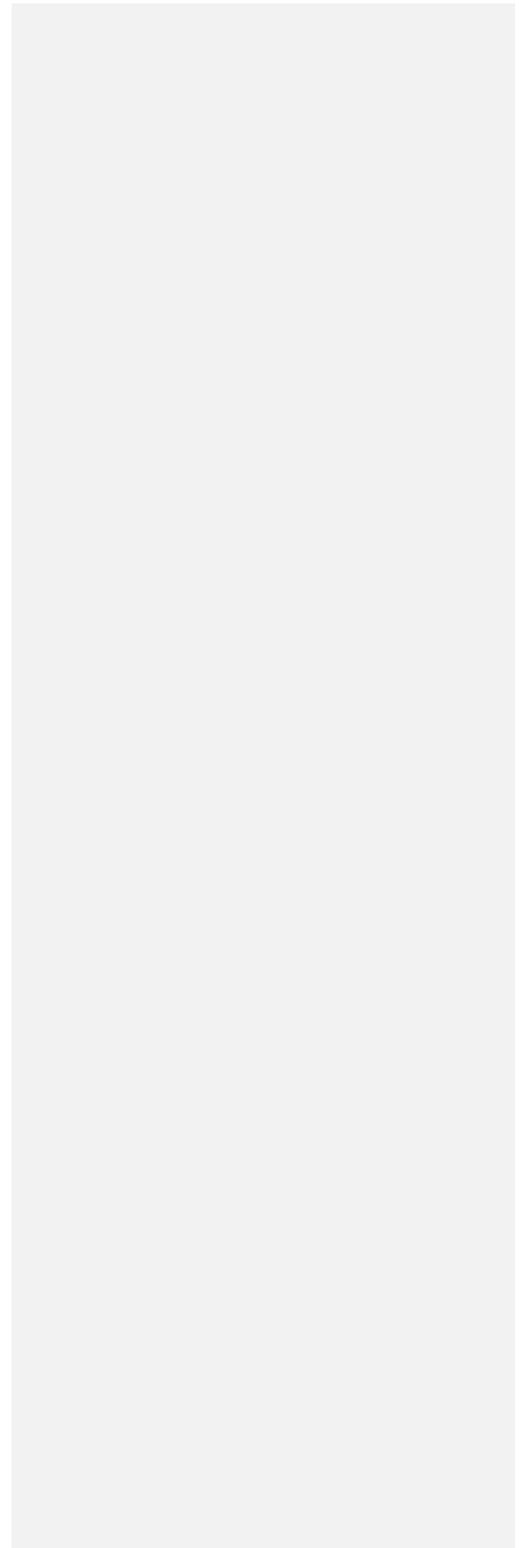


**Wyoming Catholic College
Freshman 21 Day Expedition**



**Your Path to a Successful Course
Summer 2023**





Dear Class of 2027,

Congratulations on your admittance to Wyoming Catholic College! We are excited to welcome you as an important member of our community and to help you acquire the virtues necessary for fulfilling your future vocation.

As an incoming freshman, your first course will be the Freshmen 21 Day Expedition. While you already know some things about WCC's Experiential Leadership Program (ELP), you likely have many questions as well. The purpose of this course packet is to provide you with some practical guidelines regarding safety and risk management, general rules of conduct, gear requirements, and physical fitness preparation.

The 21 Day Expedition will serve as a foundation for all of your other experiences at WCC. Your immediate encounter with the created world – God's First Book – will prepare you for the more reflective studies to come. Encountering Christ in the wilderness will introduce you to the rich offerings of the college chaplaincy. The backcountry skills you will acquire will enable you to participate in future ELP trips, field science courses, adventure trips, and leadership clinics. The shared experience of the expedition with your new classmates will initiate you into this community of friendship in which you will be immersed for the next four years.

Please read over this course packet carefully and follow all instructions. In July, you will receive an e-mail with additional information regarding the academic expectations for your Freshmen Expedition. Do not hesitate to contact us with any questions you have; we are here to help. Please email olp@wyomingcatholic.edu or call 307-335-4422. Mr. Karl Eby is the point person for questions.

