



# Outdoor Adventures

**MLK Winter Multi-sport**

**January 16<sup>th</sup> – 18<sup>th</sup>**

**Trip Disclosure**

## Trip Narrative

This is a trip for those who love winter and want to try a bit of every winter activity. Come stay in a cozy rustic cabin with a woodstove at Fort Custer Recreation area in Kalamazoo and get out and play in the snow! Make new friends while sipping hot chocolate around a fire or gazing at the stars. Turn winter chills into thrills while flying down snow-covered hills in a toboggan sled or tube. Practice your fancy moves or learn to skate on the Echo Valley skating rink.

## Goals

Experience what a Michigan winter can offer, meet other adventure-seeking people, encourage outdoor recreation, learn how to dress properly for winter activities, and just get away for a good time.

## 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: MLK Winter Multi-sport  
 B. Trip Start Time & Location: January 16th at or before 9 am, OAC  
 C. Trip End Time & Location: January 18th at or after 3 pm, OAC  
 D. Trip Duration (days): 3 days  
 E. Minimum/Maximum Participants: Min 8/ Max 10  
 F. Pre Trip Meetings: January 11th, 7 pm at OAC  
 G. Early Price & Deadline: \$225 until December 17th  
 H. Regular Price & Deadline: \$250 until January 8th

## Trip Price Includes

A .Lodging: Rustic cabins  
 B. Transportation: Vans to and from site  
 C. Leaders: TBD  
 D. Rentals: 25% discount on OA rental gear  
 E. Meals: 3 Breakfasts  
 2 Lunches  
 2 Dinners  
 F. Group Equipment: Tents, stoves, fuel, kitchen equipment (pots, pans, etc.),



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January 16<sup>th</sup>

Depart from Ann Arbor Saturday morning and arrive at the rustic cabin at Fort Custer Recreation Area about 2 hours later. Upon arrival build a fire and settle in with a hot meal before going out to ski or snowshoe and play in the snow. At night there will be time to relax, sit around the fire, or star-gaze.

January 17<sup>th</sup>

On Sunday we will drive to Echo Valley Winter Sports Park about 20 minutes away. There we will be able to snow tube, toboggan, ice-skate, and have a picnic in the lodge there. Sunday night will be spent relaxing at the cabin again.

January 18<sup>th</sup>

Monday morning we'll make breakfast. Then we'll have time to play in the snow or drive to Echo Valley to skate again, before returning to Ann Arbor in the afternoon.

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>