

Coe Orientation in the Wilderness Overview, Packing List, and Application

Below is the list of equipment you will need to bring. You will be quite comfortable in any situation if you bring all the gear on the list.

Generally, the temperatures are in the 80's during the day and 50's at night, although temperatures could be as low as 40's at night or 100 during the day. Since you can never be sure what the weather will be like, you need to bring a range of clothing for various conditions. By having a variety of layers of clothing you can adjust your layers to suit your activity level and the weather conditions.

The clothing layers should consist of several different types of fabrics. Cotton is comfortable and breathable, but it absorbs and retains water, and therefore it will not keep you warm if it gets wet. Also it can be difficult to dry. For this reason you should not bring heavy cotton clothes such as sweatshirts, sweatpants or blue jeans. Cotton T-shirts and underwear are fine, as are lightweight cotton shirts and pants. Wool or synthetic fleece fabrics (such as Polartec 100 or Polartec 200) don't absorb water so they keep you warm even if they get wet. Fleece also dries very quickly. A wool sweater or fleece jacket provides warmth on a chilly evening.

A combination of these types of fabrics creates a layering system. The inner layer keeps the skin dry and comfortable. Cotton provides good ventilation for the skin to keep dry and cool and during the day you will most likely hike in a cotton T-shirt and shorts. The middle layer provides some insulation and protection from the elements. Long-sleeve shirts and long pants make up this layer. You may wear these during the day for sun protection or in the evening when your activity level is low and it starts to cool off. The outer layer provides insulation and is usually a wool sweater or fleece jacket. You will wear this around camp at night. The shell layer protects you from wind and rain. A waterproof rain jacket is essential in case of bad weather (August can be a rainy month). Coated nylon is lightweight and works well. Waterproof-breathable fabrics like Gore-tex are also possible, but are expensive. For the head layer, bring a wide-brimmed hat for sun and rain protection. At night, you might be more comfortable with a wool or synthetic fleece hat for warmth. The feet layer is actually two layers. You should wear a lightweight synthetic liner sock against your foot, which helps pass moisture away from your foot. On top of this you wear a wool/nylon-blend hiking sock. Since wool doesn't absorb water it passes the moisture from your foot outwards, keeping your foot dryer. If your feet stay damp, they get wrinkled and are more prone to blisters. Having two sock layers allows your socks to slide against each other so that the friction from your boots is between the sock layers rather than against your skin (friction against the skin leads to blisters).

Please check off each item as you assemble your equipment to make sure that you have everything.

Staying at the Field Station

The field station has several cabins (called dorms) where participants sleep and keep their belongings. The large dorm (where we will be staying) has four different sleeping rooms with bunk beds and mattresses. In each room there are cubby holes for you to store your belongings. You will also spend three nights in a tent (provided by the Field Station) on a canoe excursion where you will only bring what is absolutely necessary for the trip.

Location

The Field Station is located just north of Ely, MN. The bus ride takes about ten hours including stops for meals. If you are interested in tracking the weather for the trip Ely is a good indicator of what to expect.

Before and After the Trip

You will arrive and be able to move into your room the day before we leave for the trip (usually a Friday). Moving in before we leave is highly recommended. We will meet as a group for dinner the night before we leave. We will leave before 7am the next morning. Your program fee covers all of your meals from when you arrive on campus until you start orientation. Upon arrival back at Coe you will have full access to your residence hall and building before the formal orientation program starts.