Once again, congratulations on your admittance to Wyoming Catholic College. We are honored that you have chosen to attend and look forward to meeting you in late July here in God's Country.

In the love of Christ,

Dr. Thomas Zimmer, Director
Experiential Learning Program &
Asst. Professor of Leadership & OE
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WCC Experiential Leadership Program and Freshmen Expedition

Wyoming Catholic College has conceived a new sphere of education – an Experiential Leadership Program focusing on immersion in the reality of nature. This program is designed as a corrective to the modern world’s over-emphasis on technology and virtual reality, and as a glorious opportunity for deepening every student’s knowledge of the world created and sustained by God. While on the freshman expedition, you will be living in surroundings that provide encounters with the true, the good, and the beautiful in what is considered God’s “first book”: the natural world. This experience will reinvigorate your imagination, and act as a catalyst in opening your mind and heart to the rest of what the College has to offer. By being in the outdoors, you will be taken beyond your comfort zone and into an environment where you must make decisions that have real consequences. By doing this repeatedly, you will have the opportunity to learn and practice many virtues, such as prudence, justice, temperance, and fortitude. You will then bring these virtues from the wilderness into everyday life; they will help you become more successful at your studies and, in general, a better man or woman.

Because God’s creation is not man’s creation, the dangers and discomforts it imposes are real and unavoidable. Any wilderness expedition requires organization, thoroughness, preparedness, and the careful calculation of risks—in a word, prudence—and punishes their absence. Through experiences in the outdoors, students mature quickly in the knowledge that this is not a game or a drill, but instead real life, and so have the opportunity to grow in the virtue of prudence.

Practicing prudence in the wilderness often requires an ability to get along on less. Temperance becomes a necessity, because an inability to control appetites does not fit with limited supplies and unexpected, difficult situations. Fortitude, derived from the Latin word for strength (*fortitudo*) is also necessary, because persevering in achieving an arduous goal requires both physical and mental stamina. Finally, justice becomes vital to the expedition because members of the group need to cohere as a team, to treat one another with consideration and fairness, to handle one another’s failings equitably, and everything else implied by the social virtue of justice.

This last point brings out the special role of the wilderness expedition as opposed to just any outdoor activity. Beginning with Plato’s *Republic*, Western political philosophy has sought to discover the virtues of man and the nature of society by imagining the smallest community possible. Also beginning with Plato, philosophers have tied the beginning of society to the fact that human beings are not self-sufficient but need one another to survive. In a wilderness expedition, far from the nearest civilization, this smallest community is not imagined but lived. It is a microcosm of society. The need to balance individual and common goods, often masked in large cities, emerges clearly; the value of true leadership and of active following, distorted by petty politics, becomes clear; lastly, the supreme importance of human virtue for the good of society stands forth in stark relief. While the outdoors offers contact with God’s creation, the expedition in particular offers clear contact with the pinnacle of God’s creation: human society.

On the other hand, as Joseph Cardinal Ratzinger has argued in *Handing on the Faith in an Age of Disbelief*, the indoors - the self-made world of man - is whatever man made it to be and it could be any other way he chose to make it. Because the world is not a given but something made, there is no “way things ought to be,” no nature—and hence no morality. While contact with God’s creation promotes virtue, lack of contact with God’s creation destroys the very root of virtue.

Countdown Checklist

The 21 Day Freshmen Expedition is physically demanding. In order to have a successful expedition and to avoid the discomfort of physical exertion, such as sore feet or an uncomfortable back, please follow this checklist. You will be hiking at elevations between 8,000 and 12,000 feet. Even if you live at a high altitude (5,000 ft. +), you still should follow this schedule. If you live at lower elevations or at sea level, you should intensify your physical preparation. The more effort you put into your pre-expedition fitness, the more enjoyable your course will be.

April

- Review this course packet.
- Start purchasing outdoor gear.
- Begin workouts according to the Workout Plan (next page).

