

LEWIS & CLARK COLLEGE OUTDOORS

2018 SPRING TRIPS



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INFORMATION

WHAT IS COLLEGE OUTDOORS?

College Outdoors is the outdoor program at Lewis & Clark College. It gives the college community access to the spectacular outdoor environments of the Pacific Northwest and beyond in a variety of activities including x-country skiing, backpacking, hiking, whitewater rafting, and sea kayaking. On-campus events include talks and seminars on outdoor topics and leadership skills

COLLEGE OUTDOORS GOES WILD!

Trips explore the mountains, deserts, rivers, and coast. If you are a neophyte outdoors person who considers the walk between your residence hall and the library to be a major hike, try a day raft trip or a trip to the coast! Other programs appeal to the more adventurous at heart and those familiar with outdoor life. Most trips don't require any prior experience. On all of our trips, you will find friendly people, clean (occasionally misty) air, and fantastic scenery.

RELEASE OF LIABILITY

Due to the litigious nature of society and the potential hazards of the outdoors, all College Outdoors participants must sign a release of liability/assumption of risk form.

HOW DO I SIGN UP FOR A TRIP?

Trip sign-up sheets are posted outside the College Outdoors office in Templeton 244 at 9am on the morning of the sign-up date listed for each trip. To hold your reservation, you need to pay the trip fee in our office within 3 business days after sign-up begins. Most trips are posted on Fridays, and payment is needed by Tuesday before 5pm to hold your space. After three days, unpaid spots will be filled on a first-paid basis. Scholarships are available from ASLC to those who qualify for federally subsidized financial aid.

REFUND POLICY

College Outdoors trips are subsidized by us or budgeted to break even. Once you have paid for a trip, we cannot give you a refund unless you find someone else to take your place on the trip. Exceptions are made for documented medical illness or unforeseen family emergencies. Please check your social and academic calendar before paying!

INCLEMENT WEATHER & TRIP CANCELLATIONS

In the event severe inclement weather is predicted at the program area, most of our trips have alternative trip locations. See the sign up sheet for the inclement weather plan. If College Outdoors has to cancel a trip due to unforeseen circumstances, College Outdoors will refund the trip fee.

PRE-TRIP INFORMATION

Sign-up begins several weeks prior to the trip and is posted on the bulletin board outside the College Outdoors office in Templeton 244. All trips have a pre-trip meeting (PTM) typically scheduled for the Tuesday before the trip. PTM times are noted on the sign-up sheet as well as in this brochure.

WHAT DOES COLLEGE OUTDOORS PROVIDE?

Unless otherwise noted College Outdoors arranges food packouts for students on Bon Appetit meal plans, group equipment, personal equipment (like wet suits, raincoats, backpacks, etc.), transportation, and organization. Participants not on the Bon Appetit meal plan will pay \$8 more per day for food with the exception of day trips where participants have the option of providing their own food at no extra cost.

TRANSPORTATION

College Outdoors uses 15 & 12-passenger vans and 8-passenger SUVs for most transportation to and from campus for our trips. Transportation is included in the trip fee unless otherwise noted.

VOLUNTEER OPPORTUNITIES

There are many ways to get more involved in College Outdoors. Volunteers are a great asset to our program, and we hold clinics, talks, and job fairs throughout the semester for those interested in learning and helping out College Outdoors. Stop by or contact the office for more information.

LEADERSHIP OPPORTUNITIES

If you are interested in becoming a College Outdoors student leader, stop by the office for information on our leadership program, student coordinating, and other opportunities.

College Outdoors is sponsored, in part, by ASLC.

College Outdoors is an equal opportunity provider and operates under special use permit with the US Forest Service.

WEEKEND TRIPS

Weekend trips have a Pre-Trip Meeting the Tuesday evening before departure. Times vary from 4-6pm

OPEN HOUSE

Wednesdays, January 24 - April 4
Join College Outdoors at the Sequoia Warehouse for weekly Wed. evening sessions (5-6 & 6-7pm) on outdoor leadership topics ranging from stove use, to tree ID, to cultural competency. Everyone is welcome! Stop by the office or join our mailing list to sign up for specific dates.

