UVM OUTDOOR PROGRAMS

Trips & Trainings | Fall 2017

#LiveLikeMary

THE OUTING CLUB
outside@uvm.edu
(802) 656-3439
www.uvm.edu/outingclub
Outing Club House,
8 Colchester Ave.
M-Th 10:00-3:00, F 10:00-4:00
UVM Outdoor Programs offer comprehensive, four-season wilderness recreation, learning, and leadership development opportunities. For more than 100 years the UVM Outing Club has upheld a proud tradition as 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 deeper relationship with their environment through fun, challenge, stewardship and community-building, making their 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 student 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!

Yours in Adventure,
JOHN ABBOTT, ED. D.
Assistant Director Outdoor Programs
Dept. of Student Life
jabbott@uvm.edu

Hang out.
The UVM Outing Club hosts events, shop talks, social justice forums, and film festivals! Keep up with all the festivities and learning opportunities on our website, uvm.edu/outingclub.

Stop by.
The OC House
8 Colchester Ave.
(802) 656-3439
Mon - Thurs: 10:00 - 3:00
Friday: 10:00 - 4:00
Closed Sat & Sun.

Socialize.
Join us on Facebook, Instagram, and our email list to stay up to date with all of our events and gear giveaways!

Follow us on:
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TRIPS & TRAVEL

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.

Date: Sept 1 |
Price: FREE |
Limit: 2 Groups of 9 Each

CABIN CLEAN-UP WEEKEND *
Spend your weekend at the Outing Club cabin in Bolton cleaning, building, eating lots of mountain pies, swimming, and lots of fun.

Date: Nov 4 - 5 | 
Price: FREE |
Limit: UNLIMITED

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 Reout on Mt. Mansfield. These trips will be the best way to close out the semester, celebrating with some good company.

Date: Dec 2-3 | 
Price: FREE |
Limit: 9

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.

STAND-UP PADDLEBOARDING *
SUP friends, want to SUP? Spend your time standing up paddle boarding on Lake Champlain. Bring yourself, a good attitude, and a love of the water!

Date: Sept 16, 17 | 
Price: $10 |
Limit: 12

TRAIL RUNNING DAY **
Our poor cross country ski trails are neglected in the warmer months, so let’s show them some love! Join us for a jaunt through St Albans Farm, 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!

Date: Sept 25 | 
Price: $10 |
Limit: 9

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.

Date: Oct 7 | 
Price: $10 |
Limit: 9

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 BTV who struggle to put food on the table.

Date: Oct 29 | 
Price: Non-perishable food donations |
Limit: 9

BACKCOUNTRY COOKING *
Ever wanted to know how to make a calzone in the backcountry? Well, now you can learn that and any other number of0 possible delicious foods!

Date: Sept 9 - 10 | 
Price: $10 |
Limit: 9

INTRO TO MOUNTAIN BIKING *
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.

Date: Sept 24 | 
Price: $10 |
Limit: 8

STAY IN A CABIN *
Get a little weekend escape and find the serenity in the water.

Date: Sept 9, 10, Oct 8, 28 | 
Price: $20 |
Limit: 9

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 masterpiece, music films, and anything else you use as an outlet. All in the comfort of the retreat-like OC Cabin in Bolton.

Date: Oct 28-29 | 
Price: $20 |
Limit: 9

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 hearty dinner afterwards.

Date: Dec 2-3 | 
Price: $10 |
Limit: 9

GREEN MOUNTAIN MANNA *
In honor of Ruchi Maheshwari, paddle with Green Mountain MANNA via the YWLD center on campus. Hike and spend a weekend backpacking with them, too! Sign-ups will be through GMN, not the OC, so make sure to contact them if interested!

Date: Paddle: Oct 22; Overnight Hikes Oct 7-8; Day Hikes: Nov 11, Dec 2
Price: $10 |
Limit: 8

INTRO TO MOUNTAIN BIKING *
Want to learn a new skill? Want to ride your bike in the woods? This trip is the one for you. Don’t miss this unique, affordable opportunity to shred some dirt.
Price includes trail fee and bike rental

Date: Sept 25 | 
Price: $10 |
Limit: 9

TRIPS & TRAVEL

INTRO TO ROCK CLIMBING *
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.