May

- Purchase your boots and start wearing them to break them in.
- Continue acquiring outdoor gear.
- Continue the Workout Plan.

June

- Continue the Workout Plan.
- Continue breaking in your boots.
- Continue acquiring outdoor gear.

Four Weeks Prior to Trip

- You will receive an email from the College with a list of topics. You will choose a topic and prepare a 5-10 minute lesson to teach during the expedition.
- Be disciplined about working out three or four days per week.
- Begin hiking with a weighted (20-30 lbs.) backpack. A school daypack will suffice if you do not own an expedition backpack.

Three Weeks Prior to Trip

- Continue to work out three or four days per week.
- Continue hiking with a weighted pack, increasing its weight.

Two Weeks Prior to Trip

- Finish buying the last, small pieces of equipment (toothbrush, hand sanitizer, etc.).
- Continue to work out three to four days a week.
- Continue hiking with a weighted backpack, increasing its weight.
- Begin to be more conscious about your diet, *drink 3 liters of water each day*, avoid soda and sugary drinks, etc.

One Week Prior to Trip

- Continue working out two days this week.
- Continue hiking with a weighted backpack (around 30 lbs.).
- Organize and take an inventory of your gear to make sure you have everything.
- Eat a healthy diet, avoid excessive sugar, and *drink a lot of water*.
- Make final preparations for the lesson you will teach.
- Complete the preparatory reading.

Workout Plan

The following is a workout plan that you can begin in April, as prescribed by the checklist above. Make sure that you adequately warm up and stretch before workouts and stretch after workouts to prevent injury. It is very important to wear your hiking boots during some of the workouts to help break them in, and to get your feet accustomed to a stiff boot.

	Day 1 30 minutes	Day 2 30 minutes	Day 3
April	Stairs, squats, and lunges	Running, push-ups, pull-ups, crunches	1-2 mile walk
May	Stairs, squats, and lunges	Running, push-ups, pull-ups, crunches	1-2 mile walk
June	Stairs, squats, and lunges	Running, push-ups, pull-ups, crunches	3-4 mile walk
Four Weeks	Consider P-90X, Insanity, or Cross-Fit workout	Running, push-ups, pull-ups, crunches	4-5 mile walk with boots/weighted pack (Approx. 20 lbs.)
Three Weeks	Consider P-90X, Insanity, or Cross-Fit workout	Running, push-ups, pull-ups, crunches	5-6 mile walk with boots/weighted pack (Approx. 30 lbs.)
Two Weeks	Consider P-90X, Insanity, or Cross-Fit workout	Running, push-ups, pull-ups, crunches	6-8 mile walk with boots/weighted pack (Approx. 40 lbs.)
One Week	Running, push-ups, pull-ups, crunches	Rest	4-5 mile walk with boots/weighted pack (Approx. 30 lbs.)

If you have not done some of these activities before, look for videos online to make sure you are using proper form (for example, make sure your knees do not extend forward of your ankles when doing squats). Additionally, consider appropriate regressions and progressions to tailor your workouts for the best possible outcome instead of sacrificing good form and risking injury. (For example: if push-ups are hard for you, consider starting with incline push-ups; if they are easy, consider adding a clap.)

Three days a week is the minimum you should be working out, though many people cross-train with other activities they are already doing.

Safety and Risk Management

General Information

This Course Packet is critical in terms of preparing you for your Freshmen Expedition. Please read this entire packet carefully so that you are adequately prepared for your trip. You are responsible for knowing and adhering to the information in this packet, including standards for the purchase of critical equipment. Proper and adequate hiking boots are essential to your personal health and physical safety when going deep into wilderness environments.

