## Logistical Breakdown of the OA New Staff Candidate Trip

<table>
<thead>
<tr>
<th>Dates:</th>
<th>May 16-24, 2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>Starts:</td>
<td>Tuesday, May 17 by 1:00 pm (overnight on campus). Travel the next day.</td>
</tr>
<tr>
<td>Activity:</td>
<td>Backpacking, camping, and hiking.</td>
</tr>
<tr>
<td>Experience Level:</td>
<td>Beginner-Intermediate</td>
</tr>
<tr>
<td>Physical Exertion Level:</td>
<td>Moderate-Strenuous</td>
</tr>
<tr>
<td>Accommodations:</td>
<td>The group will be camping on the SMU campus the first night and leaving for the backcountry early on the following day. The remainder of the trip will be sleeping in tents with their respective tent mate(s) until return to Dallas campus. Individuals should be prepared to share a tent with 1, 2 or 3 tent mates.</td>
</tr>
<tr>
<td>Non-Negotiable:</td>
<td>No Alcohol or Illegal Drugs. Prescription medications must be in participant’s name and documented on the Release of Liability and Consent for Emergency Treatment form.</td>
</tr>
<tr>
<td>Trip/Location Description:</td>
<td>Travel @ 12 hours to Taos, NM. Backpacking in the Carson National Forest with an elevation range from 6000 ft to 13000 ft providing beautiful scenery and majestic views. Some travel will be above tree line and off-trail with steep accents and descents. Temperatures expected will range from highs in the 70-80 lows from 50-30. <strong>Frozen precipitation and strong thunderstorms are not uncommon at this altitude and time of year.</strong></td>
</tr>
<tr>
<td>Content:</td>
<td>SMU Outdoor Adventures Trip Leader Training, National Outdoor Leadership School (NOLS), <a href="http://www.nols.edu">www.nols.edu</a>, and Wilderness Education Association’s (WEA) Outdoor Leadership curriculum, <a href="http://www.weainfo.org">www.weainfo.org</a></td>
</tr>
<tr>
<td>Risks/Hazards:</td>
<td>Risks and hazards are inherent with any and all outdoor recreational experience. These associated risks and hazards can be both within and outside of the staff and participant control. Risks include the possibility of lost or damaged personal property, injury or illness, and even fatality. Hazards related to these activities include but are not limited to transportation, exposure to environmental conditions, emotional/physical/psychological stress, and interaction with other people. Due to the location and terrain, immediate access to medical facilities may be time consuming and difficult. SMU Outdoor Adventures staff will make every possible effort to manage the risks within our control and properly respond to those risks beyond our control.</td>
</tr>
<tr>
<td>Staff:</td>
<td>The group will be accompanied by members of the SMU Outdoor Adventures staff. SMU Outdoor Adventures staff have completed a comprehensive training in backcountry living skills, wilderness travel, transportation, emergency procedures, risk management and leadership training and possess a minimum of Wilderness First Aid or higher certification.</td>
</tr>
<tr>
<td>Meals:</td>
<td>Participants are responsible for their own meal purchases while in transit to and from the destination site. Meals while traveling are usually of the fast food variety. While in the backcountry, the group will be provided with a variety of cooking ingredients suitable for the activity, duration, environmental conditions and nutritional requirements. Individuals should communicate dietary preferences/requirements upon acceptance on the Release of Liability and Consent for Emergency Medical Treatment form (included in the Acceptance Packet). We strive to meet all dietary preferences without compromising the nutritional welfare of the individual or group.</td>
</tr>
</tbody>
</table>
| Requirements: | Ability to be at SMU prior to the starting date/time. Previous activity experience is not required. Participants will be responsible for personal conditioning and should be able to:  
  - Hike a distance of 5-8 miles/day.  
  - Carry a 40-50 lb pack.  
  - Provide the adequate personal clothing and gear as indicated on the Personal Clothing/Gear list |
| Questions:  | If you have questions about the trip please make contact with us:  
  - Details about the trip and/or registration – Albert @ 214-768-4822 |
OA New Staff Candidate Trip: Personal Packing List

This is a general personal packing list designed for a 6-8 day backpacking trip in the anticipated region, environment and conditions expected.

Equipment designated with a check (✓) will be issued by SMU Outdoor Adventures. Personal equipment is welcomed but subject to approval by SMU Outdoor Adventures staff.

TRAVEL/FRONTCOUNTRY

1 Book bag, Small duffle bag or backpack
1 Government ID
1 Credit card or cash (meals in transit)
1 Medical/Emergency insurance card
1 Change of clean, comfortable travel clothes
1 Towel for shower
1 Toiletries: deodorant, shampoo/conditioner, make-up, hair-gel, etc.