Dates: Oct 7, 8, 14, 15 | 
Price: $10 |
Limit: 8

INTRO TO ROCK CLIMBING WEEKEND **
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.

Dates: Sep 16-17, Oct 21-22, 28-29 | 
Price: $20 |
Limit: 8

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.

Date: Sept 24 | 
Price: $10 |
Limit: 8

KAYAK DAY TRIP **
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.

 Dates: Sept 10, 16, 24 | 
 Price: $10 |
 Limit: 9

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.

 Dates: Sept 9, 10, Oct 8, 28 | 
 Price: $10 |
 Limit: 9

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 company while you’re at it!

 Dates: Sept 9, 10, Oct 8, 28 | 
 Price: $10 |
 Limit: 9

CANOE DAY TRIPS *
Get to the water while it’s still warm! Fall semester is the PERFECT time to get on the water, enjoy a hearty dinner afterwards.

 Dates: Sept 9, 10, Oct 8, 28 | 
 Price: $20 |
 Limit: 9

CANOE WEEKEND **
Spend the weekend outside of UVM, outside of closed walls, and outside of technology. Midterms are coming up around this time, so treat yourself to a little weekend escape and find the serenity in the water.

 Dates: Oct 7 - 8 | 
 Price: $20 |
 Limit: 9

CAMPING CLINIC *
Learn how to pack and set-up your camping gear. How to cook HSTW, how to build a campfire, knots and belaying. These trips will explore camping locations around North Western Vermont.

 Dates: Oct 7-8 | 
 Price: $20 |
 Limit: 9

CATAMOUNT CLASSIC

SEPT 30 - OCT 1

An 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. An had devoted his life to anyone and everyone in the outdoors. His passion, music, and infectious smile touched as many people across the university and within the Outing Club community. In An’s memory, the Catamount Classic was born.

An 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 373 miles of the Long Trail in a single weekend. After achieving this goal in 2015, the new mission became hiking as many vertical feet as possible as a community. UVM students via the Outing Club attempts to hike every high peak in Vermont!

HOW TO SIGN UP

GROUP SIGN-UP: Make your own groups of club members, trek reunions, or just a bunch of friends. Register with the Outing Club at upcoming tabling events. 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: $5 each for OC transportation
(Discounted price for personal transportation)
Limit: 9 per group

INDIVIDUAL SIGN-UP: Sign up individually on one of our eight OC sponsored trips. These trips will be available for sign-up after the General Meeting and at the Outing Club House. Food, transportation, and gear is included.

Price: $30 for a day trip, $50 for an overnight
Limit: 9 per group

Dates: Day trip Sept 30 & Oct 1
LEADERSHIP DEVELOPMENT 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 trainers work alongside upper class WILD instructors 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, “Wildies” develop a skilled & motivated leader community! WILD meets weekly for 2 1/2 hours class field practical trips.

When: Fall and Spring | Price: $100.00

Location: Fall (Ice Climbing SMAC is offered in the Spring) | Credits: 24

Winter Session 2017 (Jan 7 - 14) | Date: Winter Session 2017 (Jan 8 - 14) | Limit: 9

Dates: Fall Session I 2018 (Oct 15 - 22) | Credit: Fall (Ice Climbing SMAC is offered in the Spring) | Location: Fall Session I 2018 (Oct 16 - 23) | Limit: 9

Backcountry ski/ride & Level I Avalanche Education: Sun Valley, Idaho

This course will cover fundamentals including avalanche recognition, snow pack physics, wind and weather, and decision making in the presence of an avalanche hazard. A major emphasis will be given to practicing techniques of assessing terrain and planning safe routes of travel. The course will meet one evening per week in the Spring quarter.

When: Fall Only | Date: Spring Break Sea Kayaking: Cumberland Islands, GA

This course introduces students to basic kite surfing skills in order to provide a safe and enjoyable experience on the water. Participants will gain a basic understanding of kite surf anatomy and dynamics; develop a thorough understanding of kite surf safety including risk management, personal and equipment. Students will learn how to choose and maintain equipment, select appropriate kite surf locations and avoid dangerous situations.

