



RECREATION & WELLBEING  
**OUTDOOR PROGRAM**

**SPRING SCHEDULE**

# **OUTDOOR PROGRAM**

# 25



**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) 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

## ***Snowshoe Hike***

Moscow Mountain, Idaho



Enjoy a snowy hike on Moscow Mountain to kick off the semester. Includes equipment, instruction and transportation.

### **COST**

Students | \$25

All Others | \$40

### **DATES**

Pre-Trip | Feb. 6 at 5:30 p.m.

Trip | Feb. 8

## ***Earth Day Hike***

Moscow Mountain, Idaho



Hike to scenic view paths to our local hill. Includes equipment and transportation.

### **COST**

Students | \$20

All Others | \$30

### **DATES**

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

Trip | Apr. 19





# SPECIAL EVENTS

## Backcountry Film Festival

Kenworthy Theater

Join us for the 20th Annual screening of documentaries and ski movies about athletic pursuits in the mountains.



BUY TICKETS HERE!

**COST**  
All | \$12

**DATES**  
Event | Jan. 29 at 6:30 p.m.

MARCH 1 | 8 A.M. - 6 P.M.

# NG<sub>3</sub> PALOUSE CLIMBING FESTIVAL

REGISTRATION & WELL-BEING  
OUTDOOR PROGRAM

PALOUSE  
CLIMBING  
FESTIVAL

EARLY BIRD REGISTRATION ONLY \$35  
ENDS FEB. 17

For more information, visit the Outdoor Program Office or email [outdoorprogram@uidaho.edu](mailto:outdoorprogram@uidaho.edu)



# WOMEN'S LED PROGRAMMING

Open to all genders

## Cross Country Skiing



University of Idaho Experimental Forest, Idaho

Enjoy a snow-filled adventure on groomed cross-country trails on the U of I Experimental Forest. Includes transportation, instruction and equipment.

### COST

Students | \$30  
All Others | \$45

### DATES

Pre-Trip | Jan. 15 at 5:30 p.m.  
Trip | Jan. 18

## River Canyon Backpack



Kirkwood Ranch, Idaho

Come explore the deepest canyon in the United States, visit a historic ranch, and fall asleep listening to the Snake River. Includes transportation, group equipment, and instruction.

### COST

Students | \$40  
All Others | \$60

### DATES

Pre-Trip | Apr. 8 at 5:30 p.m.  
Trip | Apr. 12 - 13





# SNOW

## ***Avalanche Awareness***

**Classroom, UI Student Recreation Center**



Learn to understand the basic dangers of avalanches, how to avoid them, and how to learn more to keep yourself aware in the backcountry.

**COST**  
**FREE**

**DATES**  
**Class | Jan. 16 at 5:30 p.m.**

## ***Avalanche Rescue Fundamentals***

**Moscow Mountain, Idaho**



Learn the basics of avalanche rescue with a focus day practicing skills like beacon recovery, strategic shoveling and team rescue. Includes transportation, rescue equipment, and instruction.

**COST**  
**Students | \$90**  
**All Others | \$125**

**DATES**  
**Class | Jan. 31 at 5:30 - 8 p.m.**  
**Field Session | Feb. 1**

## ***Avalanche Level 1 Course***

**Silver Valley, Idaho**



Learn avalanche basics, terrain management, snowpack formation, and planning, communication and decision making frameworks in this 24-hour course. Includes rescue equipment, group equipment, and instruction.

**COST**  
**Students | \$315**  
**All Others | \$365**

**DATES**  
**Class | Feb. 11 & 13 at 5:30 p.m.**  
**Field Session | Feb. 15 - 16**



# SNOW

## **Aneroid Basin Backcountry Ski Trip**

Wallowa Mountains, Oregon



Ski or splitboard in the heart of the Wallowas to a backcountry hut on this classic Outdoor Program trip. Includes transportation and group equipment.

### **COST**

Students | \$50  
All Others | \$75

### **DATES**

Pre - Trip | Feb. 4 at 5:30 p.m.  
Trip | Feb. 6 - 9

Pre - Trip | Mar. 6 at 5:30 p.m.  
Trip | Mar. 8 - 11

## **Cross Country Skiing**

University of Idaho Experimental Forest, Idaho



Enjoy a snow-filled adventure on groomed cross-country trails on the U of I Experimental Forest. Includes instruction, transportation and equipment.

### **COST**

Students | \$30  
All Others | \$45

### **DATES**

Pre - Trip | Jan. 23 at 5:30 p.m.  
Trip | Jan. 25

## **Mountain Express Ski Bus**

Lookout Pass, Idaho



Includes transportation and lift ticket. \*All Pre-Trips start at 5:30 p.m.

### **COST**

Students | \$73  
All Others | \$83  
\*Ride only | \$20

Pre - Trip | Jan. 17

Trip | Jan. 18

Pre - Trip | Jan. 24

Trip | Jan. 25

Pre - Trip | Jan. 31

Trip | Feb. 1

Pre - Trip | Feb. 7

Trip | Feb. 8

Pre - Trip | Apr. 11

Trip | Apr. 13





# SNOW

## DISCOUNT LIFT TICKETS!

### LOOKOUT MOUNTAIN

Students | \$53      All Others | \$63

### SILVER MOUNTAIN

Students | \$62      All Others | \$67

Visit the Outdoor  
Program Office to  
purchase your  
tickets!