Proper Freshmen Expedition Behavior

The College reserves the right to remove you from the Freshmen Expedition should you demonstrate behavior that is unsafe, disruptive, or distracts from the mission of Wyoming Catholic College. We will not tolerate harassment, use of drugs or alcohol, theft or misuse of property, low motivation, or disregard of instructors. It is paramount to the welfare and well-being of everyone on the expedition that you follow the instructions of the Freshmen Expedition leaders. If you do not comply with these instructions you *will be removed* from the expedition. If you are removed, there will be no refunds of any kind, and you (or parent/guardian) will be held responsible for all expenses related to evacuation and travel out of the backcountry.

Remember, too, that the Freshmen Expedition is considered the first course of your academic career at WCC. Therefore, should you be removed from the expedition for behavioral reasons, you will be required to go before the WCC Disciplinary Committee. Removal from the expedition could result in your expulsion from the College. In the coming months, you will be provided with a copy of WCC's *Student Handbook*. It is your responsibility to read this and to comply with the expectations and rules of student behavior.

Evacuation Fees

If you are evacuated from the expedition for any reason you may be charged a \$500 *per day* evacuation fee. Removal from the expedition is determined at the discretion and decision of your instructor team. If you are removed for a medical reason, it may be possible for you to recoup the evacuation costs through your medical insurance policy. You will be responsible for submitting any claims to your insurance company.

Medical Insurance & Supplemental Insurance

While enrolled as a student at WCC, you must carry personal medical insurance at all times. (Coverage from medical cost sharing organizations is acceptable.) While most policies cover wilderness and backpacking trips, some do not. Inquire with your insurance company to be sure. If your policy does not cover wilderness and backpacking trips, you must purchase supplemental insurance coverage. WCC recommends Adventure Advocates (<http://www.adventureadvocates.com>).

When you check in, you will be asked to present your medical insurance card to be scanned. This copy of your card will be kept on file by the College. It has been our experience that students do not always have their insurance card with them or know where it is when they must seek medical attention. By having a copy of your health insurance card on file, the Registrar can print off a copy of the card for you or fax it to your medical provider. Medical share plans are also acceptable. If you do not currently have personal medical insurance, consider looking into low-cost policies at <http://ehealthinsurance.com/>. (International students can visit: <https://www.internationalstudentinsurance.com/student-health-insurance/>) Supplemental insurance policies such as Adventure Advocates and AFLAC *cannot be substituted for medical insurance*.

Commented [1]: I believe we talked about what happens after they are evacuated - if they are going back in soon, then they can remain on campus. If they are not returning to the trip, then they have to leave campus. It would be good to put something about that in this section or the one above

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WCC Registration

The Registrar will provide documents that must be returned by assigned dates. While some of these documents do not relate directly to the Freshmen Expedition, they must be completed and submitted prior to your arrival in Lander. Please contact the Registrar with any questions.

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Medical Information

A physical form that must be completed by a physician, licensed nurse practitioner, or physician assistant is part of your Registration Packet. This information is confidential. Please note that this is extremely important for us to have in advance of your trip, and that **any past medical history information is important to report!** Our instructors will not be able to assist with issues they are unaware of; please be honest in order to set yourself and your group up for the best possible trip!

Student-Taught Class

You will receive an email in July providing instructions for a class that you will teach while on the Freshmen Expedition. You will need to prepare to teach this class prior to your arrival in Lander. Topics include flora and fauna, animals of the Rockies, geology of the Rockies, weather patterns, and others. You should prepare to give a dynamic 5-10 minute presentation.

Preparatory Reading

In July you will also receive a letter from the Academic Dean that will include a selection of readings to do in preparation for the trip. These readings are meant to facilitate your reflection on your experience of the outdoors and to connect those experiences to your upcoming studies this fall.

Gear Issue

The items reserved for you in advance (see Gear Reservation Form below) will be issued to you prior to leaving on your Freshmen Expedition after the gear you already have is checked by your instructors. Payment is expected at the time of gear issue. It's best to have a method of payment that can be adjusted (e.g. we prefer that you don't write out a check in advance or have exact cash) as your actual total due may vary from your initial request after your instructors check your gear. The College accepts cash, checks, and credit/debit cards. (*Fees for gear rental are charged for the freshman 21-Day and Winter Expeditions. On other outdoor trips, most items are checked out to students free of charge.*)

Gear Information

Finding and purchasing the right gear for your Freshmen Expedition is critical. The following are explanations of specific gear items that are essential for a good expedition. Outdoor gear does not need to cost an arm and a leg, however, **we recommend purchasing the following three items from a reputable outdoor retail store with professional assistance.** (You should **not** purchase them from a mass-market retailer such as Walmart or Target).