CLIMBING SHUTTLE

Mondays & Thursdays, January 18 - April 26
Join us Mondays and Thursdays from 7:00 - 9:30pm for this free shuttle to the Circuit Bouldering Gym. Stop by the office to sign up for specific dates.

MT. HOOD SNOWSHOE DAY TRIP

- 1) Saturday, Jan. 27
- 2) Saturday, Feb. 3
- 3) Sunday, Feb. 11
- 4) Saturday, Feb. 24

Snowshoe on the trails around Oregon's tallest volcano! Weather permitting, we'll head up one of the trails on the east side of Mt. Hood, looking for great views of the mountain. Snowshoeing takes a fair amount of energy, but it is great exercise and doesn't require any previous experience.

Sign up begins: 1 & 2) Friday, Dec. 1

3) Friday, Jan. 19

4) Friday, Feb. 2

Fee: \$35



X-COUNTRY SKI DAY CLINICS

Nordic Ski:

- 1) Sunday, Jan. 28
- 2) Sunday, Feb. 4
- 3) Sunday, Feb. 11
- 4) Sunday, Feb. 25

Skate Ski:

- 1) Sunday, Feb. 18
- 2) Sunday, Feb. 25

This is a one-day trip to Teacup Lake Nordic Area on Mt. Hood. After an instructional ski skills clinic, we will head out to explore the surrounding groomed ski trails and practice the techniques we've learned. Nordic Ski clinics teach classic cross-country ski techniques, and Skate Ski clinics teach a high-energy form of skiing similar to ice skating. The trip fee includes all transportation and gear. If you are a more experienced skier, you are welcome to sign up for these trips to get out and do some independent skiing (skate or classic) on the 20 km of trails at Teacup Lake.

Sign up begins: XC 1&2) Friday, Dec. 1

XC 3) Friday, Jan. 19

Skate 1) Friday, Jan. 26

XC 4 & Skate 2) Friday, Feb. 2

Fee: \$35

OREGON COAST DAY HIKE

- 1) Saturday, Feb. 3
- 2) Sunday, Mar. 18

Join us on the Oregon Coast to hike along majestic ocean beaches, striking cliffs, and surrounding trails in search of huge Sitka spruce trees, ferns, cascading streams, and waterfalls. We'll hike through the forest to bays and coves where we can watch waves crash against the rocks and beaches. The seven-mile round trip hike traverses emerald green coastal forests showcasing Oregon's natural treasures.

Sign up begins: 1) Friday, Dec. 1

2) Friday, Feb. 23

Fee: \$30

HIGH DESERT HIKE

- 1) Saturday, Feb. 10
- 2) Saturday, Mar. 10

Explore the dry side of the Columbia River Gorge east of Hood River. This dramatic landscape, sculpted by the largest floods in earth's geologic history, has spectacular hiking trails, less rain than Portland, and usually a good supply of sunshine. Join us to get some exercise, fresh air, and a chance to see spring come to the east side of the Cascade mountains while hiking up to some stunning viewpoints above the Columbia River.

Sign up begins: 1) Friday, Jan. 19

2) Friday, Feb. 16

Fee: \$30

HIKE THE DUNES OF THE OREGON COAST WEEKEND

Friday evening, Feb. 16 - Sunday, Feb. 18

On this trip we'll head to Umpqua Lighthouse State Park on the Central Oregon Coast for two days of great hiking. This part of the coast has the largest coastal sand dunes in the world and features remote sandy beaches. We'll hike through transition forests, sand dunes, and beaches during the day while staying warm and dry in our deluxe yurts at night. You'll definitely want to join us to explore this part of the state that is uniquely Oregon!

