



RECREATION & WELLBEING  
**OUTDOOR PROGRAM**

**FALL SCHEDULE**  
**OUTDOOR**  
**PROGRAM** **24**

# 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  
Cooperative Trips  
Rental Equipment  
Outdoor Information  
Resource Material

Trip Planning Assistance  
Equipment Repair  
Ski & Snowboard Tuning

### How do trips work?

The Outdoor Program adventures fall into one (sometimes two) of the following three 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).



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## 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.

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

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

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## What does the "Iconic Idaho Experience"

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.



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## 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.

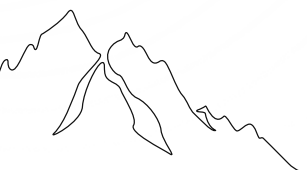
Registration closes 24 hours before pre-trip. Each program lists details regarding cost, required pre-trip meeting, and trip specifics. Transportation is included.

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

Lower Salmon River, Idaho

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



### COST

Students | \$85  
All Others | \$100

### DATES

Pre-Trip | Aug. 22 at 5:30 p.m.  
Trip | Aug. 24

## Tour the Palouse Three Adventures in One Day!

Join us for a full-day itinerary of iconic adventures all within 30 minutes from campus.



### Breakfast at the Breakfast Club

Moscow, Idaho

Get the day started with one of the most iconic dining spots in Moscow. Food is **NOT INCLUDED** in trip cost.

### Stand Up Paddleboarding

Spring Valley, Idaho

Enjoy paddling around the flat water and learn the skills for a great SUP experience.

### Visit to Brush Creek Creamery

Deary, Idaho

Experience award-winning cheeses at this small-scale artisan creamery. Food is **NOT INCLUDED** in trip cost.

### Climbing Basics Clinic

Moscow, Idaho — SRC Climbing Center

Learn the fundamentals of indoor climbing and earn your unlimited access to open climbing at the SRC!

\*Basics clinic or belay check required for ALL climbers.

### Sunset Hike to Idler's Rest Nature Preserve

Moscow, Idaho

Finish off the day with beautiful sunset views of the Palouse.

### COST

Students | \$50  
All Others | \$65

### DATES

Pre-Trip | Sept. 4 at 5:30 p.m.  
Trip | Sept. 7



# to OUTDOORS **INTRO**

## Homecoming Goat Yoga

Student Rec Center Front Lawn



Come and relax before the big game on the SRC front lawn. OP staff and goats will guide for a 30 minute yoga session. Limited yoga mats will be provided.

### COST

Students & All Others | FREE

### DATES

Event | Oct. 5 at 10 a.m.

## Camping & Wellness Weekend

Moose Creek Reservoir, Idaho



Join the Outdoor Program and Vandal Health Education for a weekend of wellness. Relax next to a lake, SUP, read a book, practice wellness activities, and maybe have a s'more or two!

### COST

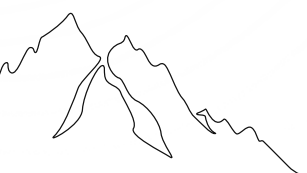
Students | \$40

All Others | \$60

### DATES

Pre-Trip | Oct. 8 at 5:30 p.m.

Trip | Oct. 12-13



# TOUR THE PALOUSE



1. THE BREAKFAST CLUB
2. STAND UP PADDLEBOARDING
3. VISIT TO BRUSH CREEK CREAMERY
4. CLIMBING CENTER BASICS CLINIC
5. HIKE AT IDLER'S REST NATURE PRESERVE

## THREE ADVENTURES IN ONE DAY!



TRIP | SEPT. 7  
PRE-TRIP | SEPT. 4, 5:30 PM

Open to all. Cost is \$50 for current University of Idaho students and \$65 for all others. Food at The Breakfast Club and Brush Creek Creamery is **NOT INCLUDED** in trip cost. Please inquire with the U of I Outdoor Program at (208) 885-6170 for more info.



# EVENTS *SPECIAL*

## Public Lands Day of Service

Granite Point, Wash.

Join us outside with Lewis-Clark State College to clean up a local climbing crag and climb a couple of outside routes while we are there!



### COST

Students & All Others | FREE

### DATES

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

Trip | Sept. 28

## 49<sup>th</sup> Annual Outdoor Equipment Sale & Swap



Multi-activity court inside Student Rec Center

### COST

Sellers | \$20

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

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

Entry from 7-8 p.m. | FREE

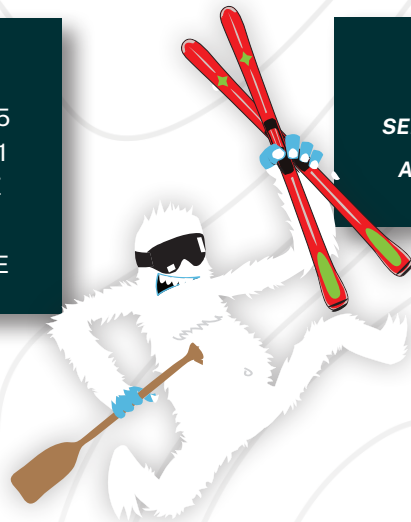
CURRENT UI STUDENTS &  
CHILDREN 12 OR UNDER | FREE

### DATE

Nov. 7

SELLER SET UP STARTS AT 5 P.M.

