



LEWIS & CLARK COLLEGE OUTDOORS

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INFORMATION

WHAT IS COLLEGE OUTDOORS?

College Outdoors is the outdoor program at Lewis & Clark College. It gives the college community access to the spectacular outdoor environments of the Pacific Northwest and beyond in a variety of activities including x-country skiing, backpacking, hiking, whitewater rafting, and sea kayaking. On-campus events include talks and seminars on outdoor topics and leadership skills

COLLEGE OUTDOORS GOES WILD!

Trips explore the mountains, deserts, rivers, and coast. If you are a neophyte outdoors person who considers the walk between your residence hall and the library to be a major hike, try a day raft trip or a trip to the coast! Other programs appeal to the more adventurous at heart and those familiar with outdoor life. Most trips don't require any prior experience. On all of our trips, you will find friendly people, clean (occasionally misty) air, and fantastic scenery.

RELEASE OF LIABILITY

Due to the litigious nature of society and the potential hazards of the outdoors, all College Outdoors participants must sign a release of liability/assumption of risk form.

HOW DO I SIGN UP FOR A TRIP?

Trip sign-up sheets are posted outside the College Outdoors office in Templeton 244 at 9am on the morning of the sign-up date listed for each trip. To hold your reservation, you need to pay the trip fee in our office within 3 business days after sign-up begins. Most trips are posted on Fridays, and payment is needed by Tuesday before 5pm to hold your space. After three days, unpaid spots will be filled on a first-paid basis. Scholarships are available from ASLC to those who qualify for federally subsidized financial aid.

REFUND POLICY

College Outdoors trips are subsidized by us or budgeted to break even. Once you have paid for a trip, we cannot give you a refund unless you find someone else to take your place on the trip. Exceptions are made for documented medical illness or unforeseen family emergencies. Please check your social and academic calendar before paying!

INCLEMENT WEATHER & TRIP CANCELLATIONS

In the event severe inclement weather is predicted at the program area, most of our trips have alternative trip locations. See the sign up sheet for the inclement weather plan. If College Outdoors has to cancel a trip due to unforeseen circumstances, College Outdoors will refund the trip fee.

PRE-TRIP INFORMATION

Sign-up begins several weeks prior to the trip and is posted on the bulletin board outside the College Outdoors office in Templeton 244. All trips have a pre-trip meeting (PTM) typically scheduled for the Tuesday before the trip. PTM times are noted on the sign-up sheet as well as in this brochure.

WHAT DOES COLLEGE OUTDOORS PROVIDE?

Unless otherwise noted College Outdoors arranges food packouts for students on Bon Appetit meal plans, group equipment, personal equipment (like wet suits, raincoats, backpacks, etc.), transportation, and organization. Participants not on the Bon Appetit meal plan will pay \$8 more per day for food with the exception of day trips where participants have the option of providing their own food at no extra cost.

TRANSPORTATION

College Outdoors uses 15 & 12-passenger vans and 8-passenger SUVs for most transportation to and from campus for our trips. Transportation is included in the trip fee unless otherwise noted.

VOLUNTEER OPPORTUNITIES

There are many ways to get more involved in College Outdoors. Volunteers are a great asset to our program, and we hold clinics, talks, and job fairs throughout the semester for those interested in learning and helping out College Outdoors. Stop by or contact the office for more information.

LEADERSHIP OPPORTUNITIES

If you are interested in becoming a College Outdoors student leader, stop by the office for information on our leadership program, student coordinating, and other opportunities.

Trip scholarships are available thanks to ASLC.

College Outdoors is an equal opportunity provider and operates under special use permit with the US Forest Service.

WEEKEND TRIPS

Weekend trips have a Pre-Trip Meeting the Tuesday evening before departure. Times vary from 4-6pm

OPEN HOUSE

Wednesdays, January 24 - April 10

Join College Outdoors at the Sequoia Warehouse for weekly Wed. evening sessions (5-6 & 6-7pm) on outdoor leadership topics ranging from stove use, to tree ID, to cultural competency. Everyone is welcome!

Stop by the office or join our mailing list to sign up for specific dates.

