



## Backpacking 101 – October 7, 2009

### Registration Deadline

- Monday – October 5, 2009

### Information Meeting

None

### Dates/Times

- Wednesday – October 7, 2009 @ 6:00pm – 8:00pm
- Meet in the UConn Adventure Center

### Trip Cost

Free

### Experience Level

- Beginner – No previous experience needed
- All UConn Outdoors Trips require varying degrees of physical fitness. We are not qualified to evaluate your fitness level so you must do so on our own. If you are unsure about your physical condition consult with a physician before participating on any one of our trips.

### Trip Overview

Backpacking 101 is a clinic designed to introduce beginners to the basics of backpacking. We will show you the steps involved in planning a trip, including creating a basic risk management plan. Participants will also be taught how to pack for a camping trip, shown the best way to organize all your gear in your backpack, and basic outdoor cooking skills, including how to operate a backpacking stove. Finally and most importantly, your instructors will teach you proper gear storage and care, so you can extend the life of your equipment.

### What UConn Outdoors Will Provide

- Equipment
- Instruction

### What To Bring

- Notepad and pencil
- Your own backpacking equipment if desired

### Contact Information

- UConn Adventure Center – (860) 486-8004

### Cancellations and Refunds

If you cancel your registration for any reason it must be done before the close of business (6pm) on the registration deadline. Cancellations after the registration deadline will result in a charge of \$20 being placed on your fee bill. This charge is standard of all free programs requiring registration within UConn Recreation and is designed to ensure participation. Please plan accordingly.