

Wilderness Orientation

General Information

1. WHEN IS THE PROGRAM?

July 30, 7 p.m. to August 9, 10 a.m. **BE ON TIME!**

2. WHERE DO I NEED TO REPORT ON CAMPUS?

Come to the **East Field House** (see the campus map enclosed or go to <http://maps.ucsc.edu>).

3. CAN I PARK ON CAMPUS?

Yes, although you must pick up a parking permit at the Parking Office located near the East Entrance of campus (see campus map). Park in the "East Remote" parking lot, located about 300 yards from the East Field House. The cost is \$4/day for remote parking. Call TAPS beforehand to confirm availability. UCSC parking (TAPS) phone # 831-459-4543.

4. WHAT IS INCLUDED IN THE COST?

- All meals beginning with breakfast on day 1 and ending with a continental breakfast on day 10 (except one dinner explained in #5 below).
- Transportation between Santa Cruz and the Sierra Nevada Mountains.
- All group equipment (i.e. stoves, cook gear, tents or tarps, rock climbing equipment).
- Instruction provided by a leader, assistant, and a volunteer who was a WO student last year.

5. WHAT IS NOT INCLUDED IN THE COST?

- Personal equipment (see equipment list), snacks you might buy on the road.
- One dinner we will eat out on the return trip from the Sierra. Expect to spend about \$8-15.

6. WHERE ARE WE GOING?

We will travel by van to the Sierra Nevada mountains, located in California about 6 hours east of Santa Cruz. On each session there will be five groups of 12 students and 3 leaders, each going to a different location in the mountains. All routes are in the 'high sierra' region of the range between the southern border of Yosemite and Sequoia National Park. We will not know the exact route you will be on until a few days before you arrive for the program.

7. WHAT WILL WE BE DOING ON THE FIRST DAY OF THE PROGRAM?

- **7:00 pm --- registration**
- Welcome circle, orientation to the program, and group activities.
- All participants sleep in the activities room on campus.

Following morning ...

- Equipment check,
- Drive approx. 6 hours to the trailhead, stopping on the road or at the destination to eat a light dinner.

8. WHAT WILL HAPPEN AT THE END OF THE PROGRAM?

You and your group will drive back from the Sierra Nevada mountains on day 9 of the program, arriving in Santa Cruz that evening. You will likely go out to dinner and then spend the night on campus with your group. On day 10 we will provide a light breakfast and **your group will finish with closing ceremonies at about 10 am. Please plan to be engaged until this time.**

9. CAN I STORE EXTRA BELONGINGS?

We will have limited storage available for belongings that you will not be bringing with you on course.

10. HOW DO I GET AROUND WITHOUT A CAR?

The local bus service provides frequent runs through campus, and downtown. It costs \$1.50 per ride or \$4.50 per day (correct change is required). Once school starts your student I.D. works as a bus pass.

11. HOW MUCH MONEY SHOULD I BRING?

Bring at least \$40. You should only need to spend money on dinner on the way home from the Sierras and possibly snacks on the road, but **be prepared to buy and/or rent equipment if we feel yours is inadequate for this trip.** Also please bring sufficient money to pay for gear that you will be renting.

12. HOW MIGHT I PHYSICALLY AND MENTALLY PREPARE FOR THE TRIP?

Wilderness Orientation is physically challenging. You can expect to hike anywhere from 3-10 miles a day at high elevations while carrying all of your belongings (up to 50 lbs.) on your back. Self-sufficiency is one of the joys of backpacking, but it does mean more physical exertion than you may be accustomed to. If you have an open attitude and a readiness to challenge yourself, we have confidence that you will be able to complete the course. You will find that if you are physically fit, you will enjoy the trip that much more. Make a habit of doing strengthening and aerobic exercise a minimum of every other day for several weeks prior to the trip. Running, hiking, biking, and lap swimming are great forms of exercise. If you go on hikes, don't forget to wear your hiking boots to break them in to avoid blisters while on WO.

* Be mentally prepared for all kinds of weather (i.e. sunshine, rain, snow, cold, etc). We will be in the mountains at the transition of summer turning to fall . . . anything can happen.

* Be prepared for a group experience. You will have time alone (during the 24 hour solo and at other times), but much of the time will be shared with others. At its best, a group experience requires cooperation, compromise, flexibility and a positive attitude.

13. DO I NEED PREVIOUS WILDERNESS EXPERIENCE?

No. While it is helpful, more important than experience is physical fitness, an open attitude, a willingness to challenge yourself, and a desire to learn from and work with others. All the backcountry skills needed for the course will be taught.

