

# NORTH COUNTRY TRIPS

## THE OUTDOOR PROGRAM

offers optional outdoor recreation trips to incoming students. A range of trips are planned, to meet all levels of experience and interest. Review the descriptions and select three choices best suited to your skill level and interests. There are a limited number of spaces available; spaces will be filled on a first-returned, first-served basis. We will do our best to place you in your first choice. Please call the student activities and leadership office if you have any questions: 315-229-5757.

## Dates

All Trips: Friday, August 22–Monday, August 25 (*participants arrive on campus Thursday, August 21*).

**Important:** *If you participate in a fall collegiate sport, there will be conflicts between practice and North Country trips; therefore, you will most likely not be able to participate in any of these trips. Please check with your coach before submitting an application.*

## Trip Leaders

Upper-class students apply to work as trip leaders through the Outdoor Program. Each has demonstrated experience and skill in the specific type of activity for which he or she has been selected as a leader, and at least one of the leaders for each trip has participated in the Outdoor Program's semester-long Outdoor Leadership Course. We attempt to staff trips in a positive, complementary, and gender-balanced way to provide the best possible orientation experience for new students.



## Backpacking

**Novice:** Light to moderate terrain, sleeping in tents, light pack weights. Lower mileage. This trip is good for people with little or no experience with overnight camping. Cost for this trip is \$250. (*Limited to six participants with two leaders.*)

**Intermediate:** More challenging terrain, occasional

steep grades, higher mileage and heavier packs. This trip is best for people who have camped several times before and are used to carrying 40-55 lb. packs. Cost for this trip is \$250. (*Limited to six participants with two leaders.*)

**Experienced:** Frequent elevation change, steep grades, high mileage, heavy packs. Choose this trip if you are looking for a physical challenge! Cost for this trip is \$250. (*Limited to six participants with two leaders.*)

## Canoe Trips

**Novice:** Lakes and flatwater, sleeping in tent, no portages. This trip is good for people with little or no experience with overnight camping and canoeing. Cost for this trip is \$250. (*Limited to six participants with two leaders.*)

**Intermediate:** Moving water, possible small rapids with a few portages. This trip is good for people who have camped several times before and who have basic paddling skills. Cost for this trip is \$250. (*Limited to six participants with two leaders.*)

**Experienced:** Longer distances, strenuous paddling, several portages. Cost for this trip is \$250. (*Limited to six participants with two leaders.*)

## Special Trips

**Whitewater River Rafting (Minimal hiking/camping experience required):** The first day will be split between an easy Adirondack day hike and swimming in nearby lakes. The next two days are filled with exciting rafting down the Ottawa River with the folks from OWL Rafting. Showers, beds and meals are all provided at a rustic lodge. **Students will need valid passports to enter Canada and return to the U.S.** Cost for this trip is \$490. (*Limited to 30 participants with four leaders.*)

**Kayak Touring in the Thousand Islands, St. Lawrence River (Intermediate – Advanced):** This trip will explore the scenic and historic region of the Thousand Islands by paddlepower. We will pack food and gear inside the kayaks to accommodate our three-day tour, camping at shoreline sites



and spending the days exploring coves and open water. Plenty of opportunities for swimming and relaxation. Cost for this trip is \$250. *(Limited to six participants with two leaders.)*

**Rock Climbing in the Adirondacks:** This trip is designed for beginner or inexperienced rock climbers. We will base-camp for three days, and crag on nearby Adirondack cliffs. Participants can expect to learn how to use basic climbing equipment, tie essential knots, and belay another climber. Cost for this trip is \$250. *(Limited to six participants with two leaders.)*

## Trip Equipment List

These are the articles that you must bring in order to participate. The SLU Outdoor Program will not be able to provide gear and equipment.

