



*FALL SCHEDULE*

# OUTDOOR PROGRAM 23



**University of Idaho**  
Recreation and Wellbeing

# ABOUT



# the OUTDOOR PROGRAM

at the University of Idaho

The University of Idaho Outdoor Program is a non-profit service organization providing the community with education and resources for adventure-based, human-powered, and environmentally sound activities. We promote teamwork, leadership, and growth through outdoor experiences.

## FAQ

### What services are offered through the Outdoor Program?

Instructional Trips

Resource Material

Cooperative Trips

Trip Planning Assistance

Rental Equipment

Equipment Repair

Outdoor Information

Ski & Snowboard Tuning

### How do trips work?

The Outdoor Program adventures fall into one (sometimes two) different categories of trips:



**SKILLS-BASED:** Trips that teach a specific skill for outdoor adventures - kayak rolling, first-aid and avalanche education, as examples.



**EUSTRESS:** Trips that encourage positive growth and skill development. Expect a challenge, to deepen your outdoor knowledge and adventure to new terrain.



**RESTORATIVE:** Trips that encourage taking a break from the everyday hustle and bustle. Expect time for contemplation, discover a new paradigm and just have fun!

### How much does it cost?

Cooperative trips are cost sharing. Listed fees are for transportation, instruction, and group gear (if necessary).

---

## How does food and supplies work?

Unless specified, participants supply all their own food and sleeping supplies (ex. sleeping bags, tents, etc.). There are certain trips that include meal planning and purchasing. Required pre-trip meetings are held to work out trip details.

---

## What if I don't have the right equipment or supplies?

Personal equipment can be rented or purchased through the Outdoor Program Rental Center.

---

## What does the "Iconic Idaho Experience" mean?



Big wilderness, scenic rivers, breathtaking mountain lakes, jagged peaks and more. These trips embody places that are iconic Idaho adventures. Do one a year and hit them all by the time you graduate.

---

## How do I participate?

Registration for trips is completed in person at the Outdoor Program office located in the Student Recreation Center (SRC). **All sign-ups open on the first day of the semester and are first-come, first-served.**

Registration closes 24 hours before pre-trip. Each program lists details regarding cost, required pre-trip meeting, and trip specifics. Transportation is included.

Fees are due to confirm program reservation and are non-refundable. Non-university students may be charged an additional fee, which will be listed in the program information. **Cash or check only!**

Release of liability form, health screening questionnaire, packing list, and course information will be emailed out to participants after sign-up.

Required pre-trip meetings will happen in person or virtually depending on the program. Stop by the Outdoor Program Office or call for additional information.

**Some events don't require registration - look for this symbol that indicates the program is a drop-in.**



# INTRO **to OUTDOORS**

## **Vandal Welcome Raft #1**

**LOWER SALMON RIVER, IDAHO**

*Enjoy a whitewater rafting trip on the Salmon River to kick off the school year. Includes equipment and transportation.*

**Students | \$85**

**All Others | \$100**

**Trip | August 26**

**Pre-Trip | August 24 at 5:30 p.m.**



## **Vandal Welcome Raft #2**

**LOWER SALMON RIVER, IDAHO**

*Enjoy a whitewater rafting trip on the Salmon River to kick off the school year. Includes equipment and transportation.*

**Students | \$85**

**All Others | \$100**

**Trip | August 27**

**Pre-Trip | August 24 at 5:30 p.m.**



## **Intro to Whitewater Kayak Clinic**

**UI SWIM CENTER**

*Come learn the fundamentals of how to outfit, paddle and wet exit a whitewater kayak. Includes equipment and instruction.*

**Students | \$40**

**All Others | \$60**

**Clinic | September 13 from 7 - 9 p.m.**



## **Homecoming Baby Goat Yoga**

**SRC FRONT LAWN**

*Relax before the big game with Outdoor Program staff and baby goats!*

**Cost | FREE**

**Class | October 14 at 10 a.m.**



# SPECIAL EVENTS

## National Public Lands Day of Service HELLS GATE STATE PARK, IDAHO



*Adopt-A-Crag! Join us outside on the Snake River to help clean up a local crag and spend the next day climbing! Includes camping at Hells Gate State Park.*