CLIMBING SHUTTLE

Mondays & Thursdays, January 22- May 2

Join us Mondays and Thursdays from 7:00 - 9:30pm for this free shuttle to the Circuit Bouldering Gym.

Stop by the office to sign up for specific dates.

SNOWSHOE MT. HOOD DAY TRIP

- | | |
|---------------------|---------------------|
| 1) Saturday, Feb. 2 | 2) Saturday, Feb. 9 |
| 3) Sunday, Feb. 17 | 4) Saturday, Mar. 2 |

Snowshoe on the trails around Oregon's tallest volcano! Weather permitting, we'll head up one of the trails on the east side of Mt. Hood, looking for great views of the mountain. Snowshoeing takes a fair amount of energy, but it is great exercise and doesn't require any previous experience.

Sign up begins: 1 & 2) Friday, Nov. 30

3) Friday, Jan 25

4) Friday, Feb. 8

Fee: \$35



OREGON COAST DAY HIKE

- 1) Saturday, Feb. 9
- 2) Saturday, Mar. 9
- 3) Saturday, April 20

Join us on the Oregon Coast to hike along majestic ocean beaches, striking cliffs, and surrounding trails in search of huge Sitka spruce trees, ferns, cascading streams, and waterfalls. We'll hike through the forest to bays and coves where we can watch waves crash against the rocks and beaches. The hike traverses emerald green coastal forests showcasing Oregon's natural treasures.

Sign up begins: 1) Friday, Nov. 30

2) Friday, Feb. 22

3) Friday, Mar. 15

Fee: \$30

X-COUNTRY SKI DAY CLINICS

Nordic Ski:

- | | |
|--------------------|--------------------|
| 1) Sunday, Feb. 3 | 2) Sunday, Feb. 10 |
| 3) Sunday, Feb. 17 | 4) Sunday, Mar. 3 |

Skate Ski:

- | | |
|--------------------|-------------------|
| 1) Sunday, Feb. 24 | 2) Sunday, Mar. 3 |
|--------------------|-------------------|

This is a one-day trip to Teacup Lake Nordic Area on Mt. Hood. After an instructional ski skills clinic, we will head out to explore the surrounding groomed ski trails and practice the skills and techniques we've learned. Nordic Ski clinics teach classic cross-country ski techniques, and Skate Ski clinics teach a high-energy form of skiing similar to ice skating. The trip fee includes all transportation and gear. If you are a more experienced skier, you are welcome to sign up for these trips to get out and do some independent skiing (skate or classic) on the 20 km of trails at Teacup Lake.

Sign up begins: XC 1&2) Friday, Nov. 30

XC 3) Friday, Jan. 25

Skate 1) Friday, Feb. 1

XC 4 & Skate 2) Friday, Feb. 8

Fee: \$35

HIGH DESERT HIKE

1) Saturday, Feb. 16

2) Saturday, Mar. 9

Explore the dry side of the Columbia River Gorge east of Hood River. This dramatic landscape, sculpted by the largest floods in earth's geologic history, has spectacular hiking trails, less rain than Portland, and usually a good supply of sunshine. Join us to get some exercise, fresh air, and a chance to see spring come to the east side of the Cascade mountains while hiking up to some stunning viewpoints above the Columbia River.

Sign up begins: 1) Friday, Jan. 25

2) Friday, Feb. 22

Fee: \$30

COASTAL TRAILS & ANCIENT FORESTS WEEKEND

Friday evening, Feb. 22 - Sunday, Feb. 24

Visit ancient forests, coastal beaches, and spectacular overlooks on this weekend trip to explore the ecosystems of the Oregon Coast. We'll stay at Neskowin Valley School, which has a great space to get together in the evenings. Spring comes to the Oregon Coast a few weeks earlier than Portland, so the frogs will serenade you at night with their chorus, and the first wildflowers will be blooming.