Sign up begins: Friday, Jan. 19

Fee: \$95

COASTAL TRAILS & ANCIENT FORESTS WEEKEND

Friday evening, Feb. 23 - Sunday, Feb. 25

Visit a lighthouse, ancient forests, coastal beaches, and spectacular overlooks on this weekend trip to hike and explore Cape Lookout, Oregon. We'll stay at Nahalem Valley School, which has a great space to get together in the evenings. Spring comes to the Oregon Coast a few weeks earlier than Portland, so the frogs will serenade you at night with their chorus, and the first wildflowers will be blooming.

Sign up begins: Friday, Jan. 26

Fee: \$85

WEEKEND TRIPS

Weekend trips have a Pre-Trip Meeting the Tuesday evening before departure. Times vary from 4-6pm

ADVENTURES WITH PROFESSORS

- 1) Ice Caves - Dr. Anne Bentley Saturday, Feb. 17
- 2) Birding - Dr. Ken Clifton Saturday, Mar. 17
- 3) Nature Psych. - Dr. Jolina Ruckert Saturday, Apr. 21

Take advantage of the unique opportunity to connect with your favorite professors outside the classroom!

1) Join chemistry professor Anne Bentley on a snowshoe hike to an ice cave on Mt. Adams. Explore the lava-tube cave featuring breathtaking ice stalactites and ice columns, and learn about the fascinating process of ice crystal formation.

2) Join Biology professor Ken Clifton for an afternoon of bird watching at Ridgfield National Wildlife Refuge. Hike through this area of wetlands and forest along channels of the Columbia River and spot dozens of majestic birds.

3) Join psychology professor Jolina Ruckert for a hike to discuss the human relationship with nature, and the psychology of why we go outside. Learn about the outdoor appeal, as well as the various degrees of authenticity through which humans interact with nature.

- Sign up begins:
- | | |
|--------------------|-----------|
| 1) Friday, Jan. 26 | Fee: \$35 |
| 2) Friday, Feb. 23 | Fee: \$25 |
| 3) Friday, Mar. 16 | Fee: \$25 |

BACKCOUNTRY NAVIGATION

SNOWSHOE CLINIC

Saturday, Feb. 17

Come explore Mt. Hood off trail, and learn the basics of using a Map & Compass to find your way! This clinic establishes and understanding of the tools and basic navigation skills required for outdoor exploration. The knowledge you can gain can form an important part of your leadership development, and is a useful tool for anyone who loves to take outdoor trips. We will be hiking off trail on snowshoes, which takes a fair amount of energy, but is great exercise and doesn't require any previous experience.

Sign up begins: Friday, Jan. 26 Fee: \$35

INTRO TO AVALANCHE

SAFETY CLINIC

Saturday, Feb. 10

This clinic is an introduction to avalanche awareness and safety. Learn the basics of snow science and avalanches in this class session and one-day field trip. We'll snowshoe into the backcountry on Mt. Hood and learn how to evaluate snow and terrain conditions, use avalanche transceivers, and practice rescue strategies. A mandatory 1.5 hour pre-trip meeting will introduce the concepts we will explore in the field. No previous experience needed.

Sign up begins: Friday, Jan. 19 Fee: \$48

OREGON COAST OVERNIGHT

Friday evening, Mar. 9 - Saturday, Mar. 10

Join us on the Oregon Coast to hike along the ocean beaches and surrounding trails to find huge Sitka spruce trees, ferns, cascading streams, and waterfalls. We'll hike through forest to bays and coves where we can watch waves crash. The seven-mile round trip hike traverses emerald green coastal forests showcasing Oregon's natural treasures. We'll depart Friday evening, stay at an adorable charter school in Neskowin, and spend Saturday exploring the coast before returning to campus in time for dinner.