BACKCOUNTRY EQUIPMENT

Backpack: >4800 in³ suitable for up to 6 days in backcountry.
Sleeping bag: ≤ 20⁰ synthetic fill sleeping bag.
Sleeping pad: Closed cell foam pad or backpacking air mattress
Headlamp/Small flashlight w/ extra batteries
3 Liter Water Bottles: Attached, screw-on cap highly recommended. A 2L H2O bladder may substitute for 2 water bottles.
1 Bowl: small, plastic with re-sealable lid highly recommended (Tupperware)
1 Bandannas
2 Pen/Pencil
1 Compass
1 Watch: Alarm capability recommended.
1 Insect Repellant: Small personal size.
1 Personal Backcountry Hygiene Kit (see insert to right)
1 Mug (optional): Insulated, plastic mug or cup for hot drinks.
1 Pocket Knife (optional): Folding with blade no longer than 4 inches.
1 Camera (optional): Must share pictures.

Personal Backcountry Hygiene Kit does not have to be all-inclusive. For proper hygiene and pack-weight reasons, we suggest only the essentials in the backcountry:
- 1-toothbrush
- 1-5M toothpaste
- 1-Dental Floss
- 1-5M Sunscreen SPR 35+
- 1-comb or small brush
- 1-chapstick or lip balm
- SM container of lotion
- Personal Over-the-counter (OTC) medications

NOTE: Exercise at altitude may induce menstrual cycle. Women should plan to bring enough feminine hygiene products for each day of trip + 2 days.

BACKCOUNTRY CLOTHING (See Backcountry Clothing Selection 101 insert below)

Footwear
1 Light-Medium Hiking Boots: Ankle-high, aggressive sole and waterproof highly recommended.
3 Medium-Heavy Hiking Socks: MUST be synthetic or wool. Wool socks should be accompanied by a synthetic sock liner. No cotton or cotton-blends. Brand Name Examples: Thorlo, Smartwool, and Wigwam.
1 Light Camp Shoes: Old athletic shoes recommended. Sandals capable of securing over toes and around heal okay. No flip flops.
1 Boot Gaiters (optional): Ankle to thigh high boot gaiters to protect from water and loose dirt/gravel in boots.

Bottoms
1 Base Layer Long Pants: Long underwear pant made of synthetic, quick-drying or wicking material such as nylon, polypropylene, capilene. No cotton or cotton-blends. Brand Name Examples: Under Armour, Patagonia, REI, and Mountain Hardwear.
1 Middle Insulation Layer Pants: Fleece or wool. No cotton or cotton-blends.
1 Outer Rain/Wind Shell Pant: WATERPROOF, lightweight pant. Waterproof-breathable recommended.
1 Long Pant (optional): Nylon or polyester, lightweight long pant for sun and bug protection. No cotton or cotton-blends.
2-3 Undergarments: synthetic preferred but cotton okay.
1-2 Shorts: hiking, swim or athletic shorts made of synthetic material such as nylon. No cotton or cotton-blends.

Tops
1 Base-Layer Long Sleeve Shirt: Synthetic, long sleeve shirt made of wicking material such as nylon, polypropylene, capilene, etc. Brand Name Examples: Under Armour, Patagonia, REI, and Mountain Hardwear.
1 Middle Insulation Layer Shirt: Fleece or wool long sleeve or vest.
Long Sleeve Shirt (optional): For bug and sun protection, loose fitting, synthetic material preferred but cotton okay.

T-shirt: Synthetic nylon or polyester short sleeve t-shirt for hiking or exertion. With sufficient base and insulation layer, cotton t-shirts are okay.

Outer Rain/Wind Shell Jacket: WATERPROOF lightweight jacket. Waterproof-breathable recommended.

Hands/Head

Gloves: Lightweight synthetic or wool.

Stretch Cap: Synthetic or wool stretch cap for warmth.

Hat: Brimmed hat for sun protection. A lightweight, compressible, 360° wide brim hat is recommended to avoid sunburn.

Sunglasses + leash.

Other

Personal Medication: Stored in waterproof container or double zip-lock bag. Must be documented on Release of Liability and Consent for Emergency Medical Treatment Form.

Extra Personal Medications: In case regular dose of personal medication is wet or lost. Stored in waterproof container or double zip-lock bag and separate from regular dose.

Contacts or Glasses: Extra set in case of lost or damage + cleaning solution.

Stuff Sacks (optional): For organization and storage of clothing and personal gear.

Backcountry Clothing Selection 101:

Clothing selection is the first, essential step in comfort and avoiding or minimizing environmental hazards and illnesses such as hypothermia, sunburn, and other. Clothing should be selected based on function, comfort and performance.

