

OHIO UNIVERSITY

CAMPUS RECREATION

OUTDOOR PURSUITS: *NEW ADVENTURES* FAQ'S

FREQUENTLY ASKED QUESTIONS

If you have additional questions after reading the FAQ's please contact Erin Beurket at eb139714@ohio.edu or (513)-335-8380

1. Do I need previous experience to participate?

Our trips are designed to accommodate students who are just beginning to enjoy outdoor recreation activities. There will be participants with all levels of experience, and the trip team members will help each other out every day to ensure that everyone has a fun and safe experience. Both trips are physically challenging, and we ask that all students prepare by engaging in vigorous cardio exercise at least three times a week.

2. Are there any hidden costs for these trips?

No. The only money you will need over and above the trip fee is for meals or snacks while traveling on the road to and from the trip location. Some required gear is available through Outdoor Pursuits and that cost is included in your trip fee. A packing list is included in the welcome packet which will provide information on what is and is not included. For folks interested in fishing in the Boundary Waters, a Minnesota non-resident week-long fishing license is required. Fishing permits can be purchased and fishing gear can be rented at the outfitter in Ely, MN. Participants will not be allowed to fish without a license. Fishing is optional.

3. Can I be on the trip with my friends?

Possibly, but most likely not. One of the biggest benefits of an outdoor orientation program is that you have the chance to meet new people and learn to work as a team. We purposefully separate students who enroll together because we have found that students are much more engaged and have more success meeting the program goals when they approach the experience as an individual. What seems like a negative of not traveling with your friends usually ends up being a very fun experience and valuable opportunity for growth.

4. Can I earn academic credit for participating?

Yes. Academic credit can be earned for these trips. A workbook will be distributed at the beginning of the trip to be completed throughout the experience, and a final reflection paper will be submitted after the course. Students will earn three credit hours (letter grade, not pass/fail) for participating and completing these requirements. The credits will be added to your fall schedule after you return from the trip and turn in the class permission slip, which you will receive when we return to campus. When pre-registering for fall semester classes please be sure to leave room on your fall schedule for these three credits if you decide to register for them.

5. Where do I meet on arrival day?

All participants will meet at Walter Field house on South Green Drive to check in and meet the staff and other trip members. Look for signs directing you to the meeting location.

6. How big will my trip group be?

The Boundary Waters canoe trip will have groups of seven students with two trip leaders.

7. Do I need to bring all the gear on the equipment list?

Yes, bring everything on the equipment list. While you may not think you need all those warm clothes for the Boundary Waters, the weather in the northern Minnesota can do anything in August. Not having proper and necessary equipment may result in injuries and/or evacuation from these wilderness areas. Our experience over the years has shown that the equipment on the list is necessary to keep you safe and comfortable. We have sleeping bags, backpacks, and ground pads available at no additional cost if you need them. Some items not available for rent can often be found for very affordable prices, and if you invest in good equipment it will last you for many more years of outdoor adventure. If your budget is limited, consider the local thrift store or an outdoorsy friend's closet as an option.

8. Do I need to physically prepare for my trip?

Spending a week in the wilderness paddling, portaging, and/or backpacking is physically demanding. To prepare, you need to engage in some form of cardiovascular exercise (running, cycling, swimming) a minimum of three times a week before your trip. Stretching is also important as well as having a healthy diet that keeps your body in good working order. Like college, New Adventures is something that you get more out of if you prepare for it.

9. How many miles will we be hiking or paddling on the trip?

The Boundary Waters canoe trip can vary a on each day. One of the most fun and engaging elements of the BW trip is that every day is an adventure and YOU will be part of the process of deciding how far and where you travel! Paddle days usually average 7-15 miles.

10. Who will be leading the trips?

All trips are led by staff trained through the Outdoor Pursuits program at Ohio University. Most trip leaders are current undergraduate students, and some have participated in this program as incoming freshman. We also have graduate assistants and professional staff lead trips. All leaders can relate to what it is like to start college and want to help New Adventures participants to get the most out of their experience.

11. Can I be reached while on the trips?

All participants will be asked to leave their phones behind while on trip. Boundary Waters canoe trip participants will be out of telephone contact after getting on the water August 15th, 2018 until they return to Ely on August 21st, 2018. However, the leaders will have a satellite phone for outgoing calls to our outfitter in Ely in case of an emergency. If there is a need to contact any of the participants in an emergency, the Director of Outdoor Pursuits can provide the best information and means of communication, and should be contacted first.

12. Where will I sleep while on the trip?

On the arrival and return days of each trip you will be camping at the Challenge Course located at The Ridges. While traveling to each trip location and while on trips we will be tent camping at established campgrounds and at designated wilderness campsites in the Boundary Waters.

13. Where do I store my personal belongings while on the trip?

Small non-essential personal belongings can be left in a secured area in the Walter Fieldhouse during the trip. Large personal belongings that will be moved into your dorm will also be stored in a secured area inside of the Walter Field house, and can be re-claimed on the day that your trip returns (more information below). Items used during travel (travel clothes, phones, etc.) will be locked in a secured location while crews are in the field.

14. Will I be back in time to move into my dorm room?

Yes. All the trips return on move-in weekend and do not overlap with pre-college activities. Outdoor Pursuits staff will assist you in getting your belongings to your dorm in time to participate in all the move-in weekend orientations and events.

What do I do with all the stuff I am going to move into my dorm? As far as moving goes, participants have a few options:

- You may bring your college belongings with you at the start of the trip and the items will be locked in a secure area in the Walter Fieldhouse while we are away. New Adventures staff members will then help you to move into your dorm when we arrive back in Athens.
- Parents/ guardians may bring your college belongings to campus. When you return to Athens from your trip. New Adventures staff members will still help you move in as long as it's during the same time as we're moving everybody else.
- Many students decide to do both, bringing some belongings before the trip and then bring the remainder after the trip.

Please pick whichever option best fits your needs. You will be assigned a move-in date from Housing and Residential Life; we have secured approval for all New Adventures participants to move in on Thursday, August 22nd regardless of dates provided by communication from Housing.

15. Can I move into my dorm early?

Early move-in is not an option, but trip participants can move in after you return from your trip, which is the normally scheduled time for incoming students.

16. Can dietary restrictions be accommodated?

All trips have vegetarian meal options. We can accommodate many dietary restrictions if we know in advance what your needs are. For serious or severe restrictions (gluten, dairy, etc.) we advise that participants plan on providing their own essential dietary items. In any case, you should contact us to discuss your specific needs.

17. What If I have a disability?

Adventure activities are accessible to a wide range of abilities so we encourage all incoming students with disabilities to consider participating in New Adventures. If you have a disability and want to participate, please contact us to discuss trip options.

Do not hesitate to contact us with any more questions you have. We want to help you prepare as best as we can. We can't wait to have you be a part of this experience!