Sign up begins: Friday, Jan. 25

Fee: \$85

WEEKEND TRIPS

Weekend trips have a Pre-Trip Meeting the Tuesday evening before departure. Times vary from 4-6pm

AVALANCHE SAFETY FIELD CLINIC

Saturday, Feb. 16

This clinic is an introduction to avalanche awareness and safety. Learn the basics of snow science and avalanches in this class session and one-day field trip. We'll snowshoe into the backcountry on Mt. Hood and learn how to evaluate snow and terrain conditions, use avalanche transceivers, and practice rescue strategies. A mandatory 1.5 hour pre-trip meeting will introduce the concepts we will explore in the field. No previous experience needed.

Sign up begins: Friday, Jan. 25

Fee: \$48

HIKE THE DUNES OF THE OREGON COAST WEEKEND

Friday evening, Mar. 1 - Sunday, Mar. 3

On this trip we'll head to Umpqua Lighthouse State Park on the Central Oregon Coast for two days of great hiking and exploring. This part of the coast has the largest coastal sand dunes in the world and features remote sandy beaches. We'll hike through transition forests, sand dunes, and beaches during the day while staying warm and dry in our deluxe yurts at night. Frolicking on the dunes is a fun experience you won't want to miss! You'll definitely want to join us to explore this beautiful part of the state that is uniquely Oregon.

Sign up begins: Friday, Feb. 1

Fee: \$95

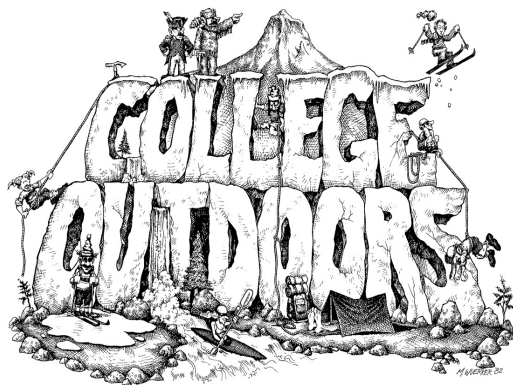
WINTER CAMPING CLINIC

Saturday Mar. 9 - Sunday, Mar. 10

Join us on Mt Hood to learn how to stay cozy while sleeping out in the snow! You'll learn to use gear sleds, shovels, and snow saws, then stay overnight in snow shelters you built yourself! This trip is moderately strenuous and is recommended for those in good physical condition who are comfortable in the outdoors. There is a mandatory 1.5 hour pre-trip meeting before we head out for the snow, since winter camping is not the sort of thing you want to jump into without a little background. This is a true adventure!

Sign up begins: Friday, Feb. 8

Fee: \$75



BACKCOUNTRY NAVIGATION SNOWSHOE CLINIC

Saturday, Feb. 23

Come explore Mt. Hood off trail, and learn the basics of using a Map & Compass to find your way! This clinic establishes and understanding of the tools and basic navigation skills required for outdoor exploration. The knowledge you can gain can form an important part of your leadership development, and is a useful tool for anyone who loves to take outdoor trips. We will be hiking off trail on snowshoes, which takes a fair amount of energy, but is great exercise and doesn't require any previous experience.

Sign up begins: Friday, Jan. 25

Fee: \$35

EDIBLE PLANTS, ETHNOBOTANY, & WATERFALLS DAY TRIP

- 1) Saturday, Apr. 6
- 2) Saturday, Apr. 13
- 3) Saturday, Apr. 27

Spring on the sunny, dry side of the Columbia Gorge is amazing and brings with it plants and flowers that are beautiful, interesting, and even delicious! You'll see rushing waterfalls, spring wildflowers, and learn to identify, as well as taste, some of the edible plants of the eastern part of the Columbia Gorge. You'll also learn about Native American uses of plants and trees. Last but not least, learn about some of the poisonous plants you would want to avoid if you're "wild foraging"!

Sign up begins: 1) Friday, Mar. 1

2) Friday, Mar. 8

3) Friday, Apr. 5

Fee: \$30

WEEKEND TRIPS & WILDERNESS MEDICINE

Weekend trips have a Pre-Trip Meeting the Tuesday evening before departure. Times vary from 4-6pm

DESCHUTES RIVER RAFTING

- 1) Friday evening, Apr. 12 - Saturday, Apr. 13
- 2) Friday evening, Apr. 19 - Saturday, Apr. 20
- 3) Friday evening, Apr. 26 - Saturday, Apr. 27

Central Oregon's Deschutes River features seven major rapids in twelve miles, making this one of the premier rafting rivers in the state. You will get wet, and you will need to paddle hard! This trip is not recommended for non-swimmers, but you'll be led by experienced guides and everyone has to wear a PFD while on the river. If you like whitewater, this is an awesome time!

