



# Outdoor Adventures

## April Sleeping Bear Backpack

April 2<sup>nd</sup> – 4<sup>th</sup> (3 days)

### Trip Disclosure

### Trip Narrative

Spend a weekend hiking the Sleeping Bear Dunes National Lakeshore! The park was established primarily for its outstanding natural features, including forests, beaches, dune formations, and ancient glacial phenomena on the shores of Lake Michigan. We will leave Friday afternoon and camp at a front-country site Friday night. On Saturday, we will hike a 5-8 mile stretch of the dunes, stopping for lunch along the way. On Sunday, we will hike 1-3 miles and depart for Ann Arbor in the early afternoon. This short trip is sure to relax and entertain you just before finals, as we watch spring emerge in the park and enjoy the unique environment.

### Goals

Introduce backcountry camping equipment and organization to participants. Introduce hiking techniques. Develop respect and appreciation for the beauty of the area. 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

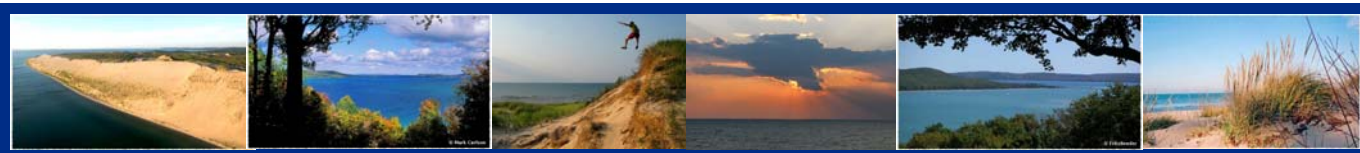
Participants are responsible for knowing their personal fitness levels and should determine their ability to participate on this program with their physician. Any concerns regarding your fitness level and general health should be addressed with your physician. Participants will be carrying 40 pound packs 3-10 miles a day

### Trip Information

A. Trip Name:	April Sleeping Bear Backpack
B. Trip Start Time & Location:	April 2 <sup>nd</sup> at/or before 4 pm OA rental center
C. Trip End Time & Location:	April 4 <sup>th</sup> at/or after 6 pm OA rental center
D. Trip Duration (days):	3 days
E. Minimum/Maximum Participants:	Min 8, Max 10
F. Pre Trip Meetings:	March 29 <sup>th</sup> , 7 pm at OA rental center
G. Early Price & Deadline:	\$135 until March 12 <sup>th</sup>
H. Regular Price & Deadline:	\$160 until March 26 <sup>th</sup>

### Trip Price Includes

A. Lodging:	Front and backcountry camping
B. Transportation:	Vans to and from the park
C. Leaders:	TBD
D. Rentals:	25% discount on OA rental gear
E. Meals:	2 Breakfasts 1 Lunches 1 Dinners
F. Group Equipment:	Tents, stoves, fuel, kitchen equipment (pots, pans, etc.),



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April 2<sup>nd</sup>

Meet at the Outdoor Adventure Center at or before 4 pm, load up vehicles and hit the road. Our trip takes us across Michigan’s Lower Peninsula. The car ride to Sleeping Bear Dunes is roughly 4 hours, but we will stop along the way and also grab some dinner. Upon arriving at the site, we’ll set up camp and most likely have a campfire complete with s’mores.

April 3<sup>rd</sup>

After getting up and making breakfast, we’ll pick up permits for our vehicles and head out to the trail head. We’ll learn some backpacking basics and then begin our hike! Saturday we’ll hike between 3-10 miles before setting up camp. We’ll make a well deserved dinner and relax under the stars before calling it a night.

April 4<sup>th</sup>

After eating breakfast and breaking down camp, we will have some time to explore the dunes more. Then we’ll hit the road and travel back to Ann Arbor enjoying the company of new friends and refreshed from the fresh air and beautiful scenery! Upon the return to the Rental Center, we’ll unload the gear and clean up what messes we made. After that we’ll send you on your way!

### 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>