Required Clothing and Personal Gear

- _____ 1 sleeping bag with stuff sack: Any summer weight synthetic fill bag will do. Down bags are acceptable but extra care must be taken to keep them dry. Line your stuff sack with a sturdy plastic bag to give yourself added protection from rain and/or the river. **Do not bring cotton fill bags** (the type with cotton outer shells). They will not keep you warm and cannot be dried if they get wet.
- _____ 1 Day pack (school book bag) for your personal belongings
- _____ 1 pair of lightweight hiking boots: Boots should extend above the ankle and be leather/fabric or all leather with lug soles for traction. It is best if the boots can be waterproof, either by treating the leather with a waterproofing compound before the socks, a light liner sock and a medium wool sock. Above all, make sure that your boots are well broken in before you arrive. Otherwise your feet will pay the price. We cannot emphasize this enough. Non-broken-in boots invariably cause chafing and blisters.
- _____ 1 pair of old running shoes, sneakers, or sandals: For around campsite wear and/or water activities. Keens®, or knock-off sport sandal is **highly** recommended. The rocks where we swim are **very** sharp and having something on your feet when you swim is essential.
- _____ 2-3 pairs of light synthetic/polypropylene liner socks: Wearing liner socks underneath wool socks helps to prevent chafing since the friction is between the two pairs of socks, not between the boots and your feet.
- _____ 2-3 pairs of medium weight wool blend hiking socks: Wool socks keep your feet warm even when wet and give good cushioning. The higher the wool content of the socks the better (we recommend 85% wool, 15% nylon). **Do not bring cotton socks for the canoeing part of the week.**
- _____ Underwear as needed.
- _____ 1 pair long pants, loose fitting, light-colored
- _____ 1 pair jeans
- _____ 1 pair of loose fitting shorts (Nylon or synthetic)
- _____ 2 pair of loose fitting shorts (Cotton)
- _____ 1 swim suit
- _____ 1 pair rain pants (breathable preferred)
- _____ 3-4 T-shirts
- _____ 1 long sleeve cotton shirt
- _____ 1 set of clean comfortable clothes for the ride home
- _____ 1 wool shirt or synthetic fleece jacket
- _____ 1 rain jacket or poncho: Try to avoid the rubberized canvas jackets if you can. They are heavy and usually result in your getting hot and sweaty. (Coated nylon is recommended.)
- _____ 1 wool or synthetic fleece hat for warmth
- _____ 1 brimmed cap: For sun and rain protection
- _____ (2) 1-quart water bottles (usually Nalgene bottles)
- _____ 1 flashlight or headlamp with fresh, alkaline batteries (alkaline batteries last longer)
- _____ 1 small towel
- _____ 1 toilet kit: Just the essentials, toothbrush and toothpaste, comb/brush, sunscreen (a MUST), Chapstick, insect repellent with DEET. No need to bring soap or shampoo. Wilderness Orientation will provide (biodegradable). Women: outdoor living can alter your menstrual cycle. Please bring enough sanitary napkins or tampons.
- _____ 2 heavy plastic garbage bags - one for sleeping bag, one as a rain cover
- _____ 1 pair of sunglasses or clip-ons
- _____ 2 pairs glasses or contact lenses (if needed): If you wear contact lenses and will have difficulty cleaning them in the field it is suggested that you bring glasses instead. Please bring an eyeglass safety strap for your glasses.
- _____ Any medications you will need to take during the trip (allergy medications etc.). If you are allergic to bee or wasp stings and require medication, please bring any needed medication and inform Tom Hicks and your leaders of your allergy when you arrive at Check-in.
- _____ 1 closed cell foam sleeping pad (3/8 in. Ensolite) or inflatable sleeping pad (Thermarest). Pads provide insulation from the ground and padding for more comfortable sleeping. **Do not buy!** Coe Outdoor Recreation has them if needed.

Optional Personal Gear

Field guides to flora & fauna
small notebook and pen/pencil
camera and film
Frisbee or hackysack
pocket knife (no large knives)
reading material
cards

Items not to bring

Alcohol and other drugs (including cigarettes and chew)
Fireworks
Hatchets or survival knives
iPods/mp3 players (you can have them on the bus to/from the Field Station)
Cell phones (you can use them on the bus to/from the Field Station)
Extra clothing
Laptops

Coe Orientation in the Wilderness Application

Last Name _____ First Name _____ Nickname _____
Summer Telephone # _____ T-shirt Size _____
_____ First-year or Transfer/Exchange (circle one)
E-mail address (will be used to confirm your spot) _____

Please describe any previous camping, canoeing and/or wilderness experience (no experience is required).

Please list any physical or dietary restrictions that might require planning ahead of time: _____

I will be participating in the Wilderness in the Orientation trip sponsored by Coe College at the Coe College Wilderness Field Station from Saturday, August 14th until Saturday, August 21st, 2010. I have been informed and am completely aware that there is no medical or general liability insurance provided for the participants in the above sponsored event. I also understand that any injuries, which I may sustain while participating in this event, must be covered by my personal medical insurance policy. I understand that this is an inherently dangerous activity and there are certain risks of physical injury and I agree to assume the full risk of any injury, including death, damages or loss which I may sustain as a result of participating in all activities connected with this event.

I have been advised of the risks. Representatives of Coe College have made clear the fact that I am participating in this event at my own risk. I also agree to indemnify and hold harmless Coe College and their officers, agents and employees from any and all claims from injuries including death damages or loss which I may sustain.

Participant's name: _____ Signature: _____

If Participants will be younger than 18 years old at any time during the trip please have guardian sign here: _____

Date: _____ Witness: _____

Spaces on the program are reserved on a first-come, first served basis. A deposit of \$100.00 (which will be deducted from the 550.00 program fee) reserves your place. Remit your deposit with this application form and make checks payable to Coe College. Once you are confirmed for the trip the remaining \$450.00 is due before August 1st. Applications will be considered until July 7th.

Send Application and deposit to:

Tom Hicks
Director of Student Activities
1220 First Ave. NE
Cedar Rapids, IA 52402

_____ Application	For office use only _____ Deposit	_____ Health forms
_____ Accepted	_____ Wait List	_____ Waiver
_____ Date Received	_____ Date Notified	