Sign up begins: 1) Friday, Mar. 8
2) Friday, Mar. 15
3) Friday, Apr. 5 Fee: \$70

BACKPACK CATHERINE CREEK

- 1) Friday, Apr. 12 - Saturday, Apr. 13
- 2) Friday, Apr. 19 - Saturday, Apr. 20

Escape spring rains and come explore the beautiful semi-arid landscape of Catherine Creek. A somewhat strenuous climb uphill will be richly rewarded with spectacular views of Mt. Hood and the Columbia river gorge, hillsides of wildflowers, and a secluded campsite. Poison oak, ticks, and rattlesnakes are sometimes encountered, but it's well worth visiting to experience this gorgeous area! Participants will need to be able to leave Friday at 3pm, and you will return Saturday afternoon.

Sign up begins: 1) Friday, Mar. 8
2) Friday, Mar. 15 Fee: \$45

SEA KAYAK DAY TRIP

- 1) Sunday, Apr. 21
- 2) Sunday, Apr. 27

Sea kayaking in Oregon can bring you to scenery hard to see otherwise. We will kayak around either Scappoose Bay or Sauvie Island. Both of these areas are tidal and adjacent to the mighty Columbia River. Winding waterways take kayakers through wetland floodplain forests and marshlands. Eagles, swans, and Sandhill cranes are often seen. If you're lucky, you may spot one of the resident river otters. Come out and paddle with us!

Sign up begins: 1) Friday, Mar. 15
2) Friday, Apr. 4 Fee: \$45



WILDERNESS FIRST RESPONDER COURSE

Monday, May 13 - Wednesday, May 22, 2019

This ten-day, intensive, medical course is the medical training standard for Outward Bound instructors, NOLS instructors, and other outdoor professionals. Improve your résumé for that ideal summer job, and be ready for any emergency that might arise. This 80-hour course will meet 8 to 12 hours per day over the scheduled days, with one day off (usually at the midpoint of the course). The course is taught by professional NOLS Wilderness Medicine instructors.

Sign up begins: Friday, Nov. 30
Fee: LC Students: \$595
Public: \$750

WILDERNESS FIRST RESPONDER HYBRID RECERTIFICATION

Saturday, May 25 - Sunday, May 26, 2019

This hybrid format recertification course blends online pre-work with 2 days of scenarios. It is designed as review and practice of evacuation and decision making guidelines. It also provides wilderness medicine practitioners with current updates in the wilderness medicine field. This course may be used to re-certify Wilderness First Responder and Wilderness EMT (wilderness portion only) certifications.

Sign up for LC students begins: Friday, Nov. 30
Fee: LC Students: \$250
Public: \$335

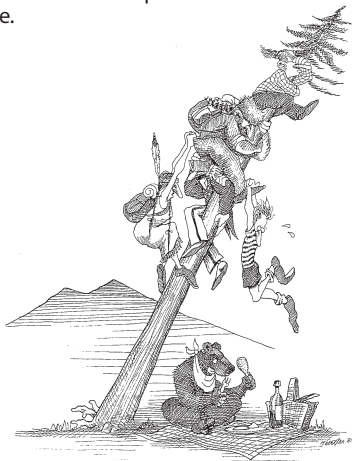
SPRING BREAK TRIPS

Spring Break trips have a Pre-Trip Meeting on Tuesday or Thursday evening the week before departure. Times vary from 4-6pm

SPRING BREAK TRIP INFO:

Spring break is the perfect time to join in on a longer trip, and the cost for a whole week of adventures is often less than you would spend going home! These trips can count as an activity credit for graduation! You can get credit in PE/A 101 "Outdoor Adventures" for participation during Spring Break trips as long as you register prior to the add/drop period and complete an add/drop form. If you attend 5 or more Open House sessions in addition to a Spring Break trip, you can get credit in PE/A 142 for "Wilderness Leadership." Again, you would need to register for PE/A during the add/drop period.