**Cost** | \$40

**Trip** | September 23 - 24    **Pre-Trip** | September 21 at 5:30 p.m.

## 48<sup>th</sup> Annual Outdoor Equipment Sale & Swap MAC IN SRC

**Date** | November 9 from 6 - 8 p.m.  
*Seller set up starts at 5 p.m.*



**Cost to sell** | \$20

**Entry from 6 - 6:30 p.m.** | \$5

**Entry from 6:30 - 7 p.m.** | \$1

**Entry from 7 - 8 p.m.** | FREE

*UI students and children under 12 always free.*

*All proceeds support the Vandal Ski Team.*

## Wilderness First Responder Hybrid Course

SRC CLASSROOM



*Taught by Desert Mountain Medicine. Registration ends December 6.*

**Full Course** | January 3 - 7

**Refresher Course** | January 6 - 7

**Cost** | \$780

**Cost** | \$355

# WATER

## Open Kayak Pool Sessions

UI SWIM CENTER

*Includes equipment.*

**Cost** | \$5

**Clinic** | September 6, 13 and 20 from 7 - 9 p.m.



## Intro to Whitewater Kayak Clinic

UI SWIM CENTER

*Come learn the fundamentals of how to outfit, paddle and wet exit a whitewater kayak. Includes equipment and instruction.*

**Students** | \$40

**All Others** | \$60

**Clinic** | September 13 from 7 - 9 p.m.



## Freestyle Whitewater Kayak Clinic

UI SWIM CENTER

*Learn and practice advanced and freestyle whitewater kayak techniques such as rolling, bracing and flatwater drills. Includes equipment and instruction.*

**Students** | \$40

**All Others** | \$60

**Clinic** | September 20 from 7 - 9 p.m.



## Kayak Touring

PRIEST LAKE, IDAHO

*Enjoy an overnight flatwater kayaking adventure to one of the most scenic lakes in Idaho.*

**Students** | \$60

**All Others** | \$80

**Trip** | October 7-8

**Pre-Trip** | October 3 at 5:30 p.m.



# WATER

## Intro to Fly Fishing Raft Trip

LOWER SALMON RIVER, IDAHO



Learn the basics of fly fishing with an overnight trip boating on the water and practicing skills. Includes instruction, equipment and transportation; must provide your own fishing license. For University of Idaho students only.

**Students** | \$175

**Trip** | October 21 - 22

**Pre-Trip** | October 17 at 5:30 p.m.

## Flyfishing Clinics

SRC CLASSROOM



Flyfishing 101: Learn skills to bring to your next river adventure. Each clinic builds on the last one; please attend all three.

**Cost** | \$5 each

**Clinic** | September 20, 27 and October 4 from 6:30 - 8:30 p.m.

# BIKEPACKING

Join us for human powered micro-adventures close to home, no car needed! Your own mountain bike and safety gear (helmet and lights) are required. Cost includes bikepacking bag, instruction and group equipment.

**Students** | \$40

**All Others** | \$50



**Trip** | September 29 - 30 | Friday night through Saturday

**Pre-Trip** | September 28 from 5 - 7 p.m.



# HIKE

## Alpine Backpacking

BEEHIVE LAKES, IDAHO



Explore high alpine lakes and spectacular views in the Selkirk Crest. Includes transportation and group equipment.

**Students** | \$40

**All Others** | \$60

**Trip** | September 30 - October 1

**Pre-Trip** | Sept. 27 at 5:30 p.m.

## Parents & Family Weekend Day Hike

KAMIAK BUTTE, WASHINGTON



Hike this National Natural Landmark and enjoy panoramic view of the Palouse in Autumn.

**Student/Families** | \$20

**All Others** | \$30

**Trip** | October 28

**Pre-Trip** | October 26 at 5:30 p.m.

## Utah Canyonlands Backpack

GRAND STAIRCASE - ESCALANTE, UTAH



Discover the maze of red sandstone canyons that winds through southern Utah.

**Students** | \$210

**All Others** | \$290

**Trip** | November 19 - 25

**Pre-Trip** | November 14 at 5:30 p.m.

**MONSTER MATCH**  
CLIMBING COMPETITION  
FRIDAY, OCTOBER 27 | 7 - 10 P.M.

FOR MORE INFORMATION, VISIT [UIDAHO.EDU/OUTDOORPROGRAM](http://UIDAHO.EDU/OUTDOORPROGRAM)

RECREATION SERVICES  
OUTDOOR PROGRAM

# CLIMB

All climbing activities are held at the Climbing Center in the Student Recreation Center unless listed otherwise.