ALL PROCEEDS SUPPORT THE  
VANDAL SKI TEAM.



## Wilderness First Responder Hybrid Course

Student Rec Center Classroom

Taught by Desert Mountain Medicine.



### FULL COURSE

Cost | \$780

Dates | Jan. 3-7

\*Registration closes Dec. 6, 2024.

### REFRESHER COURSE

Cost | \$355

Dates | Jan. 6-7

\*Registration closes Dec. 6, 2024.



# WATER

## Open Kayak Pool Sessions

UI Swim Center

All necessary equipment included.



### COST

Students & All Others | \$10

### DATES

Aug. 28 at 7 p.m.  
Sept. 4 at 7 p.m.  
Sept. 11 at 7 p.m.

## Kayak Touring

Priest Lake, Idaho

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



### COST

Students | \$60  
All Others | \$80

### DATES

Pre-Trip | Sept. 11 at 5:30 p.m.  
Trip | Sept. 14-15

## 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. Cost includes instruction, equipment and transportation; must provide your own fishing license. For University of Idaho students only.

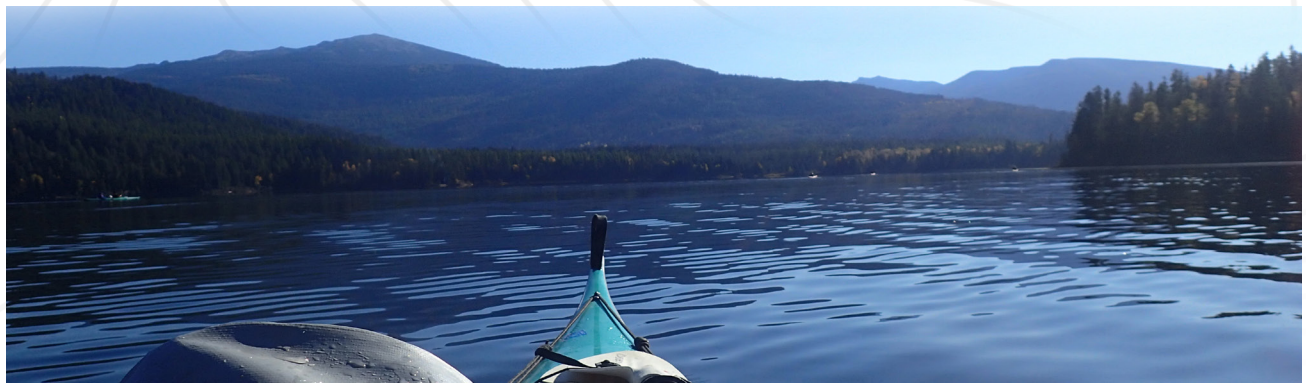


### COST

Students | \$175

### DATES

Pre-Trip | Oct. 9 at 5:30 p.m.  
Trip | Oct. 12-13





# BIKEPACKING

## Intro to Bikepacking

Robinson Park, Idaho

Join us to learn everything you need to know to go on your own bikepacking micro-adventures, no car needed! Cost includes bikepacking bags, group equipment, and instruction. You need to have your own mountain bike and safety gear (helmet and lights). In partnership with the Student Sustainability Cooperative.



### COST

Students | \$20  
All Others | \$30

### DATES

Pre-Trip | Sept. 18 at 5:30 p.m.  
Trip | Sept. 21-22

# HIKE

## Alpine Backpacking

Beehive Lakes, Idaho

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



### COST

Students | \$40  
All Others | \$60

### DATES

Pre-Trip | Sept. 10 at 5:30 p.m.  
Trip | Sept. 14-15

## Day Hike

Moscow Mountain, Idaho

Hike close to home and enjoy spectacular views of the Palouse.



### COST

Students | \$20  
All Others | \$30

### DATES

Pre-Trip | Oct. 16 at 5:30 p.m.  
Trip | Oct. 19

## Utah Canyonlands Backpacking

Grand Staircase — Escalante, Utah

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

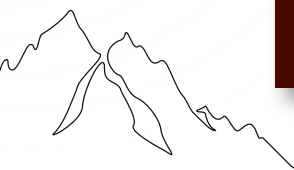


### COST

Students | \$210  
All Others | \$290

### DATES

Pre-Trip | Nov. 14 at 5:30 p.m.  
Trip | Nov. 24-30



# CLIMB

*\*All climbing activities are held at the Student Recreation Center unless listed otherwise.*

## First Week Climbing Basics 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.



### COST

Students | \$10  
All Others | \$15

### DATES

Clinic Dates | Aug. 19-23, 6-8 p.m.