Plan to add \$5/day for vegan, gluten-free, or other specialized diet requests (a vegetarian option is included at no extra charge). Medical dietary restrictions are exempt from the additional \$5/day fee.



SPRING BREAK:

OREGON COAST & DUNES RETREAT

Monday, Mar. 25 - Friday, Mar. 29

Visit the some of the tallest coastal dunes in the world, visit tide-pools, and recharge your body relaxing on this spring break trip! We'll hike along the ocean beaches and surrounding trails to find huge Sitka spruce trees, ferns, cascading streams, and waterfalls. You'll see bays and coves with waves crashing on spectacular cliffs, and have a chance to frolic on the extensive sand dunes. The trip leaves Monday of Spring Break and returns Friday evening, so you have both weekends on either end of spring break to visit friends or catch up on homework, and during the trip you can relax in cozy yurts in the evenings.

Sign up begins: Friday, Jan. 25

Fee: \$375



HIKE & KAYAK REDWOOD NATIONAL PARK

Saturday, Mar. 23 - Saturday, Mar. 30

Come stay at a lodge and cabins in Redwood National Park! We'll spend the week hiking through huge redwood forests and stunning beaches on the Pacific Ocean. We'll also spend part of the trip learning how to handle a kayak on the bays and lagoons adjacent to the ocean. It's the start of spring in these forests, so the wildflowers will be blooming. The main lodge where we stay has a huge kitchen for cooking meals, great resources for learning about redwood ecology, and hot showers, too! Redwoods are the tallest living things in the world. Don't miss this opportunity to live among them for a week!

Sign up begins: Friday, Jan. 25

Fee: \$550

CALIFORNIA SURF CLINIC

Friday evening Mar. 22 - Saturday, Mar. 30

Learn to surf! Camp on bluffs just above the crashing Pacific Ocean, and surf on the central California coast. This week of surf training covers all the basics. Learn to read the surf conditions, choose the safest entry and exit point of the surf break, paddling and wave catching techniques, standing up, turning, and surfing etiquette. Get the best tips and coaching from the excellent surfing staff at UC Santa Cruz. This trip is designed for beginner surfers, yet more experienced surfers are welcome to take the classes and improve upon their skills. All you need is your swimsuit, reasonable swimming ability (there will be a brief swim test before the trip), and a desire to hit the surf. We provide the rest. Spectacular trails are there to explore after your surf sessions each day. On top of that, the intriguing city of Santa Cruz and its world famous boardwalk are nearby. Trip fee includes transportation, food, camping, surf instructors, and all the equipment (including surfboards and wetsuits, and any camping gear) you'll need!

Sign up begins: Friday, Jan. 25

Fee: \$550

FEBRUARY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Climbing Shuttle 7pm-9:30pm 28	Pre-Trip Meetings Snowshoe #1 - 4:30 XC Ski #1 - 5:00 29		Climbing Shuttle 7pm-9:30pm 31	1	Snowshoe #1 2	XC Ski #1 3
Climbing Shuttle 7pm-9:30pm 4	Pre-Trip Meetings Snowshoe #2 - 4:45 Coast Hike #1 - 5:00 XC Ski #2 - 5:30 5	Open House 5pm-7pm 6	Climbing Shuttle 7pm-9:30pm 7	8	Coast Hike #1 Snowshoe #2 9	XC Ski #2 10
Climbing Shuttle 7pm-9:30pm 11	Pre-Trip Meetings Avi Clinic - 4:30 Desert Hike #1 - 4:45 Snowshoe #3 - 5:00 XC Ski #3 - 5:15 12	Open House 5pm-7pm 13	Climbing Shuttle 7pm-9:30pm 14	15	High Desert Hike #1 Avalanche Clinic 16	XC Ski #3 Snowshoe #3 17
Climbing Shuttle 7pm-9:30pm 18	Pre-Trip Meetings Coast/Forest - 5:00 Nav. Snowshoe - 4:30 Skate Ski #1 - 5:15 19	Open House 5pm-7pm 20	Climbing Shuttle 7pm-9:30pm 21	Coast/Forest Wknd 22	Navigation Snowshoe 23	Skate Ski #1 x24
Climbing Shuttle 7pm-9:30pm 25	Pre-Trip Meetings Snowshoe #4 - 4:45 XC Ski #4 - 5:00 Dunes/Coast - 5:15 Skate Ski #2 - 5:30 26	Open House 5pm-7pm 27	Climbing Shuttle 7pm-9:30pm 28	Dunes/Coast Wknd 1	Snowshoe #4 2	XC Ski #4 Skate Ski #2 3