### Clothing/Equipment Needed for All Trips

- rain gear (jacket and pants)
- swimsuit (recommended)
- one pair synthetic long pants (not jeans)
- hat—wool or fleece cap type
- one wool sweater/fleece jacket
- brimmed hat (sun and rain)
- synthetic long underwear (top and bottom)
- 2-3 pair synthetic socks
- 1-2 synthetic/cotton t-shirts
- 1-2 pairs Polypro liner socks
- one synthetic/cotton long sleeve
- insect repellent
- one pair nylon shorts
- one quart-size water bottle
- sleeping bag (20-degree rating)
- sunblock
- sneakers
- sleeping pad

**Please try to eliminate or minimize cotton fibers in clothing. Cotton holds moisture and can contribute to hypothermia. Choose synthetics, like fleece wool.**

## Additional Items Needed for Specific Trips

### Backpacking and Canoeing

- backpack (4000-6000 cubic inch)
- flashlight/headlamp
- large stuff sack (for food protection)
- hiking boots (**broken in!**)
- mess kit (bowl, cup, utensils)

### Rafting

- day pack/duffel bag
- towel
- water shoes/sandals for raft
- eye-glass retainer (croakies)

*Please pack as lightly as possible.*

# North Country Trips Application

ST. LAWRENCE UNIVERSITY

SLU Class of \_\_\_\_\_

Please print legibly

Full Name \_\_\_\_\_ SLU ID# \_\_\_\_\_ Sex:  M  F

Summer Phone or  Cell Phone (\_\_\_\_\_) \_\_\_\_\_

Student's Cell  Parent's Cell

*If you do not plan to be at any of the numbers above, please provide alternative ways to reach you.*

Please complete this application according to the instructions in each section. To avoid delay in processing this form, please be sure to supply us with all the information requested and print clearly. You are reminded that this application is not valid until it is signed by both you and your parent or legal guardian.

**Please indicate your trip preferences by category (do not include trips you are not willing to go on):**

1) \_\_\_\_\_

2) \_\_\_\_\_

3) \_\_\_\_\_

**There are a limited number of spaces available; spaces will be filled on a first-return, first-served basis. Upon acceptance to a trip, you will be mailed a notification and bill by mid-June. Please return this application by June 2, 2008 in the large envelope provided or fax to 315-229-7441.**

**A. General Physical Condition:** While the main goal of these trips is to introduce you to a group of fellow students, faculty, staff and the Adirondack region, some of these trips can, by the nature of the outdoor activity, be exhausting. Please be honest with yourself about your physical condition when selecting your trip. You will find it much more enjoyable if you choose a trip for which you are best suited. Do you feel that you are fit enough to participate in a three-day, physically demanding trip?  Yes  No

**B. Canoeing Experience:**

- 1. Will you canoe this summer?  Yes  No
- 2. Can you navigate a canoe alone?  Yes  No
- 3. Can you swim?  Yes  No

**D. Equipment Request:**

- 1. Do you need a backpack?  Yes  No
- 2. Do you need a sleeping pad?  Yes  No

**C. Hiking/Camping Experience:**

- 1. Will you hike or camp this summer?  Yes  No
- 2. Are you:  
 a novice  an intermediate  relatively experienced
- 3. Do you have the required equipment for hiking/camping?  
 Yes  No

## Waiver

The trips described herein are an auxiliary enterprise of the orientation program which formally begins Monday, August 25, 2008. These trips are organized by the St. Lawrence University Outdoor Program. (Please note that participation in these trips requires an earlier arrival to campus: August 21.)

**SIGNATURES ARE ABSOLUTELY NECESSARY!**

I, \_\_\_\_\_, the undersigned, for, and in consideration of, being permitted to participate in the North Country Trips Program at St. Lawrence University (as described above), August 21-25, 2008, do hereby release, discharge, and waive any and all claims for personal injury which I or my representative may have against St. Lawrence University, its officers, agents, employees, successors, and assigns, arising out of my participation in said event, and agree to indemnify and hold St. Lawrence University harmless from any and all claim of any nature arising out of my said participation.

STUDENT SIGNATURE

DATE

PARENT/LEGAL GUARDIAN SIGNATURE

DATE

**PLEASE RETURN THIS FORM BY  
JUNE 2, 2008 IN THE  
LARGE ENVELOPE PROVIDED.  
THIS FORM CAN ALSO BE FAXED TO  
315-229-7441.**