



Introduction

Dear Student Veterans,

Thank you for your interest and signing up for what will be an experience of your lifetime. We hope that this trip meets and exceeds every expectation. Our goal for providing this experience is three-pronged: 1) to provide a common experience with other student veterans and build long-lasting friendships; 2) to utilize outdoor experiences to spark discussion about transitioning to civilian student status; and, 3) to have fun.

Since the group may not meet before the trip, I wanted to take a moment to introduce myself and the other instructors, explain the trip schedule, show you the trip menu, tell you what to bring, and provide some forms for you to fill out.

As you will see on the schedule below, we have a fun-filled four days of adventure ahead of us. All of these activities require minimal to moderate and occasionally high-level exertion and practically no prior experience is needed. Of course, it helps to be in good physical condition to participate in these activities. We generally recommend you are able to run one-to-two miles without a walking break. Some of these activities have flexibility to be partially adapted to meet the different needs of our participants. If you would like any adaptations, please let us know immediately by contacting the Trip Coordinator.

Again, we look forward to providing you with the experience of a lifetime. Please, review this packet and if you have any questions / concerns, do not hesitate to contact me directly.

Sincerely,

Ian Brown and co-instructors

Contact Information

Ian Brown (Trip Coordinator)

Assistant Director for Outdoor Adventures, University Recreation

(325) 942-2034

ian.brown@angelo.edu

www.angelo.edu/adventures

Russ Baker, Veterans Outreach Coordinator, VETS Center

Laura Dokupil, Assistant Director for Fitness, University Recreation

Forms (Due: August 16, 2013)

Please, click on the following links and submit the forms before close of business on Friday, August 16. When filling out the health statement, please make sure to provide any relevant medical information (e.g. medicines, surgeries, physical adaptations, etc.). This information is used by trip instructors to provide the utmost care for our participants, and hand over to professional medical providers if the need should arise. Both the Trip Waiver and Health Statement should be completed and mailed to:

Angelo State University Recreation

Ian Brown

ASU Station #10916

San Angelo, TX 76909

Forms

- [Trip Waiver](#)
- [Health Statement](#)
- Pre-Assessment

Schedule

The following is a generic outline of the schedule. Please note, the schedule could change due to weather, or other environmental concerns. We will plan to play rain or shine; so, please plan accordingly.

General Schedule		
Day 1: Monday, August 19	Day 3: Wednesday, August 21	
5:30 AM	Meet at CHP Welcome Desk and leave for Colorado Springs. Meals along the road.	Early wake up and drive to Mt. Princeton Trailhead. Breakfast on the go.
	Arrive at Ft. Carson and do some indoor rock climbing	Summit Mt. Princeton and eat lunch
	Sleep on gym floor in sleeping bags	Head to and soak in Cottonwood Hot Springs
		Eat dinner and group discussion
Day 2: Tuesday, August 20	Day 4: Thursday, August 22	
	Wake up and eat breakfast	Early wakeup, pack, and hit the road.
	Float / Raft on the river	Back to CHP and

unpack. Fill out post-assessment

Set up camp next to Arkansas River (primitive camping)
Eat dinner and group discussion

In addition to this trip, we would like to schedule the group for one last gathering in the beginning of September. The date and time will be announced at a future time.

Gear List

It is very common to see afternoon thunderstorms in this part of Colorado. The trip instructors will make sure we are in comfortable areas, but please plan ahead by bringing the following.

Required

- Daypack, or other backpack that can carry plenty of water, snacks, and a light layer
- One pair of hiking shoes / sneakers
- Medication (you must inform us if you take medication)
- Sunblock
- Toiletries
- Insulated mug for coffee / tea
- Plate and utensils (Tupperware with a lid works really well)
- Swimsuit and water shoes (Chacos, Tevas, and booties work well)
- Towel
- Two t-shirts
- One pair of pants
- One pair of shorts
- One hooded rain jacket
- One fleece jacket, or warm layer
- Socks

Optional, yet recommended

- Journal and pen
- Deck of cards
- Favorite snack food
- Hat
- Camelbak, or other hydrating bladder

Trip Menu

We do our absolute best to provide you with some of the best camping meals you have ever had. If you have any specific dietary needs (e.g. vegetarian, gluten allergy, etc.), then please let us know right away.

Trip Menu			
	Breakfast	Lunch	Dinner
Day 1	X	On the road	On the road
Day 2	Breakfast bagels	Deli sandwiches	
Day 3	Breakfast bars		
Day 4	On the road	On the road	X
Snacks provided	Coffee	Tea	Hot chocolate
	Trail mix	Granola bars	Chips
	Fresh fruit		

Expected Weather

Though the weather can change at any moment, here is what you could expect for that time of year in Colorado.

19	20	21	22
Averages	Averages	Averages	Averages
Hi: 79°F	Hi: 79°F	Hi: 78°F	Hi: 78°F
Lo: 48°F	Lo: 47°F	Lo: 47°F	Lo: 47°F
Records	Records	Records	Records
Hi: 87°F	Hi: 89°F	Hi: 88°F	Hi: 86°F
Lo: 37°F	Lo: 37°F	Lo: 34°F	Lo: 34°F

**Data pulled from www.weather.com*