: 9 Date: November 14-15

#### Jay Peak Weekend\*\*

Join us on a backpacking trip up Jay Peak and catch some views of (almost) Canada and summit the last major peak of the Long Trail in person!  
Price: \$30 Limit: 9 Date: October 31- November 1



### FREE TRIPS

#### Camel's Hump Exchange\*\*

Start your semester off with a hike up Camel's hump. Meet your friends at the summit and enjoy the hike down the other side. Just be sure to take the right van home at the end of the day.  
Price: Free! Limit: 2 groups of 9 each  
Date: September 12

#### Cabin Cleanup Weekend\*

Spend your weekend at the Outing Club cabin in Bolton cleaning, building, eating lots of mountain pies, swimming, and having a lot of fun.  
Price: Free! Limit: 25 Date: October 10- 11

#### Stowe Pinnacle Day Hikes\*

Get ready for the winter in a positive light on our last trips of the semester! Hike up in snow and get a beautiful view of Stowe Resort on Mt. Mansfield. These trips will be the best way to close out the semester, celebrating with some good company.  
Price: Free! Limit: 2 groups of 9 each  
Date: December 5th, December 6th

#### Service Days\*\*

Each semester, there are a few service trips where we work with local communities like the Old Goats and the Green Mountain Club to help with trail and shelter maintenance. These trips will be free and will be announced at later dates. Get your name on the UVMOC listserve and look out for email announcements.



## UVM OC LEADERSHIP DEVELOPMENT PROGRAMS



WANT TO BECOME AN OUTING CLUB LEADER? APPLY FOR ONE OF OUR PROGRAMS!

**Wilderness Instruction Leadership Development (WILD)**  
WILD is dedicated to cultivating wilderness leadership skills and is a mandatory requirement for all Outing Club hiking trip leaders. Each semester, 15 student trainees work alongside upper class WILD coordinators focusing specifically on hard skill instruction, situational leadership development, understanding leadership & learning styles, risk management, wilderness medical instruction and Leave No Trace ethics. Most importantly, 'WILDees' develop a skilled & motivated leader community! WILD meets weekly for 2 1/2 class hours supplemented by 3 weekend field practical trips.  
Price: \$165  
When: Offered Fall and Spring  
Dates: September 19- 20, October 17- 18 and December 5- 6

**Paddling for Development (PFD) Kayak or Canoe**  
PFD is a semester long teaching program. There are three weekend trips in which PFDers will learn all the basic paddling skills they will need to be proficient Outing Club leaders, as well as the skills necessary to enhance their own personal paddling abilities. Each weekend we will be out on different bodies of water working on both hard and soft skills, while searching for the always elusive Champ. PFDers will learn all the essential wilderness skills to be an excellent and prepared OC leader. Most importantly we will all get to know each other through icebreakers, fireside chats and corny jokes.  
Price: \$175  
When: Offered Fall Only  
Dates: September 19- 20, October 3- 4 and October 24- 25

**Site Management and Anchor Construction (SMAC) Rock or Ice**  
SMAC is an instructional rock & ice climbing skill development program for students interested in acquiring safe, comprehensive, top-roped climbing, anchor construction and teaching skills. Rock SMAC runs for 6 weeks in the early fall semester and Ice SMAC in the early spring semester. Emphasis is placed on fundamentals of equipment, climbing technique, belaying and rappelling technique and safe management of climbing instruction areas in an institutional setting. Completion of SMAC is mandatory for UVM student climbers interested in leading climbing trips for the UVM Outing Club.  
Price: \$175  
When: Offered Fall and Spring  
Dates: September 19- 20, October 3- 4, October 17- 18, and October 24- 25

#### NOTE:

Applications for these programs are due soon after the general meeting. For more information and deadlines, please visit the uvm outing club website or email [outside@uvm.edu](mailto:outside@uvm.edu)





# UVM OUTDOOR PROGRAMS

TRIPS AND TRAININGS **FALL 2015**

## UVM OUTING CLUB

Outside@uvm.edu | Outing Club House  
 (802) 656-3439 | 8 Colchester Ave.  
 www.uvm.edu/~outside | M-Th 10:00- 3:00 F. 10:00- 4:00

## greetings uvm students!

UVM Outdoor Programs offer comprehensive, 4-season wilderness recreation, learning and leadership development opportunities. For more than 100 years the UVM Outing Club has upheld a proud tradition one of the oldest collegiate Outing Clubs in the country. UVM's proximity to the wilderness areas of the North country's best crags, waterways and mountain ranges (Greens, Whites and Adirondacks) guarantee an attractive classroom for UVM students interested in developing climbing, skiing, hiking, paddling, biking and wilderness living skills.

