



Outdoor Adventures

MLK Dogsled
January 15-18 (4 days)
Trip Disclosure

Trip Narrative	Michigan's Upper Peninsula is a winter wonderland of fun. Imagine driving your own dogsled and feeling the force of these excitable canines pull us through the breath taking landscape. After we spend some time with the dogs, we have the option of going snowshoeing in the afternoon - a more intimate way to get to know the area. Finally, we can stay cozy and warm in the cabin, telling stories and drinking hot chocolate!																
Goals	Learn how to dogsled, Play in the snow, Learn how to snow shoe, meet new people, and leave stress behind for a weekend.																
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.																
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January 15th

The trip will start at the OAC at TBA on Friday afternoon. Once we get going, we will stop in Grayling along the way for a quick meal. We will stop again after the bridge for gas and if anyone wants snacks. When we arrive at the log cabin we will unpack, unwind, and head off to bed.

January 16th

We will relax and enjoy the woods of northern Michigan. We will go out as a whole group in the afternoon to do some cross-country skiing and snowshoeing to explore more of Hiawatha National Forest.

January 17th

We'll wake up and have breakfast to prepare us for our trip through the wilderness. After breakfast we'll head over and meet with the dogs and get to know the "team." When they're all hooked up we'll head out and experience what the Hiawatha Forest has to offer! In the afternoon we'll go snowshoeing and enjoy the snow. After, we'll relax while sipping on hot tea/coffee/chocolate, cook some dinner, and play some games.

January 18th

We'll spend the morning relaxing, making breakfast, and trying any other activities we missed out on yesterday. We'll start heading back to Ann Arbor by 11 am. When we arrive back at the OAC, we will unpack, cleanup, and head home - refreshed from the weekend and ready for the world!

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>