## First Week Basic Climbing Clinics

If you're new to climbing, come on in and get a basic clinic out of the way to enjoy the Climbing Center throughout the school year. Includes shoes, harness, and belay device.

**Students** | \$10

**All Others** | \$15



**Clinic Dates** | August 21 - 25 from 6 - 8 p.m.

---

## Free Rental Fridays



August 25 | September 29 | October 27 | November 17 | December 8

## Climbing Gear Rentals

Harness | \$4

Climbing Shoes | \$4

---

## Intro to Lead Climbing Clinics



Learn lead climbing skills from our staff on the following Wednesdays throughout the spring semester. Clinics are from 6 - 8 p.m.

**Students** | \$10

**All Others** | \$15

August 30 | September 13 | September 27 | October 11  
November 8 | November 29



## Climbing Center Fees

**Students** | FREE

**All Others** | \$10



Climbers under 18 get free rentals with the climbing fee.

# CLIMB

## Aerial Arts Clinic



Join us at the Climbing Center on the first Wednesday of every month to learn aerial arts skills. All clinics are from 6 - 8 p.m. Clinics are limited to 20 participants.

**Cost** | \$5

**Date** | September 6 | October 4 | November 1 | December 6

## Monster Match Setting Party



Learn how to set climbing routes from our setting staff. Includes instruction and tools.

**Cost** | \$5

**Date** | October 25 from 6 - 10 p.m.

## Monster Match

A frighteningly fun climbing competition!



**Students** | Free

**All Others** | \$10



**Competition Date** | October 27 from 7 - 10 p.m.

# SNOW

## Avalanche Awareness Class



AMERICAN  
AVALANCHE  
ASSOCIATION



**SRC CLASSROOM**

An introductory presentation about avalanche hazards geared toward the novice wintertime backcountry user.



**Cost** | FREE

**Class** | November 30 at 5:30 p.m.

# WOMEN'S

Open to all, women-led trips focus on encouraging women to build confidence in the outdoors.

## Women Led Day Hike

GIANT CEDAR GROVE, IDAHO



Hike to the champion tree of Idaho just north of Elk River. Includes group equipment and transportation.

Students | \$20

All Others | \$30

Trip | September 9

Pre-Trip | September 7 at 5:30 p.m.

## Women Led River Canyon Backpack

SELWAY RIVER, IDAHO



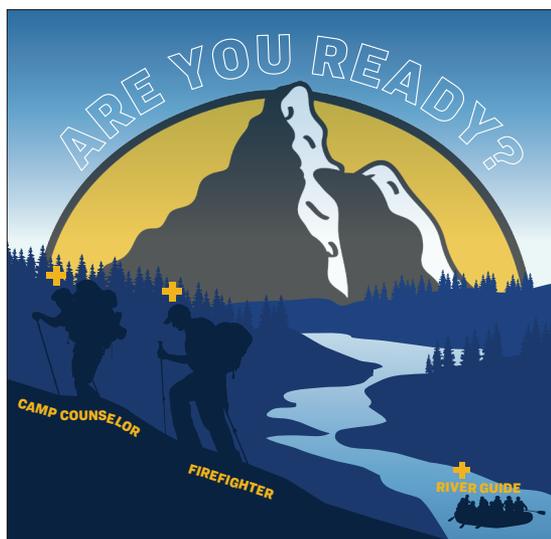
Follow the Selway River to your camp by the water on this overnight trip. Includes group equipment and transportation.

Students | \$40

All Others | \$60

Trip | September 23 - 24

Pre-Trip | September 19 at 5:30 p.m.



**WILDERNESS  
FIRST  
RESPONDER  
HYBRID COURSE**

FULL COURSE:  
JAN. 3 - 7 | \$780

REFRESHER:  
JAN. 6 - 7 | \$355



# OUTDOOR EQUIPMENT SALE & SWAP



Thursday,  
November 9

6 - 8 p.m.

Come to sell or  
to score some  
new-to-you gear!



RECREATION & WELLBEING  
**OUTDOOR PROGRAM**

For more information visit:  
[uidaho.edu/outdoorprograms](http://uidaho.edu/outdoorprograms)

## Get in TOUCH!

Outdoor Program Office: **208-885-6810** | 9 a.m. - 5 p.m.

Rental Center: **208-885-6170** | 10 a.m. - 6 p.m.

[uidaho.edu/outdoorprogram](http://uidaho.edu/outdoorprogram)

@UI\_OutdoorProgram | #VentureLikeAVandal