MARCH

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Climbing Shuttle 7pm-9:30pm 25	Pre-Trip Meetings Snowshoe #4 - 4:45 XC Ski #4 - 5:00 Dunes/Coast - 5:15 Skate Ski #2 - 5:30 26	Open House 5pm-7pm 27	Climbing Shuttle 7pm-9:30pm 28	Dunes/Coast Wknd 1	Snowshoe #4 2	XC Ski #4 Skate Ski #2 3
Climbing Shuttle 7pm-9:30pm 4	Pre-Trip Meetings Winter Camping - 4:30 Coast Hike #2 - 5:00 Desert Hike #2 - 5:30 5	Open House 5pm-7pm 6	Climbing Shuttle 7pm-9:30pm 7	8	Winter Camping Coast Hike #2 Hike Desert Hike #2 9	10
Climbing Shuttle 7pm-9:30pm 11	Pre-Trip Meetings SB Redwoods - 4:30 SB Surf - 5:00 12	Open House 5pm-7pm 13	Climbing Shuttle 7pm-9:30pm 14	15	16	17
Climbing Shuttle 7pm-9:30pm 18	19	Open House 5pm-7pm 20	Climbing Shuttle 7pm-9:30pm 21	SB Redwoods SB Surf Santa Cruz 22	23	24
SB: Redwoods SB Surf Santa Cruz SB: Coast 25	26	27	28	29	30	31

APRIL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Climbing Shuttle 7pm-9:30pm 1	Pre-Trip Meetings Edible Plants - 5:00 2	Open House 5pm-7pm 3	Climbing Shuttle 7pm-9:30pm 4		Edible Plants #1 6	7
Climbing Shuttle 7pm-9:30pm 8	Pre-Trip Meetings Rafting #1- 4:30 BP Cath Crk #1 - 4:45 Edible Plants #1 - 5:00 9	Open House 5pm-7pm 10	Climbing Shuttle 7pm-9:30pm 11	Rafting #1 BP Catherine Crk #1	Edible Plants #2 13	14
Climbing Shuttle 7pm-9:30pm 15	Pre-Trip Meetings Rafting #2- 4:30 BP Cath Crk #2 - 4:45 Coast Hike #3 - 5:00 Sea Kayak #1 - 5:15 16	17	Climbing Shuttle 7pm-9:30pm 18	Rafting #2 BP Catherine Crk #2	Coast Hike #3 20	Sea Kayak #1 21
Climbing Shuttle 7pm-9:30pm 22	Pre-Trip Meetings Rafting #3- 4:30 Sea Kayak #3 - 5:15 Edible Plants #3 - 5:30 23	24	Climbing Shuttle 7pm-9:30pm 25	Rafting #3	Sea Kayak #2 Edible Plants #3 27	28
Climbing Shuttle 7pm-9:30pm 29	30		Climbing Shuttle 7pm-9:30pm 2	-- READING	DAYS --	5

MAY

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Climbing Shuttle 7pm-9:30pm 29	30	1	Climbing Shuttle 7pm-9:30pm 2	-- READING	DAYS --	5
--- F	I N	A L	S ---	Wilderness First Responder		→
6	7	8	9	10	11	12
Wilderness First Responder						→
13	14	15	16	17	18	19
Wilderness First Responder					WFR Recert	→
20	21	22	23	24	25	26
27	28	29	30	31	1	2