- 1. Boots**
- 2. Rain gear**
- 3. Backpack** (should you wish to purchase your own)

Boots

Boots are the most important item that you will purchase for your course. They will be your mode of transportation over meadows, creeks, brush, boulders, and alpine territory for three weeks. Therefore, you must choose a pair that fits you properly and will withstand three weeks (and more over the course of your four years here) of intense use. In the packing list below, we have included a list of boots that are appropriate for the Freshmen Expedition. *Do not* purchase any boot that is not very

similar to the boots on the list. When you go to purchase your boots, wear mid-weight or heavyweight hiking socks to ensure that you find the proper fit.

It is critical that your boots are broken in before you arrive for your course to prevent blisters and sore feet; broken in means that you have hiked in them regularly with a weighted pack. If you happen to have a pair of boots that are already broken in, please contact Dr. Zimmer or Karl Eby to discuss the condition of your boots. Please note: if you do not have the proper footwear, you will be required to purchase boots from a local outdoor store – which will be expensive – and you will not have had the opportunity to break them in beforehand.

Backpacks

It is not necessary for you to purchase a backpack; WCC will have backpacks available for rent if you do not wish to purchase your own. However, should you desire to use your own personal backpack for the next four years, purchase one that is at least 4300-5200 cubic inches (70-85 liters), and FITS YOUR BODY well. Fit is of *crucial* importance; if you are purchasing your pack, seek professional assistance and try on multiple packs in person; make sure that you put weights into the pack while at the store. Manufacturers such as Mystery Ranch, Gregory, Osprey, Deuter, and REI® provide high quality packs. *Internal frame packs are required.*

Rain Gear

Rain gear is an important piece of equipment in mountain climates; it not only keeps you dry in the rain, but it also acts as a protective outer shell against wind and cold. Rain pants *and* rain jackets must be rated *waterproof* by the manufacturer and should be lightweight for backpacking. Ski jackets are *not* acceptable. Lightweight, waterproof, and breathable fabrics (such as Gore-Tex®) are ideal. Jackets should only have two or three pockets. Pants should be lightweight and have an ankle or knee-length zip on the side for putting them on over boots.

Clothing

Clothing should be lightweight, durable enough for backpacking, and *cannot* be made of cotton. **All clothing must be made of wool or synthetic materials.** (Synthetic materials include polypropylene, capilene, polyester, nylon, etc.). While wool may be more expensive, it does not retain body odor like clothing made from synthetic materials. Your synthetic pants should have ankle zippers or Velcro so that you can easily pull them over your boots. It is recommended that they also are convertible. i.e., that they zip at the knee to convert into shorts.

Money Saving Tips

High performance outdoor gear can be expensive. However, the WCC Outdoor Program now partners with College Outside to provide discounted technical outdoor gear to our college students. Each WCC student will be emailed login information for their own account, once their WCC email address is set up. We recommend checking their website before purchasing expensive outdoor gear. (You can expect discounts ranging from 15%-30% off current retail prices). High performance outdoor gear also can be purchased from thrift stores and second hand stores for much less than buying new, if you read this packet, know what you are looking for, and don't leave your shopping until the last minute.

Also, the following websites sell such gear at discount prices. Once again, keep in mind that you will not need to buy everything on the gear list, as some things will be available for rent (see Gear List). If you choose to order items online, please do so in advance so that you have time to try them on and send them back if they do not fit correctly.