Select clothing that functions with the LAYERING method, wearing a variety of clothing articles over one another to allow user to respond to environmental conditions or physical exertion. Users can place layers on top of each other to stay warm and remove layers to cool.

- Base-Layer: quick-drying layer against the skin to manage moisture and regulate body temperature.
- Mid-Layer or Insulation Layer: retains body heat to keep user warm.
- Outer-Layer or Shell: protects from rain and wind keeping the user dry and warm.

Choose clothing for comfort:

- Roomy allowing for reasonable freedom of movement.
- Regulate body temperatures-keep user warm or cool based on environmental conditions.
- Insulation clothing should keep user warm even when clothing is wet.
- Keep user dry when required.
- Dependable and durable.
- Versatile or serving multiple uses when possible.
- Lightweight and compressible.

Choose clothing materials for performance:

- Avoid cotton or cotton-blends. When wet, cotton will not dry quickly or retain heat making it ineffective in regulating temperature. When wet from moisture (precipitation or perspiration), cotton will keep the skin moist increasing the chance of blisters or rash from friction (common inner thighs and feet) and fungal infections.
- Synthetic materials such as nylon, spandex, and polypropylene polyester dry quickly and wick moisture away from body. Silk, a natural material, has the same properties.
- Fleece is a lightweight, synthetic nylon that retains warmth even when wet. Wool is a natural material that also retains warmth when wet but can be heavy.
- Water-resistant is not designed for long exposure to wet conditions.
- Waterproof outer shells have a coating or inner-layer and taped seams to rappel water and wind. Breathable refers to the outer-shell material that allows body heat to escape but will not allow liquid water or wind to penetrate.
CONDITIONING FOR OA NEW STAFF CANDIDATE TRIP

It is important to start conditioning your body for the workload it is about to experience.

Emotional
You will experience a wide range of emotions during the trip ranging from elation to fear, frustration to triumph. The thrill of meeting new challenges individually and as a group is invariably accompanied by moments of stress and uncertainty. Be open to change and be ready to communicate, adapt, and utilize your own resources. These qualities will help both you and your group reach emotional highs and deal with emotional lows.

Physical
You do not have to be an athlete or highly trained to participate in OA New Staff Candidate Trip. However, you do have to be prepared physically. Expect to be using your muscles and to be testing your endurance in new ways. Conditioning for the course before you arrive will help you get the maximum enjoyment out of the trip. It takes strength and endurance to backpack with a 40+ lb pack so be prepared.

Choosing an Exercise Program
For most people, the best exercise for getting and staying in shape is jogging. Why jogging? Aside from being inexpensive and accessible, it is the most efficient way to use your large leg muscles-requiring the heart and circulatory system to pump large quantities of blood and oxygen. However, if jogging is not for you, find an exercise activity you are motivated to perform. You should plan on at least 30 minutes of aerobic activity a day between 5-6 days/week.

Simulate the experience you will be participating is another way to condition your body. Soccer players get better by playing soccer, swimmers will swim, etc. Try to incorporate hiking with a pack in hiking boots. A small day pack or book-bag is sufficient. Find ascents and descents such as hills or stairs to engage and condition those muscles that will be important to the activity. Load your pack with weight and increase at regular intervals to reach 40 lbs of pack weight.

In addition to the 30 minutes/day of aerobic training, you should do 15-30 minutes of lightweight training every other day. Weight training is for strength, not aerobic fitness, and by itself, is not sufficient. Stretch your muscles and move the weights through a full-range of motion. Yoga and stretching to maintain flexibility are also important aspects of conditioning

Things to Remember:
- Find a type of exercise that you enjoy
- Mix up the training (jog, swim, bike, hike, etc.) to avoid doing the same thing day after day
- Don't push too hard and hurt yourself—increase your work load by no more than 10% a week
- Take at least one day off a week

Altitude Sickness
Acute Mountain Sickness (AMS) or altitude sickness is an illness that affects each person differently. Symptoms of AS can begin at elevations of 5000 ft but typically become evident and more severe starting at @ 8000 ft. AS can play a major role in trip satisfaction and in some conditions, may be life-threatening. Because we have little time to acclimatize to the altitude on the HSP Expedition, below are some suggestions that may help to minimize the effect of AS:
- Physical conditioning. Be prepared for the activity about to be encountered. Although studies cannot say for sure that physical conditioning lessons the physical effects and symptoms of AS, being physically capable of performing the activity may minimize the emotional and psychological effects of AS.
- Stay hydrated. Drink 3-4+ liters of water/day several days before the beginning of the trip and continue while at altitude.
- Avoid tobacco, caffeine and carbonated drinks at least 2-3 days prior to arrival at altitude.