



# Outdoor Adventures

**March Hiking Trip**

**March 27<sup>th</sup> (1 day)**

**Trip Disclosure**

## Trip Narrative

Join Outdoor Adventures on a day trip hiking on the Waterloo-Discovery Center Trail! We'll start at the Discovery Center and then work our way over to Crooked Lake on the Hickory Hills Trail. Depending on the weather and how people are feeling we'll visit Mill Lake and hike out to Green Lake. We'll stop for lunch along the way at a good rest area, cook up some food on the stove, learn the basics to backpacking, and learn the Leave No Trace principles. Waterloo has miles of trails extending through out the park. We'll have a relaxing and rejuvenating hike and take a break from the city life. We'll return refreshed and having enjoyed a bit of Michigan's spring weather and its local state parks.

## Goals

Introduce backcountry hiking equipment and organization to participants. Introduce hiking techniques. Develop respect and appreciation for the beauty of the area. Learn Leave No Trace. Provide a positive group experience for participants that requires trust and communication.

## 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.

## 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. Participants will be carrying 20 pound packs 3-10 miles a day

## Trip Information

A. Trip Name:	March Waterloo Day Hike
B. Trip Start Time & Location:	March 27 <sup>th</sup> at 8 am
C. Trip End Time & Location:	March 27 <sup>th</sup> at or after 8 pm
D. Trip Duration (days):	1 day
E. Minimum/Maximum Participants:	Min 8, Max 10
F. Pre Trip Meetings:	March 23 <sup>rd</sup> , 7 pm at OA rental center
G. Early Price & Deadline:	\$25 until February 25 <sup>th</sup>
H. Regular Price & Deadline:	\$30 until March 19 <sup>th</sup>

## Trip Price Includes

A. Lodging:	N/A
B. Transportation:	Vans to and from the park
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.),



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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.

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.

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>