

Adventure WV

S.O.A.R.

Sophomore Outdoor Adventure Reorientation The Rocky Mountains and the Desert Southwest—May 9-22

The **S.O.A.R.** Program is an experiential-based 3-credit personal development course designed for students who are getting ready to enter their sophomore year. The course will help students to reflect on their freshman year and learn about themselves, to explore their personal values and motivations, to discuss and prepare for sophomore year expectations, and to form lasting friendships with other students. This course begins at the end of the student's freshman year with a 14-day camping trip to the Rocky Mountains and the Desert Southwest. The students will then reunite in the fall semester for four classroom meetings, helping them to reflect on what they learned during the trip, to continue preparing for the sophomore year, and to make connections with WVU faculty and staff that will aid them throughout their college years.

Location:

This camping trip will lead students all the way from West Virginia to the following National Parks: Rocky Mountain, Zion, Bryce, and Arches. The trip will culminate with a backpacking trip through Escalante National Monument, one of the most remote and beautiful areas in the United States. While on the trip, students will observe the natural wonders of the Southwest Region through adventure while goal setting, undergoing self-exploration, and preparing for the rest of their college experience. This course is designed to accommodate students with no previous outdoor experience. Evenings will be spent in "class" having discussions around the campfire. Campfire discussions will include: reflecting on the freshman year, achieving academic success, how to achieve happiness, finding purpose, and setting goals for the remaining college years.

General Information:

The cost of this course is \$700 (~\$50 a day) which includes: food, transportation, equipment, permits, instruction, and camping fees. Personal gear (e.g., raincoat, fleece jacket, etc.) will not be provided. Students will not be required to pay additional tuition fees if they are full-time students for the Fall 2007 semester. During the drive out and back students will be responsible for buying their own dinners, which will be a total of approximately Five to six fast food-type meals (breakfast and lunch will be provided). We will also have approximately two sit-down restaurant meals, which students will be responsible for paying for. Students may also want to bring extra money for road snacks and souvenirs. When one considers that the \$700 course fee (\$50 a day) includes a 14-day camping trip to the Rocky Mountains and the Desert Southwest, a reunion gathering, and three credits... this is a bargain!

There are only 20 spots for students in this innovative program. Students must also be completing their freshman year (with no more than 59 credit hours). Sign-up early, as space is limited!!!

Previous Experience:

Experience in outdoor recreation activities is not required, as this trip is designed so that beginners can participate. Students will be expected to learn necessary skills (e.g., how to filter drinking water from a stream). Participants should also be aware that this is an "adventure" trip, meaning that we will not be staying at the Marriott. We will be camping in tents, and going days without showering. We will all be dirty together, and we will like it!

Fitness:

One of the primary trip activities will be hiking. Trip participants should therefore be physically fit. This doesn't mean that you need to be able to run a marathon, but you should feel comfortable hiking eight miles in a day. The four day backpacking trip will be in a remote area of Escalante National Monument, and will cover 23 miles. Safety is our number #1 concern!!! The distance we'll be hiking can be very demanding, especially carrying a weighted backpack, and the terrain may be uneven. To ensure everyone's safety and success on the trip, it is important that each student understands the trip's level of fitness before committing to participate.

Billing and Refund Policy:

Your student account will be billed for \$700 when you register for SOAR. Cancellation of your registration, for any reason, will result in the loss of a \$195 deposit. If you cancel your registration more than 30 days prior to the trip (e.g, by April 10th) then you will receive a refund of \$505. If you cancel your registration fewer than 30 days prior to the trip (e.g, on or after April 10th) then none of the \$700 will be refunded.*

** If you do cancel your registration, regardless of when you cancel, and the trip fills with additional students (e.g., all 19 student spots are filled) then you will receive a full refund of \$700.*

Pre-trip Meeting

There will be two pre-trip meetings, which will focus on learning basic information about the trip and meeting the other students. **The pre-trip meetings are mandatory for all participants!** This is to ensure that everyone is prepared. See below for pre-trip meeting dates.

Topics covered will include:

Trip Itinerary	Equipment (backpacks, tents, stoves, etc.)
Group dynamics and team work	Participant expectations
Emergency procedures	ADV WV policies
Paperwork	Safety
Basic skills	Clothing
Food and Cooking	Syllabus

IMPORTANT DATES!!

Date	Time	Location	Topic
3/2/09	8pm	ORC	Info Meeting/ Slideshow
3/9/09	5pm	Carruth Center	Applications Due
4/6/09	8pm	ORC	1 st Pre-trip Meeting
4/27/09	8pm	ORC	2 nd Pre-trip Meeting
5/8/09	12-4pm	ORC	Equipment check/Packing Trailer

SOAR 2009 Daily Itinerary

Day	Date	Daily Itinerary
1	5/9/08	Meet at Student Rec Center @ 6:00am Leave @ 6:30am Drive to Kansas
2	5/10/08	Drive and arrive at Rocky Mountain National Park (CO), stay overnight
3	5/11/08	Rocky Mountain NP, Day Hike Drive and camp at Goblin Valley State Park (UT)
4	5/12/08	Day hike Wild Horse canyon Camp at Goblin Valley SP
5	5/13/08	Drive to Zion NP, day hike, camp at Zion
6	5/14/08	Hike Narrows in Zion, Camp at Zion
7	5/15/08	Hike in Zion NP or drive to Bryce NP, Hike in Bryce, Drive to Escalante SP Camp at Escalante SP, pack for backpacking
8	5/16/08	Backpack Coyote Gulch
9	5/17/08	Backpack Coyote Gulch
10	5/18/08	Backpack Coyote Gulch
11	5/19/08	Backpack out of Coyote Gulch Drive to Moab, Hit the town Camp in Moab
12	5/20/08	Hike to Delicate Arch Drive to Colorado Camp in Colorado
13	5/21/08	Drive, drive, drive Camp in Missouri
14	5/22/08	Drive, Arrive home, and clean gear DONE LATE!!!

Equipment:

Due to the ever-changing weather and the variety of environments we will be traveling through, we must require everyone to have certain equipment. This is personal equipment that we **cannot** supply. One of the trip leaders must inspect it before the trip. You will receive an equipment list a few weeks after signing up.

For More Information:

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