



RECREATION & WELLBEING  
**OUTDOOR PROGRAM**

**SPRING SCHEDULE**

# **OUTDOOR PROGRAM 24**



**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) different 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 can include 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" mean?

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 usually 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 description. **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.*

**Students | \$25**

**All Others | \$40**

**Trip | January 13**

**Pre-Trip | January 11 at 5:30 p.m.**

## **Earth Day Hike**

**MOSCOW MOUNTAIN, IDAHO**



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

**Students | \$20**

**All Others | \$30**

**Trip | April 20**

**Pre-Trip | April 18 at 5:30 p.m.**

## **Intro to Whitewater Kayak Clinic**

**UI SWIM CENTER**



*Come learn the fundamentals of how to outfit, paddle and wet exit a whitewater kayak. Includes equipment and instruction.*

**Students | \$40**

**All Others | \$60**

**Clinic | March 27 from 7 - 9 p.m.**

# SPECIAL EVENTS

## Backcountry Film Festival KENWORTHY THEATER

Join us for the 19th Annual screening of documentaries and ski movies about athletic pursuits in the mountains.



**BUY TICKETS HERE!**

**Cost** | \$12

**Event** | January 17 at 7 p.m. | Doors open at 6:30 p.m.

MARCH 2 | 8 A.M. - 6 P.M.

# NO<sub>3</sub> PALOUSE CLIMBING FESTIVAL

RECREATION & WELLBEING  
OUTDOOR PROGRAM

EARLY BIRD REGISTRATION ONLY \$35

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

ARE YOU READY?

CAMP COUNSELOR  
FRONTIER  
RIVER GUIDE

**WILDERNESS  
FIRST RESPONDER  
HYBRID COURSE**

**WILDERNESS  
FIRST  
RESPONDER  
HYBRID COURSE**

FULL COURSE:  
**MAY. 13 - 17 | \$780**

REFRESHER:  
**MAY 16 - 17 | \$355**

# WOMEN-LED PROGRAMMING

Open to all genders

## Snowshoe Hike

MOSCOW MOUNTAIN, IDAHO



*Hike in a winter wonderland close to Moscow and enjoy views of the Palouse. Includes equipment, instruction and transportation.*

**Students** | \$25

**All Others** | \$40

**Trip** | February 3

**Pre-Trip** | February 1 at 5:30 p.m.

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## River Canyon Backpack

HELLS CANYON, IDAHO



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

**Students** | \$40

**All Others** | \$60

**Trip** | April 27 - 28

**Pre-Trip** | April 25 at 5:30 p.m.

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# 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.*

**Students** | \$210

**All Others** | \$290

**Trip** | March 10 - 16

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

## River Canyon Backpack



### SELWAY RIVER, IDAHO

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

**Students** | \$40

**All Others** | \$60

**Trip** | April 20 - 21

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

# CLIMBING CENTER

## Open Climbing Hours



**Monday - Friday** | Noon - 9 p.m.

**Saturday - Sunday** | Noon - 7 p.m.

## Climbing Gear Rentals

**Harness** | \$4     **Climbing Shoes** | \$4

## Free Rental Fridays

January 26 | February 23 | March 29 | April 26

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## Youth Open Climb



**Thursday - Friday** | 3 - 6 p.m.

**Saturday - Sunday** | 12 p.m. - 7 p.m.

*Open during academic holiday breaks.*

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## Basic Climbing Clinics



*Required for climbing.*

**Monday, Tuesday, Thursday, Friday** | 6 p.m.

**Students** | \$10

**All Others** | \$15

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## First Week Basic Climbing 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.*

**Students** | \$10

**All Others** | \$15

**Clinic Dates** | January 10 - 12 from 6 - 8 p.m.



# CLIMBING CENTER

## Aerial Arts Clinic



### UI CLIMBING CENTER

Join us at the Climbing Center on the first Wednesday of every month to learn aerial arts skills. All clinics are from 6 - 8 p.m. Clinics are limited to 20 participants.

**Cost | \$10**

January 17 | February 7 | March 6

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## Intro to Lead Climbing Clinics



Learn lead climbing skills from our staff on the following Wednesdays throughout the spring semester. Clinics are from 6 - 8 p.m.

**Students | \$10**

**All Others | \$15**

January 24 | February 14 | February 21 | April 17 | April 24 | May 1

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## NC3 Palouse Climbing Festival

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

**Festival | March 2 at 8 a.m. - 6 p.m.**

**Early Registration | \$35**

*Ends February 18*

**Regular Registration | \$40**

*February 19 - March 2*

# CLIMBING CENTER

## Single Pitch Instructor Prep Series

UI CLIMBING CENTER



*Learn technical skills to advance your proficiency in outdoor top rope and lead climbing. Sign up at the Outdoor Program.*

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## Lead Climbing

*Learn the techniques of how to climb inside and at the crag using your own rope and equipment.*

**Cost** | \$15

**Class** | March 20 at 6-8 p.m.

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## Anchor Building

*Learn how to use various materials and gear to build solid anchors for climbing.*

**Cost** | \$15

**Class** | March 27 at 6-8 p.m.

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## Sport Climbing

*Learn industry standard methods of how to climb and clean a route outside, with bolted routes.*

**Cost** | \$15

**Class** | April 3 at 6-8 p.m.

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## Rappelling

*Yay! You've gotten to the top, now what? Learn how to effectively set up and use a rappel system.*

