



Outdoor Adventures

Multi-sport Day Trip

January 23rd (1 day)

Trip Disclosure

Trip Narrative

Explore all that Michigan winter's have to offer. Get outside and enjoy the winter wonderland while learning to cross-country ski or embellish your skills, practice some snow shoeing, enjoy a warm cup of hot chocolate, and get a chance to return to your childhood making a snowman! Join Outdoor Adventure for a day trip to get outside and enjoy the fresh air and snow covered area. You'll return to Ann Arbor refreshed with a new group of adventure-seekers.

Goals

Have fun, make friends, learn to cross-country ski or embellish your skills, try snow shoeing, bundle up and enjoy what a Michigan winter has to offer.

Activity Difficulty Assessment

No need to have had prior experience. Necessary skills will be taught before and during the trip. Enthusiasm, willingness to learn, and a fondness of nature are all you need! More experienced outdoors people are also welcome to freshen up on skills or just hang out with people with similar interests. Must be in good physical condition. Participants are responsible for knowing their personal fitness levels and should determine their ability to participate on this program with their physician. Any concerns regarding your fitness level and general health should be addressed with your physician. .

Environmental Hazards

Risks include, but are not limited to: thermoregulatory risks, including hypothermia; injuries related to hiking and backcountry camping including soft-tissue injuries, dislocated joints, strains, sprains, fractures, concussions, burns, cuts, and potentially death. . With proper preparation and following of guidelines, however, most of these risks can be minimized. Clothing and outerwear must be adequate and will be subject to inspection.

Participant Screening

Participants are responsible for knowing their personal fitness levels and should determine their ability to participate on this program with their physician. Any concerns regarding your fitness level and general health should be addressed with your physician.

Trip Information

A. Trip Name:	January Multi-sport Day Trip
B. Trip Start Time & Location:	January 23 rd at or before 8 am
C. Trip End Time & Location:	January 23 rd at or after 10 pm
D. Trip Duration (days):	1 day
E. Minimum/Maximum Participants:	Min 8/ Max 10
F. Pre Trip Meetings:	January 19 th , 7 pm at OAC
G. Early Price & Deadline:	\$25 until December 17 th
H. Regular Price & Deadline:	\$30 until January 15 th

Trip Price Includes

A. Lodging:	N/A
B. Transportation:	Vans to and from site
C. Leaders:	TBD
D. Rentals:	25% discount on OA rental gear
E. Meals:	1 Lunch 1 Snack
F. Group Equipment::	Stoves, fuel, kitchen equipment (pots, pans, etc.), CC skis, snowshoes,



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Trip Does

NOT Include

(Note: Other costs may arise for which the participant will be solely responsible).

- Travel to/from parts B and C of trip information section
- Shots, immunizations, or other medical costs
- Taxes, entry fees, or other costs associated with entering or leaving a country
- Passport application or other document fees
- Personal rental items during the program (photos, videos, backpacks, climbing gear, mountain bike, wet suits, etc).
- Meals outside those specified in part E of trip price includes section
- Rentals - Participants are responsible for providing trip specific items such as a trail ready backpack, sleeping bag and pad tat are subject to a leader's inspection. All associated costs are participant's responsibility.

Expectations

Of Participant

- All participants **MUST** attend the pre-trip meeting. The date, time and location of this meeting varies from trip to trip, and can be found at the OAC website.
- All participants **MUST** complete the OA medical information, trip waiver, and trip release forms
- Participants are expected to provide, at their own cost, all personal gear, including but not limited to: sleeping bags, backpacks, eating utensils, shoes, boots, mountain bike, and clothing suggested at the pre-trip meeting (waterproof layers, etc).
- All participants must adhere to Outdoor Adventures policies and procedures.

Resources

Outdoor Adventures website: OA Policies, Trip Itineraries, & Price Information

<http://www.recsports.umich.edu/outdooradv/>

U.S. State Department: Passport Information, International Travel Information

<http://state.gov/>

Centers for Disease Control (CDC): Information on recommended immunizations and precautions for international travel.

<http://cdc.gov>