# Hike & Climb

## Utah Canyonlands Backpack



Grand Staircase - Escalante, Utah

Discover the maze of red sandstone canyons that winds through southern Utah. This trip is designed for individuals of any skill level. Includes transportation and group equipment.

### COST

Students | \$210  
All Others | \$290

### DATES

Pre - Trip | Mar. 3 at 5:30 p.m.  
Trip | Mar. 9 - 15

## River Canyon Backpack



Selway River, Idaho

Hike and camp along this iconic wild and scenic river. Includes transportation and group equipment.

### COST

Students | \$40  
All Others | \$60

### DATES

Pre - Trip | Apr. 15 at 5:30 p.m.  
Trip | Apr. 19 - 20



# Water

## Swiftwater Rescue Training

Potlatch River, Idaho



Learn how to rescue yourself, others and equipment in swiftwater scenarios. Includes equipment and SRT certification. Taught by Swiftwater Safety Institute.

**COST**  
All | \$345

**DATES**  
Class | Apr. 4 at 5 - 8 p.m.  
Field Sessions | Apr. 5 - 6

## Oregon Coast Surfing

Cannon Beach, Oregon



Enjoy the beauty of the Oregon Coast with this three-day surfing trip. Includes transportation, camping, group equipment, board rental and four-hour instruction. Leaves the evening of May 1.

**COST**  
Students | \$220  
All Others | \$275

**DATES**  
Pre - Trip | Apr. 24 at 5:30 p.m.  
Trip | May 1 - 4

## Open Kayak Pool Sessions

UI Swim Center



Join new and experienced kayakers in the pool to learn new skills and practice the ones you already have. This is a community of practice and mentorship. Price includes kayak equipment rental at the pool.

**COST**  
All | \$10

**DATES**  
Session | Mar. 26 at 7 - 9 p.m.

Session | Apr. 2 at 7 - 9 p.m.

Session | Apr. 9 at 7 - 9 p.m.



# CLIMB

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



## **First Week Climbing Basics Clinics**

UI Climbing Center

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 | Jan. 8 - 10 at

6 - 8 p.m.

## **Intro to Lead Climbing Clinics**

UI Climbing Center

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



### **COST**

Students | \$10

All Others | \$15

### **DATES**

Jan. 22, 6 - 8 p.m.

Feb. 5, 6 - 8 p.m.

Feb. 19, 6 - 8 p.m.

Mar. 5, 6 - 8 p.m.

Mar. 19, 6 - 8 p.m.

Apr. 16, 6 - 8 p.m.

Apr. 30, 6 - 8 p.m.

## **NC3 Palouse Climbing Festival**

Visit [uidaho.edu/outdoorprogram](http://uidaho.edu/outdoorprogram) for registration link



### **REGISTRATION COSTS**

Early Bird | \$35 \*Ends Feb. 16

Regular | \$40 \*Feb. 17 - Mar. 1

### **DATE**

Festival Date | Mar. 1 at

8 a.m. - 6 p.m.

## **Aerial Arts Clinic**

UI Climbing Center



### **COST**

Students | \$10

All Others | \$15

### **DATE**

Clinic Date | Jan. 15 at

6 - 8 p.m.



# CLIMB

## **Climbing Rentals**    **Free Rental Fridays**

### **COST**

Harness | \$4  
Climbing Shoes | \$4

### **DATES**

Jan. 31    Mar. 28  
Feb. 28    Apr. 25

## **Climbing Center Fees**



### **COST**

Students | FREE  
All Others | \$10

Passes are single-day use.

Climbers under 18 receive free rentals with climbing fee.

Cost does not include Basics Clinic, required of all climbers in the center.

## **Climbing Basics Clinic Information**



UI Climbing Center

### **COST**

Students | \$10  
All Others | \$15

### **DATES**

Every Mon., Tues.,  
Thurs., Fri. at 6 - 8 p.m.

## **Climbing Center Hours**

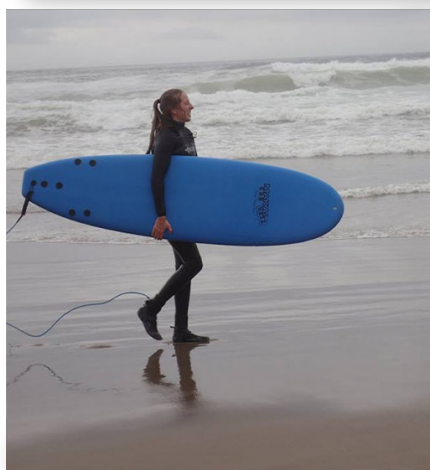


Mon.-Fri. | Noon - 9 p.m.  
Sat.-Sun. | Noon - 7 p.m.

Closed for PCF  
Feb. 25 - 28







# MEET THE OUTDOOR PRO STAFF



**Hans Zander**

Coordinator, Outdoor Program Rental Center

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

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

**Favorite Outdoor Activities:**

- Mountain Biking
- Backpacking
- Canoeing
- Rafting
- Skiing



**Sandra Townsend**

Director, Outdoor and Youth Programs

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

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

**Favorite Outdoor Activities:**

- Skiing
- Mountain Biking
- Rafting





**JANUARY 29**

**KENWORTHY PERFORMING ARTS CENTRE**

508 S. MAIN STREET, MOSCOW, ID

7 P.M. | DOORS OPEN AT 6:30 P.M.

TICKETS | \$12

<<<<<< SCAN QR CODE TO PURCHASE TICKETS



## 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**