## Intro to Lead Climbing Clinics

Learn lead climbing skills from our staff on the following Wednesdays throughout the Fall 2024 semester.



### COST

Students | \$10  
All Others | \$15

### DATES

Sept. 25, 6-8 p.m.  
Oct. 23, 6-8 p.m.  
Nov. 13, 6-8 p.m.  
Dec. 4, 6-8 p.m.

## Climbing Center Fall Semester Hours



### CLIMBING CENTER

Mon.-Fri. | Noon-9 p.m.  
Sat.-Sun. | Noon-7 p.m.

### YOUTH CLIMBING

Thurs.-Fri. | 3-6 p.m.  
Sat.-Sun. | Noon-7 p.m.

*\*Hours vary on holidays and academic breaks\**

## Climbing Rentals

### COST

Harness | \$4  
Climbing Shoes | \$4

## Free Rental Fridays

### DATES

Aug. 30  
Sept. 27  
Oct. 25  
Nov. 22  
Dec. 13

## Climbing Center Fees

### COST

Students | FREE  
All Others | \$10

*Passes are single-day use.*

*Climbers under 18 receive  
free rentals with climbing fee.*



# CLIMB

## Aerial Arts Clinic

Join us at the Climbing Center to learn aerial arts skills. Clinics are limited to 20 participants.



### COST

Students & All Others | \$10

### DATES

Sept. 18, 6-8 p.m.

Oct. 16, 6-8 p.m.

Nov. 20, 6-8 p.m.

## Monster Match Setting Party

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



### COST

Students & All Others | \$5

### DATE

Oct. 30, 6-10 p.m.

## Monster Match Competition

A frighteningly fun climbing competition!



### COST

Students | FREE

All Others | \$20

UNIVERSITY OF  
**IDAHO**  
CLIMBING CLUB



### DATE

Nov. 1, 7 p.m.



# WOMEN'S LED

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

## Women's-Led Backpacking

Selway River, Idaho

Cost includes transportation and group equipment.



### COST

Students | \$40

All Others | \$60

### DATES

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

Trip | Sept. 21 - 22

## Women's-Led Outdoor Leadership Retreat

UIEF, Idaho

Join the women of the Outdoor Program to learn outdoor skills, hear from leaders in the outdoor industry, practice yoga, network with fellow outdoor enthusiasts (find a new adventure buddy!), and relax at the University of Idaho Experimental Forest.

Cost includes transportation, equipment, food, and swag.



### COST

Students & All Others | \$100

### DATES

Pre-Trip | Nov. 6 at 5 p.m.

Trip | Nov. 9 - 10





# ARE YOU READY?!



CAMP COUNSELOR



FIREFIGHTER



RIVER GUIDE

## WILDERNESS FIRST RESPONDER HYBRID COURSE

WILDERNESS MEDICINE | BASIC LIFE SUPPORT SKILLS | CPR CERTIFICATION

FULL COURSE: **Jan. 3-7 | \$780**

REFRESHER: **Jan. 6-7 | \$355**



Contact the **Outdoor Program Office** located in the Student Rec Center for more information  
1000 Paradise Creek Moscow, ID | 208-885-6810  
[outdoorprogram@uidaho.edu](mailto:outdoorprogram@uidaho.edu)

# MEET THE OUTDOOR PRO STAFF



**Hans Zander**

Coordinator, Outdoor Program and Rental Center

**Phone:** (208) 885-6170

**Email:** [hzander@uidaho.edu](mailto:hzander@uidaho.edu)

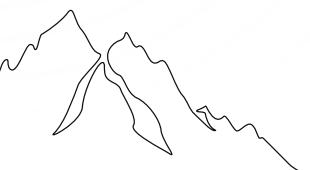


**Sandra Townsend**

Director, Outdoor and Youth Programs

**Phone:** (208) 885-6810

**Email:** [stownsend@uidaho.edu](mailto:stownsend@uidaho.edu)



# OUTDOOR EQUIPMENT SALE & SWAP

**WHEN: THURS., NOV. 7, 2024**  
**WHAT TIME: 6-8 p.m.**  
**WHERE: SRC Multi-Activity Court**

*Sell or score some  
new-to-you gear!*

OUTDOOR PROGRAM | VANDAL SKI TEAM

## 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) | [outdoorprogram@uidaho.edu](mailto:outdoorprogram@uidaho.edu)



@UI\_OutdoorProgram  
#VentureLikeAVandal