Sign up begins: Friday, Feb. 16 Fee: \$48

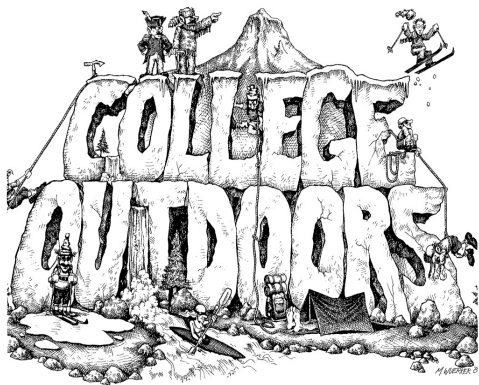
LEWIS & CLARK NAT. HISTORIC PARK

SERVICE PROJECT OVERNIGHT

Friday, Mar. 9 - Saturday, Mar. 10

Come visit the beautiful Lewis & Clark National Historic Park at Fort Clatsup near the mouth of the Columbia river in northwest Oregon. This park features spectacularly lush coastal forests dripping with moss, as well as rich northwest history. We'll head out Friday after dinner, spend the night in cozy yurts, and volunteer for the park on Saturday before heading back to campus in time for dinner. This is a great chance to explore a fascinating area and give back to the parks we love!

Sign up begins: Friday, Feb. 9 Fee: \$40



WINTER CAMPING CLINIC

Saturday Mar. 3 - Sunday, Mar. 4

Learn to use gear sleds, shovels, and snow saws, then stay overnight in snow shelters you built yourself! This trip is moderately strenuous and is recommended for those in good physical condition who are comfortable in the outdoors. There is a mandatory 1.5 hour pre-trip meeting before we head out for the snow, since winter camping is not the sort of thing you want to jump into without a little background. This is a true adventure!

Sign up begins: Friday, Feb. 2 Fee: \$75

WEEKEND TRIPS & WILDERNESS MEDICINE

Weekend trips have a Pre-Trip Meeting the Tuesday evening before departure. Times vary from 4-6pm

EDIBLE PLANTS, ETHNOBOTANY, & WATERFALLS DAY TRIP

- 1) Saturday, Apr. 7 2) Saturday, Apr. 14

Spring on the sunny, dry side of the Columbia Gorge is amazing. Learn to identify, as well as taste, some of the edible plants of the eastern part of the Columbia Gorge. Learn about Native American uses of plants and trees. Last but not least, learn about some of the poisonous plants you would want to avoid if you're "wild foraging"!

- Sign up begins: 1) Friday, Mar. 2
2) Friday, Mar. 9

Fee: \$30

DESCHUTES RAFTING

- 1) Friday evening, Apr. 13 - Saturday, Apr. 14
2) Friday evening, Apr. 20 - Saturday, Apr. 21

Central Oregon's Deschutes River features seven major rapids in twelve miles, making this one of the premier rafting rivers in the state. You will get wet, and you will need to paddle hard! This trip is not recommended for non-swimmers, but you'll be led by experienced guides and everyone has to wear a PFD while on the river. If you like whitewater, this is an awesome time!

- Sign up begins: 1) Friday, Mar. 9
2) Friday, Mar. 16

Fee: \$70

BACKPACK CATHERINE CREEK

- 1) Friday, Apr. 13 - Saturday, Apr. 14
2) Friday, Apr. 20 - Saturday, Apr. 21

Escape spring rains and come explore the beautiful semi-arid landscape of Catherine Creek. A somewhat strenuous climb uphill will be richly rewarded with spectacular views of Mt. Hood and the Columbia river gorge, hillsides of wildflowers, and a secluded campsite. Poison oak, ticks, and rattlesnakes are sometimes encountered, but it's well worth visiting to experience this gorgeous area! Participants will need to be able to leave Friday at 3pm, and you will return Saturday afternoon.

