

LOCATION: _____

PRE-TRIP MEETING: _____ @ _____ PM in the Outdoor Rec Office → U-Rec

TRIP: Date of Trip: _____ Meeting Place: Outdoor Rec Office → U-Rec

Meeting Time: _____ Approx. Finish Time: _____

BACKPACKING

Whitworth Outdoor Rec will provide group gear such as: tents, ground tarps, stoves, fuel, cooking utensils, soap, water filters, and first aid kits.

Personal Items

- Backpack*
- Sleeping Bag*
- Sleeping Pad*
- Water (at least 2 liters) in a hydration bladder and/or reusable water bottle(s) filled when you arrive
- Personal utensils: bowl, insulated cup, spoon/fork
- Headlamp (strongly recommended) or flashlight with extra batteries
- Personal hygiene products (travel size tooth paste, tooth brush, bio soap)
- Personal Medications
- Toilet paper, 2 gallon Ziploc bags
- Sunscreen and lip balm
- Insect repellent
- Camera (optional) with batteries
- Sunglasses
- Bandana or small towel
- Pocket knife
- 4 Plastic garbage bags for trash
- Personal First Aid Kit (optional)
- Stuff Sacks for ease of packing (optional)

*These items may be borrowed from Outdoor Rec free of charge upon request.

Clothing

- 1 pairs long underwear tops and bottoms (avoid cotton)
- 2-3 synthetic shirts
- 1-2 pairs shorts
- 1 pair synthetic pants
- Wool sweater or fleece jacket
- Rain gear (top and bottom)
- Hats (one for warmth, one for shade)
- Synthetic or wool socks (2-3 pairs)
- Hiking boots or sturdy, supportive and broken in sneakers
- Comfortable camp shoes or Tevas
- Underwear
- Gloves

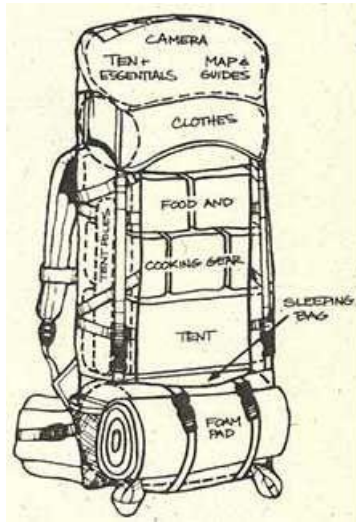
Remember: **NO COTTON; NO JEANS**

Food

- Bring any necessary snacks for the whole trip or money to buy snacks at gas stops.
- Please inform us of any food allergies ahead of time so that we can accommodate accordingly.

Packing Tips

- When packing food, discard original packaging if possible. Place in re-usable plastic bags and squeeze air out to maximize space
- Color code packing sacks for different categories (i.e. blue for clothing, red for food, and so on)
- Aim for equal weight distribution throughout your pack. Try on the pack while packing to ensure weight proportion.



ONLINE WAIVER INSTRUCTIONS

Go to

www.whitworth.edu/urec

and follow the link that says "Waivers" on the left side of the page in the grey box. Next, click on "Outdoor Recreation Waiver" and you will be prompted to enter your login credentials. Please be sure to fill out the waiver BEFORE the trip.

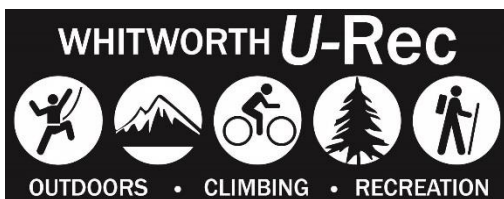
Questions/Contact

whitworthoutdoorrec@gmail.com

Refund Policy

- Prior to 14 Days: 75% refund given in choice of either U-Rec account credit or cash refund though the Whitworth University Business Office (Subject to manager approval).
- 14 - 2 days before trip: 50% refund given as U-Rec account credit.
- 48 hours prior to trip: No refund is given.

Should Whitworth Outdoors cancel a trip or class, we will issue a credit or full refund. Reasons may include severe weather, road conditions, instructor illness, and lack of participant numbers.



Check out www.whitworthoutdoors.com for more information
Like the Whitworth Outdoor Rec Facebook page to stay updated
about upcoming trip opportunities!