As part of an environmentally focused university, UVM Outdoor Programs encourage students to develop a relationship with their environment through fun, challenge, stewardship and community building -- making student experience at UVM more meaningful.

UVM Outdoor Programs provide direct support to students in pursuit of learning and wilderness adventure regardless of where their wilderness adventure sports interest lies! All of our trips, facilities and leadership training opportunities are open to all and designed to be affordable. Most importantly, trips and training experiences are organized, staffed and lead by students like you in the spirit of peer leadership.

Whether you're hoping to hike Mount Mansfield for the first time, rent equipment to do your own weekend expedition or are looking to develop wilderness leadership skills, UVM Outdoor Programs offers something for everyone... most importantly, get outdoors and get involved!



UVM STUDENT LIFE  
**OUTDOOR PROGRAMS**



*yours in adventure,*  
**John Abbott**

Assistant Director Student Life  
Outdoor Programs  
jabbott@uvm.edu



## ALANA G.E.A.R. Program

ALANA GEAR is an instructional program for ALANA (African, Latin@, Asian, Native American) students interested in gaining outdoor experience in a group setting that is supportive and does not assume any prior knowledge or experience (but is not an affinity group). GEAR is a sister club to the Outing Club and strives to foster a love for the outdoors and build a strong relationship between the UVM OC & ALANA communities. The focus is on building wilderness and leadership skills, team building, positive group dynamics, and FUN!

Contact: Miguel Reda areda@uvm.edu or Jennifer Gil jagil@uvm.edu

## Hillel Outdoors

Hillel Outdoors' mission is to build community through engaging UVM students in the outdoors both physically and spiritually. Hillel teams with the UVMOC and other clubs on campus to create a diverse range of student led outdoor opportunities for Hillel members and beyond.

Contact: MJ Lowinger mj@uvmhillel.org

## PARTNERSHIPS

### Check Out Other Outdoor Oriented Clubs & Teams

- Freestyle Ski Team
- Nordic Ski Team
- Cycling Team (M&W)
- Ultimate Frisbee (M&W)
- Climbing Club & Team
- Kayak Club
- Ski & Snowboard Club
- Snowboard Team

## WILDERNESS EXPEDITIONS, CERTIFICATIONS AND CLASSES

### PRT 188: Intro To Mountaineering Cordillera Blanca, Peru

Safely climbing in big mountains requires personal preparation, group expedition planning, and diverse mountaineering, glacier travel & rescue skills. This class will focus on: basic axe & crampon technique, roped team travel skills, and summiting alpine objectives in the "Alps of South America". Limit 9.

When: Summer Session I 2016 (May 24 to June 2nd)

Credits: 3

Info Session Wednesday, November 4th, 7:30pm  
Gormley Conference Rm, SGA

### Summer 2014 Expedition: Trekking in Mustang & Nepal

Join our friends at US Sherpa International for the trek of a lifetime. Traveling through the Thorung La Pass (17,599 ft.) To the Annapurna region students will explore high mountain villages, remote monasteries and the rich, colorful & pastoral culture of the people in this remote region. This is a 16-day expedition.

When: May/June 2016

Info Session: Wednesday, October 7th, 8pm

Location: Gormley Confer Rm., SGA

### PRT 185: Winter Wilderness Ed & Leadership

This class will provide understanding of history, leadership standards, ethics and current backcountry, skill based, practice in wilderness education and leadership in winter environments

When: Spring Semester 2016 Limit: 16 Credits: 3

Info Session: Wednesday, September 23, 7:30pm

Location: Gormley Conference Rm, SGA

Contact jdabbott@uvm.edu or 6-2060 for more information

### Spring Break Sea Kayaking: Cumberland Islands, GA

Tired of the cold weather in VT? Enjoy the sunbaked coast of the N. Georgia low country and surrounding islands. In addition to developing basic to intermediate paddling skills, students will camp on sandy beaches, swim & paddle alongside dolphins and recharge for spring semester!

When: Spring Break (March 5-13, 2016)

Info Session: Wednesday, October 8th, 7pm

Location: Gormley Conference Rm, SGA

### PRT 188: Winter Leadership Skills Mt. Washington, NH

Wilderness leadership and backcountry group travel in winter environments requires disciplined preparation, execution & personal skill development. This class will focus on critical safety issues, hard skill development and leadership training to prepare students to successfully meet the cold weather challenge of New England mountain environments.

When: Winter Session (January 10th-16th, 2016) Credits: 3

Info Session: Wednesday, October 7th, 7:30pm

Gormley Conference Rm, SGA

### PRT 188: Backcountry skiing & Avalanche education Sawtooth range, Idaho

Spend your break laying fresh tracks in the powder stashes of the Sawtooth Range (ID). Learn basics of big mountain backcountry ski expedition preparation, planning and hut living. Enrolled students receive Level I American Avalanche Association (AAA) instruction.