- Sign up begins: 1) Friday, Mar. 9
2) Friday, Mar. 16

Fee: \$45

AFTER THE BURN HIKE

Sunday, Apr. 22

The impacts of forest fire are fascinating, impressive, and dynamic! Last summer the scenic Columbia River Gorge was burned by widespread forest fires, impacting popular recreation areas and threatening the historic Multnomah Falls lodge. We'll explore the effects of the fire on this rugged landscape of lush forest and waterfalls, and learn about the human and ecological impacts of fire and recovery.

Sign up begins: Friday, Mar. 16

Fee: \$30

SEA KAYAK DAY TRIP

- 1) Sunday, Apr. 15 2) Sunday, Apr. 22

Sea kayaking in Oregon can bring you to scenery hard to see otherwise. We will kayak around either Scappoose Bay or Sauvie Island. Both of these areas are tidal and adjacent to the mighty Columbia River. Winding waterways take kayakers through wetland floodplain forests and marshlands. Eagles, swans, and Sandhill cranes are often seen. If you're lucky, you may spot one of the resident river otters. Come paddle with us!

- Sign up begins: 1) Friday, Mar. 9
2) Friday, Mar. 16

Fee: \$45



WILDERNESS FIRST RESPONDER COURSE

Monday, May 7 - Wednesday, May 16

This ten-day, intensive, medical course is the medical training standard for Outward Bound instructors, NOLS instructors, and other outdoor professionals. Improve your résumé for that ideal summer job, and be ready for any emergency that might arise. This 80-hour course will meet 8 to 12 hours per day over the scheduled days, with one day off (usually at the midpoint of the course). The course is taught by professional NOLS Wilderness Medicine instructors.

Sign up begins: Friday, Dec. 1

Fee: LC Students: \$595 Public: \$735

WILDERNESS FIRST RESPONDER HYBRID RECERTIFICATION

Friday, May 18 - Saturday, May 19

This hybrid format recertification course blends online pre-work with 2 days of scenarios. It is designed as review and practice of evacuation and decision making guidelines. It also provides wilderness medicine practitioners with current updates in the wilderness medicine field. This course may be used to re-certify Wilderness First Responder and Wilderness EMT (wilderness portion only) certifications.

Sign up for LC students begins: Friday, Dec. 1

Fee: LC Students: \$250 Public: \$335

SPRING BREAK TRIPS

Spring Break trips have a Pre-Trip Meeting on Tuesday or Thursday evening the week before departure. Times vary from 4-6pm

SPRING BREAK TRIP INFO:

Spring break is the perfect time to join in on a longer trip, and the cost for a whole week of adventures is often less than you would spend going home! These trips can count as an activity credit for graduation! You can get credit in PE/A 101 "Outdoor Adventures" for participation during Spring Break trips as long as you register prior to the add/drop period and complete an add/drop form. If you attend 5 or more Open House sessions in addition to a Spring Break trip, you can get credit in PE/A 142 for "Wilderness Leadership." Again, you would need to register for PE/A during the add/drop period.

Plan to add \$5/day for vegan, gluten-free, or other specialized diet requests (a vegetarian option is included at no extra charge). Medical dietary restrictions are exempt from the additional \$5/day fee.

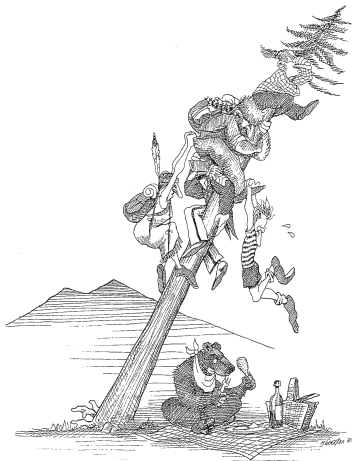


SPRING BREAK: HIKE & KAYAK REDWOOD NATIONAL PARK

Friday evening, Mar. 23 - Saturday, Mar. 31

Come stay at a lodge and cabins in Redwood National Park! We'll spend the week hiking through huge redwood forests and stunning beaches on the Pacific Ocean. We'll also spend part of the trip learning how to handle a kayak on the bays and lagoons adjacent to the ocean. It's the start of spring in these forests, so the wildflowers will be blooming. The main lodge where we stay has a huge kitchen for cooking meals, great resources for learning about redwood ecology, and hot showers, too! Redwoods are the tallest living things in the world. Don't miss this opportunity to live among them for a week!