When: Fall Session I 2018 (Oct 15 - 22) | Date: Spring Break Sea Kayaking: Cumberland Islands, GA

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HELLO FROM THE OUTING CLUB.

Every student on campus is a member, which means you are too! There are plenty of ways to get involved in the UVM Outing Club (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 the Outing Club House at 8 Colchester Ave. Free pancakes every Wednesday!

HOW DO I SIGN UP FOR TRIPS.

GO 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 and checks are accepted!

CANCELLATION POLICY: If you cancel two Wednesdays before the trip, you get a cash refund. If you cancel on or before the Wednesday before your trip you get trip credit (towards other OC rentals/trips). If you cancel after the Wednesday before your trip, you get no refund.

HOW CHALLENGING ARE TRIPS?

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

- Indicates a trip presenting intermediate challenge. Open to newcomers eager to build experiences and those with prior activity experience and/or skills.

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

PARTNERSHIPS & OTHER OUTDOOR RESOURCES

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 uvm.edu/ropescourse, by calling 656.9111 or via e-mail at ropes@uvm.edu.

ALANA G.E.A.R. PROGRAM

ALANA GEAR is an instructional program for ALANA (African, Latino, 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 & Mosaic communities. The focus is on building wilderness and leadership skills, team building, positive group dynamics, and FUN! Contact: foram.patel@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 “camps” during the academic year. To get information, e-mail team coordinators Anna Malvin, Anna.Malvin@uvm.edu or Jessica.Driscoll@uvm.edu.

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 Gucciarini Sports and Recreation Center is open Sunday through Thursday from 5-10pm and 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 no 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.

GREEN MOUNTAIN MANNA

GMM’s mission is to build community through engaging UVM students in the outdoors both physically and spiritually. Via the Hillel center on campus, GMM 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: Leah.kern@uvm.edu

UVM OUTING CLUB CABIN

The UVM Outing Club Cabin has been providing UVM student groups with this unique & rustic retreat 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 getaway. Rentals are permitted only for UVM affiliates with a faculty sponsor. All inquiries please contact Danny Wiggins (202) 553-7632 or dwiggins@uvm.edu.

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

RENTALS & EQUIPMENT

Want to go on your own adventure with some friends? Awesome! Even though you’re not on an OC trip, you can rent gear from the outing club! Gear rental is available during all normal house hours (Mon-Thur. 10-3, Fri. 10-4), so all you have to do is go to the house, tell the student working what you want, pay, and have a killer weekend! The OC understands that gear can be very expensive, so we try to offer students realistic prices to give everyone at the university an opportunity to get outside.

Questions? Call the OC at (802) 656-3439.

Day Weekend

HIKING & BACKPACKING

Backpack (4000 cu/in) .................. $8 $14
Day pack (2,500 cu/in) ................. $6 $10
Hiking poles .................................. $3 $5
Sleeping bag (summer/winter) ........ $25/37 $80/125
Stuff sack .................................... $1 $2
Campersack .................................. $3 $5
Sleeping pad .................................. $2 $3
Backpacking package ................. $15 $23
Tent ............................................ $10 $15
Tarp ............................................ $2 $3
Rain Gear .................................... $2 $3

CANOES

Canoe................................. $15 $25
Paddles................................. Free Free
PFD (life jacket) ......................... Free Free
Canoe trailer* ......................... $40 $60
*(Need UVM cert)

COOKING

Cook Set (pots, pan & lid) ............. $3 $5
Stove (MSR International) .......... $5 $8
Coleman Stove ......................... $8 $12

EQUIPMENT

Plastic double boots............... $15 $25
Gaiters .................................... $1 $2
Microspikes ......................... $5 $10

BACK COUNTRY SKIS & SNOWSHOES

Snowshoes ......................... $8 $14
XC skis .................................. $7 $12
XC ski boots......................... $5 $6
XC ski poles ................. $1 $2
XC ski package ................. $10 $16
Telemark skis ......................... $15 $20
Telemark ski boots .................. $5 $8
Telemark ski poles ............... $3 $5
Telemark ski package ........... $20 $25
Skis ........................................ $2 $3

OC CABIN & RETREAT CENTER

Call (802) 656-7729 for reservations and info. Minimum group fee of $200 per day.

UVM OUTDOOR PROGRAMS