When: Spring Break (March 5th-13th, 2016)

Credits: 3

Info Session: Wednesday, October 7th, 8:30pm

Gormley Conference Rm, SGA

### Solo Wilderness First Responder (WFR)

This is an 80 hour wilderness first aid intensive essential for outdoor leadership and safety.

Dates: January 10-17, 2016 Limit: 18 Price: \$475

**Contact John Abbott Asst. Director of Student Life, Outdoor Programs  
 a 656.2060 or jdabbott@uvm.edu for more information!**

The UVMOC rents equipment for wilderness living and snow travel for the day, the weekend or by extended, special arrangement. Our mission is to offer UVM students great equipment at affordable prices. To assure availability and make gear reservations call or e-mail the OC house well in advance of your desired rental date. Rental gear is issued as available on a first come, first served basis. CatCard payment is welcomed! For information and prices online go to: [WWW.UVM.EDU/~OUTSIDE](http://WWW.UVM.EDU/~OUTSIDE). For reservations call the OC at (802) 656.3439 or stop by the House!

HIKING & BACKPACKING	DAY (\$)	WEEKEND (\$)	BACKCOUNTRY SKIS & SNOWSHOES	DAY (\$)	WEEKEND (\$)
Backpack (4000 cu/in)	8.00	14.00	Snowshoes	8.00	14.00
Day pack (2,500 cu/in)	6.00	10.00	XC skis	7.00	12.00
Hiking poles	3.00	5.00	XC ski boots	5.00	6.00
Sleeping bag (summer/winter)	5.00/7.00	8.00/12.00	XC ski poles	1.00	2.00
Stuff sack	1.00	2.00	XC ski package	10.00	16.00
Compression sack	1.00	2.00	Telemark skis	15.00	20.00
Sleeping pad	2.00	3.00	Telemark ski boots	5.00	8.00
Backpacking package	15.00	23.00	Telemark ski poles	2.00	3.00
Tent	10.00	15.00	Telemark ski package	20.00	25.00
Tarp	2.00	3.00	Skins	2.00	3.00
Rain Gear	2.00	3.00			

## COOKING

Cook Set (pots, pan & lid)	3.00	5.00
Stove (MSR International)	5.00	8.00
Coleman Stove	8.00	12.00

## OC CABIN & RETREAT CENTER

Call 802.656.7729 for reservations and information. Minimum group fee of \$200 per day.

## EQUIPMENT

Plastic double boots	8.00	14.00
Gaiters	1.00	2.00
Mountain Axe	3.00	5.00
Crampons (12 pt.)	4.00	7.00

## CANOEES & PADDLING GEAR

Canoe	15.00	25.00
Paddles	Free	Free
PFD (life jacket)	Free	Free
Canoe trailer (need UVM cert)	40.00	60.00

## UVM CLIMBING WALL

Managed and monitored by the UVM Climbing Club, these facilities and programs offer UVM students interested in rock climbing and bouldering the opportunity to develop climbing skills in a safe and supportive community of peers. Our indoor wall, located in the lobby of the Gucciardi Sports and Recreation Center is open Sunday through Thursday from 5-10pm and on Friday and Saturday from 4-8pm. It is free for all students and a one-time belay test is required for climbers wanting to belay for others. There is a minimal fee for students needing to rent shoes and harnesses. The bouldering hallway is located in the basement of the Patrick Gymnasium and is open during all hours of operation.

## UVM ADVENTURE ROPES COURSE

At the UVM Adventure Ropes Course, our mission is to provide and promote adventure-based, experiential learning and cooperative team-building opportunities for UVM students, organizations and the surrounding community. UVM ARC is located in S. Burlington on the Wheeler Farm parcel. Visit on the web at [www.uvm.edu/ropescourse](http://www.uvm.edu/ropescourse), by calling 656.9111 or via e-mail at [ropes@uvm.edu](mailto:ropes@uvm.edu).

## UVM CLIMBING TEAM

The UVM Climbing team is for students interested in intercollegiate indoor climbing and bouldering competition. The Climbing Team trains together year round and competes in six to eight "comps" during the academic year. To get information, e-mail team coordinators at [uvmclimbing@uvm.edu](mailto:uvmclimbing@uvm.edu).

## UVM OUTING CLUB CABIN

The UVM Outing Club Cabin has been providing UVM student groups with this unique & rustic retreat and recreation base since 1986. "The OC Cabin" can accommodate groups of up to 20 and is close to some of the best hiking, climbing, biking & skiing in the area! Gather your SGA student group for a weekend get-away.