Sign up begins: Friday, Jan. 19 Fee: \$550



SPRING BREAK: OREGON COAST & DUNES RETREAT

Monday, Mar. 26 - Friday, Mar. 30

Visit some of the tallest coastal dunes in the world, visit tide-pools, and recharge your body doing (optional) yoga on this relaxing spring break trip! We'll hike along the ocean beaches and surrounding trails to find huge Sitka spruce trees, ferns, cascading streams, and waterfalls. You'll see bays and coves with waves crashing on spectacular cliffs, and have a chance to frolic on the extensive sand dunes. You can re-charge with yoga each day, and relax in cozy yurts in the evening. The trip leaves Monday of Spring Break and returns Friday evening, so you have both weekends on either end of spring break to visit friends or catch up on homework.

Sign up begins: Friday, Jan. 19 Fee: \$375

SPRING BREAK: CENTRAL OREGON WINTERY ADVENTURE

Monday, Mar. 26 - Friday, Mar. 30

Spring break is the perfect time to explore the wintery wonderland of central Oregon! The east side of the Cascade Mountains features snowy peaks, pine forests, and plenty of crisp spring sunshine. We'll spend our days snowshoeing and learning to cross country ski, then head back to sleep in cozy rustic yurts. We'll stay near Bend, Oregon close to the Three Sisters Wilderness and Mt. Bachelor. You'll get to practice backcountry navigation skills, learn some avalanche awareness basics, and definitely drink lots of hot cocoa! Time and conditions permitting, we plan to build an igloo, go ice skating, snowshoe by moonlight, and hike at iconic Smith Rock. No experience is necessary, but this trip is moderately strenuous and is recommended for those in good physical condition who are comfortable in the wintery outdoors.

Sign up begins: Friday, Jan. 19 Fee: \$375

JANUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			Wilderness First Responder in Portland Wilderness First Responder in Florida	Florida Waters Ecology Paddle Trip		
1	2	3	4	5	6	7
8	9	10	11	12	13	14
MLK Day			Climbing Shuttle 7pm-9:30pm			
15	16	17	18	19	20	21
Climbing Shuttle 7pm-9:30pm	Pre-Trip Meetings Snowshoe #1 - 4:30 XC Ski #1 - 5:00	Open House 5pm-7pm	Climbing Shuttle 7pm-9:30pm		Snowshoe #1	XC Ski #1
22	23	24	25	26	27	28
Climbing Shuttle 7pm-9:30pm	Pre-Trip Meetings Snowshoe #2 - 4:45 Coast Hike #1 - 5:00 XC Ski #2 - 5:15	Open House 5pm-7pm	Climbing Shuttle 7pm-9:30pm		Snowshoe #2 Coast Hike #1	XC Ski #2
29	30	31	1	2	3	4