14. WHAT IS THE 24-HOUR SOLO EXPERIENCE ALL ABOUT?

Similar to experiencing college for the first time, a wilderness solo is a special and eye-opening experience for most people. For twenty-four hours you will be in your own small area which gives you privacy from the group. **Students are expected to remain at their solo site. This experience is not a time to hike in the Sierra alone.** Solo is a time to think about the transition into college, a time to think about leaving home, a time to write in your journal and observe your natural surroundings. Students drink plenty of water during this time but usually choose to fast, as it can help minimize distractions, heighten awareness, and be a learning experience about our relationship with food (fasting is not required). You will have all the equipment you need to stay warm, dry, and comfortable. For safety reasons, instructors are camped within whistling distance and are always aware of your location. You may find this to be the most meaningful experience of your trip, many students have.

15. WHAT HAPPENS IN CASE OF AN EMERGENCY?

Should your parents need to get in contact with you while you're in the backcountry, the time, effort and cost will be great. The administrative staff will try to reach you only if there is an extreme emergency. **You will be responsible for all costs involved.** Should you need to be evacuated from the mountains (whether due to an injury, illness, or a student's refusal to continue the course) **you will be responsible for all costs—a minimum of \$200.**

16. ALCOHOL, DRUGS, TOBACCO?

No alcohol, tobacco (smoked or chewed), or illicit drugs will be allowed at any time during the program. This is not only in consideration of others, but also a serious safety concern. Students found in possession may be removed from the course. Any prescription drugs that students bring should be in their prescription bottles showing the doctor's name. Instructors should be notified of any prescription drugs that are being taken. If you smoke or chew, we advise that you quit well before the course in order to make the transition easier. Please consult a doctor for alternatives should you be concerned about the effects of withdrawal.

Transportation to UCSC

This information has been updated as of March 2009. Changes may occur by the time you make your way to Santa Cruz. We can also help to coordinate carpools with other WO participants who may be coming from your area. Feel free to call our office, 831-459-2807, and we can give you some names of numbers of other people coming from your area. Remember to call the service you choose to verify departure times and costs listed below.

1. San Jose Airport to UCSC

Greyhound Bus

Cost: \$7.50 one way, \$15 round-trip

Contact: Greyhound Bus lines: 1-(800)-231-2222

Schedule: From the airport, take city bus to the bus station. Greyhound buses will take you to the Santa Cruz Metro Center. Departures at 8:15 am, 11:30am, 2:30 p.m., and 11:55 p.m. (bus takes about an hour)

Drop off: Santa Cruz Metro Center. See #4 for directions to UCSC

Surf City Shuttle

Private transportation services. Cost is \$59 one way per vehicle (up to 3 people).

Contact: www.surfcityshuttle.com

San Jose Airport to San Jose Train Depot

#10 Santa Clara Transit Bus

Cost: free

Contact: Santa Clara County Transit 1-800-894-9908, (408) 321-2300

Schedule: Regular trips from the airport terminal to the Santa Clara Caltrain Station

Drop off: Santa Clara Train Depot

San Jose Train Depot to Santa Cruz Metro Center

Highway 17 Amtrak Bus Service

Cost: \$4

Contact: Santa Cruz Metro Transit: (831) 425-8600, Santa Clara County Transit 1-800-894-9908

Schedule: Departs from the San Jose Train Depot 24 times a day on the weekdays to Santa Cruz.

Drop off: Santa Cruz Metro Center. See #4 for directions to UCSC.

3. San Francisco Airport to UCSC

Greyhound Bus

Cost: \$13.25 one-way, \$26.50 round-trip. The bus stop is on the south end of the lower level at SFO airport.

Contact: Greyhound Bus lines, 1-800-231-2222

Schedule: 6:30 a.m., 9:30 a.m., 12:30 p.m., 10:00 p.m. departures (bus takes about 3 hours)

Drop off: Santa Cruz Metro Center. See #4 for directions to UCSC.

CalTrain

Cost: \$4.00

Contact: CalTrain: 1-800-660-4287 www.caltrain.com

Schedule: Call or consult website for schedule

Drop off: San Jose Train Depot. Follow directions in #2 to get to Santa Cruz Metro Center.

4. Downtown Santa Cruz to UCSC via Santa Cruz City Bus

Cost: \$1.50 for one ride, or \$4.50 for a day pass (Have exact change).

Contact: The Santa Cruz Metro Center (local public transit) is located at 920 Pacific Ave in downtown Santa Cruz, (831) 425-8600.

Schedule: Buses depart from Santa Cruz Metro Center to UCSC approximately every 10 min. until 6:00pm when frequency shifts to every 20 minutes

Drop off: You want to get off the bus at the East Field house

LODGING

1. Where do I stay if I arrive one day early?

All participants will stay in the activities room on Day 0 (July 31). If you arrive July 29 or before, a relatively inexpensive option is the Santa Cruz Youth Hostel. For more information, call (831) 423-8304.

2. Where can I stay in Santa Cruz after Wilderness Orientation?

A relatively inexpensive option is the Santa Cruz Youth Hostel. For more information, call (831) 423-8304.