**Cost** | \$15

**Class** | April 10 at 6-8 p.m.



AMERICAN  
AVALANCHE  
ASSOCIATION

# SNOW

## 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 rescue equipment and instruction.*

**Students** | \$90

**All Others** | \$125

**Field Session** | January 13

**Class** | January 12 at 5:30 p.m.  
SRC Classroom

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## 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 group equipment and instruction.*

**Students** | \$315

**All Others** | \$365

**Field Session** | January 27 - 28

**Class** | January 24 and 25  
at 5:30 p.m.  
SRC Classroom

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## Avalanche Level 2 Course

WALLOWA MOUNTAINS, OREGON



*If you've taken the Level 1 and Avalanche Rescue and are continuing to venture into the winter backcountry, then the Level 2 course is for you. Build upon the foundation you developed during your prior training. Gain a deeper understanding of the nuances and intricacies of avalanches. Includes transportation, instruction, group equipment and lodging.*

*Contact Outdoor Program for more information on signing up and pricing.*

**Trip** | March 9 - 12

**Class** | March 5 & 7 at 5 p.m.  
SRC Classroom

# SNOW

## Cross Country Ski Tour

MOSCOW MOUNTAIN, IDAHO



*Enjoy a snow-filled adventure on groomed XC trails on the UI Experimental Forest. Includes transportation and equipment.*

**Students** | \$30

**All Others** | \$45

**Trip** | January 20

**Pre-Trip** | January 18 at 5:30 p.m.

# DISCOUNT LIFT TICKETS!

### LOOKOUT PASS

\$52 for students | \$62 all others

### SILVER MOUNTAIN

\$60 for students | \$66 all others

Visit the Outdoor  
Program Office to  
purchase your  
tickets!



# SNOW

## Mountain Express Ski Bus

LOOKOUT PASS, IDAHO



Let us drive you to the mountain! Includes transportation and lift ticket.

**Students** | \$72

**All Others** | \$82

**Trip** | January 27

**Ride Only** | \$20

**Pre-Trip** | January 26 at 5:30 p.m.

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## 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.

**Students** | \$50

**All Others** | \$75

**Trip** | February 1 - 4

**Pre-Trip** | January 29 at 5:30 p.m.

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## Mountain Express Ski Bus

SILVER MOUNTAIN, IDAHO



Let us drive you to the mountain! Includes transportation and lift ticket.

**Students** | \$80

**All Others** | \$86

**Trip** | February 11

**Ride Only** | \$20

**Pre - Trip** | February 9 at 5:30 p.m.

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## Backcountry Ski Day

WHERE THE BEST SNOW IS!, PNW



Backcountry ski or splitboard where the best powder in the PNW is at time of trip! Location will be finalized in pre-trip meeting.

**Students** | \$40

**All Others** | \$60

**Trip** | February 17

**Pre-Trip** | February 15 at 5:30 p.m.

# WATER

## Potlatch Rafting

POTLATCH RIVER, IDAHO



Enjoy an exciting whitewater rafting trip on the Potlatch River. Includes group equipment and transportation.

**Students** | \$85

**All Others** | \$100

**Trip** | March 23

**Pre-Trip** | March 21 at 5:30 p.m.

## Intro to Whitewater Kayak Clinic

UI SWIM CENTER



Come learn the fundamentals of how to outfit, paddle and wet exit a whitewater kayak. Includes equipment and instruction.

**Students** | \$40

**All Others** | \$60

**Clinic** | March 27 from 7 - 9 p.m.

## Open Kayak Pool Sessions



UI SWIM CENTER

Includes equipment.

**Cost** | \$5

**Clinic** | March 27, April 3 and April 10 from 7 - 9 p.m.

## 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** | \$335

**Class** | April 5 from 5 - 8 p.m.  
SRC Classroom

**Field Sessions** | April 6 - 7

# WATER

## Advanced Whitewater Kayak Clinic

UI SWIM CENTER



*Come learn advanced whitewater kayak skills. Includes equipment and instruction.*

**Students** | \$40

**All Others** | \$60

**Clinic** | April 3 from 7 - 9 p.m.

## Overnight Rafting Trip

LOWER SALMON, IDAHO



*Enjoy a relaxing weekend rafting trip. Includes transportation, equipment and instruction.*

**Students** | \$150

**All Others** | \$200

**Trip** | April 27 - 28

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

## 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 2.*

**Students** | \$220

**All Others** | \$275

**Trip** | May 2 - 5

**Pre-Trip** | April 29 at 5:30 p.m.



RECREATION & WELLBEING  
**OUTDOOR PROGRAM**

## Get in TOUCH!

Outdoor Program Office: 208-885-6810

Rental Center: 208-885-6170

[uidaho.edu/outdoorprogram](http://uidaho.edu/outdoorprogram)

@UI\_OutdoorProgram | #VentureLikeAVandal

Outdoor Program Office: **9 a.m. - 5 p.m.** | Rental Center: **10 a.m. - 6 p.m.**



**JANUARY 17 | 7 P.M.**

**KENWORTHY PERFORMING ARTS CENTRE**  
508 S. MAIN STREET, MOSCOW, ID



**PURCHASE TICKETS HERE!**  
DOORS OPEN AT 6:30 P.M.



**YETI**



**FLYLOW**



ON  **BACKCOUNTRY**



**BACKCOUNTRY**