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Climbing Shuttle 7pm-9:30pm	Pre-Trip Meetings Snowshoe #2 - 4:45 Coast Hike #1 - 5:00 XC Ski #2 - 5:15	Open House 5pm-7pm	Climbing Shuttle 7pm-9:30pm		Snowshoe #2 Coast Hike #1	XC Ski #2
29	30	31	1	2	3	4
Climbing Shuttle 7pm-9:30pm	Pre-Trip Meetings Avi Clinic - 4:30 Desert Hike - 4:45 Snowshoe #3 - 5:00 XC Ski #3 - 5:15	Open House 5pm-7pm	Climbing Shuttle 7pm-9:30pm		Avi Clinic High Desert Hike #1	Snowshoe #3 XC Ski #3
5	6	7	8	9	10	11
Climbing Shuttle 7pm-9:30pm	Pre-Trip Meetings Dunes/Coast - 5:30 Nav. Snowshoe - 4:30 Ice Caves - 5:00 Skate Ski #1 - 5:15	Open House 5pm-7pm	Climbing Shuttle 7pm-9:30pm	Dunes/Coast Wknd		
12	13	14	15	16	17	18
Climbing Shuttle 7pm-9:30pm	Pre-Trip Meetings Coast/Forest - 4:30 Snowshoe #4 - 4:45 XC Ski #4 - 5:00 Skate Ski #2 - 5:30	Open House 5pm-7pm	Climbing Shuttle 7pm-9:30pm	Coast/Forest Wknd		
19	20	21	22	23	24	25
Climbing Shuttle 7pm-9:30pm	Pre-Trip Meetings Winter Camp - 4:30	Open House 5pm-7pm	Climbing Shuttle 7pm-9:30pm		Winter Camping	
26	27	28	1	2	3	4

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Climbing Shuttle 7pm-9:30pm 26	Pre-Trip Meetings Winter Camp - 4:30 27	Open House 5pm-7pm 28	Climbing Shuttle 7pm-9:30pm 1		Winter Camping -----	4
Climbing Shuttle 7pm-9:30pm 5	Pre-Trip Meetings Coast Overnight - 5:00 Service Project - 5:15 Desert Hike #2 - 5:30 6	Open House 5pm-7pm 7	Climbing Shuttle 7pm-9:30pm 8	Coast Overnight ----- Service Project -----	High Desert Hike #2 ----- 10	11
Climbing Shuttle 7pm-9:30pm 12	Pre-Trip Meetings Birding - 5:15 Coast Hike #2 - 5:00 SB: Redwoods - 4:30 13	Open House 5pm-7pm 14	Climbing Shuttle 7pm-9:30pm 15	Pre-Trip Meetings SB: Winter Adv - 5:00 SB: Coast - 5:30	Birding 17	Coast Hike #2 18
Climbing Shuttle 7pm-9:30pm 19		Open House 5pm-7pm 21	Climbing Shuttle 7pm-9:30pm 22	SB: Redwoods ----->		25
23	24	25	26	27	28	29
SB: Redwoods -----					SB: Wintery Adventure -----	
SB: Coast -----					SB: Coast -----	
26	27	28	29	30	31	1

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
26	27	28	29	30	31	1
SB: Redwoods -----					SB: Wintery Adventure -----	
SB: Wintery Adventure -----					SB: Coast -----	
SB: Coast -----						
26	27	28	29	30	31	1
Climbing Shuttle 7pm-9:30pm 2	Pre-Trip Meetings Edible Plants #1 - 5:00 3	Open House 5pm-7pm 4	Climbing Shuttle 7pm-9:30pm 5		Edible Plants #1 7	8
Climbing Shuttle 7pm-9:30pm 9	Pre-Trip Meetings Rafting #1 - 4:30 Bkpk Cath Crk #1 - 4:45 Edible Plants #2 - 5:30 Sea Kayak #1 - 5:15 10	Open House 5pm-7pm 11	Climbing Shuttle 7pm-9:30pm 12	Rafting #1 ----- Bckpck Catherine Crk #1 -----	Edible Plants #2 14	Sea Kayak #1 15
Climbing Shuttle 7pm-9:30pm 16	Pre-Trip Meetings Rafting #2 - 4:30 Bkpk Cath Crk #2 - 4:45 Psyc Hike - 5:00 After the Burn - 5:00 Sea Kayak #2 - 5:15 17		Climbing Shuttle 7pm-9:30pm 19	Rafting #2 ----- Bckpck Catherine Crk #2 -----	Psych of Nature Hike 21	Sea Kayak #2 After the Burn Hike 22
Climbing Shuttle 7pm-9:30pm 23			Climbing Shuttle 7pm-9:30pm 26	-- READING	DAYS --	29
24	25	26	27	28	29	30