Discount Gear Websites:

College Outside (login required)	https://shop.collegeoutside.com
Backcountry Outlet	http://www.backcountry.com/outlet
Campmor	http://www.campmor.com
Geartrade	http://www.geartrade.com
Outdoor Gear Exchange	http://gearx.com
Moosejaw	https://www.moosejaw.com/
REI Outlet	http://www.rei.com/outlet
Sierra Trading Post	http://www.sierratradingpost.com
Steep and Cheap	http://www.steepandcheap.com

Gear List

A majority of the following items are **required**. If you arrive for check-in without any of these items, you will be required to purchase them from the College (if available) or from a local retailer at premium prices with limited selection.

Your pack weight is equivalent to the weight of the gear you put into it. Or, as the old backcountry adage has it, "Ounces equal pounds, and pounds equal pain." Purchase lightweight gear! For example, instead of purchasing a heavy headlamp, purchase a small, lightweight headlamp; instead of a larger tube of toothpaste, purchase a travel-sized tube. Every little item adds up.

Gear Reservation Form. At the end of this course packet is a gear reservation form. Any item you wish to rent or purchase from the College must be noted on this reservation form and **submitted by July 1st**.

Item	Description	Quantity	Buying Options
TOP LAYERS			
<p>Short Sleeve T-Shirts (Base Layer/Hiking Top) Required</p> 	<p>Wool or synthetics like polypropylene, capilene, nylon, polyester, etc. Synthetics will dry faster than wool, but also retain body odor. (Modest tank tops also work for women.)</p> <p>Brands include: REI, Patagonia, Mountain Hardware, Outdoor Research, Columbia, etc.</p>	2	<p>NOT available from WCC</p> <p>Can be purchased from Wal-Mart or other sporting goods store</p>

<p>Long Sleeve T-Shirt or Sun Hoodie (Base- Layer/Hiking Top) Required</p> 	<p>This serves as a mid-weight base-layer.</p> <p>Wool or synthetics like polypropylene, capilene, nylon, polyester, etc.</p> <p>REI, Patagonia, Sierra Designs, Mountain Hardware, etc.</p>	<p>1</p>	<p>NOT available from WCC</p> <p>Can be purchased from Walmart or other sporting goods store</p>
<p>Mid-Weight Pullover Required</p> 	<p>Mid-weight insulating layer. Wool sweater or lightweight fleece.</p> <p>REI, Patagonia, Adidas Mountain Hardware, etc.</p>	<p>1-2</p>	<p>NOT available from WCC</p>
<p>Insulating Jacket (Insulating Layer) Required</p> 	<p>Medium/heavy insulated jacket. Should be insulated for cold mountain temperatures, but still lightweight and packable. We recommend puffy jackets (down or synthetic), but thick, windproof fleece may also work.</p> <p>Mountain Hardware, Outdoor Research, Patagonia, etc.</p>	<p>1</p>	<p>NOT available from WCC</p>

<p>Vest Optional</p> 	<p>Medium weight fleece or synthetic (puffy) vest</p> <p>Mountain Hardware, Outdoor Research, Patagonia, etc.</p>	<p>1</p>	<p>NOT available from WCC</p>
<p>Waterproof Rain Jacket (Outer Shell Layer) Required</p> 	<p>A sturdy, <i>waterproof</i>, lightweight, packable jacket with a hood. Single-ply, waterproof, breathable fabrics (such as Gore-Tex®) are ideal. Make sure that the jacket is truly waterproof!!</p> <p>Mountain Hardware, Outdoor Research, Patagonia, Adidas, Black Diamond, etc.</p>	<p>1</p>	<p>NOT available from WCC</p>
<p>Sports Bra Required (Women)</p>	<p><i>Synthetic (non-cotton)</i> sports bra</p>	<p>2</p>	<p>NOT available from WCC</p>
BOTTOM LAYERS			
<p>Synthetic Hiking Pants Required</p> 	<p>Synthetic (nylon) hiking pants. Convertible pants that zip off at the knee to convert into shorts are recommended.</p> <p>Prana, Outdoor Research, Columbia, North Face REI, etc.</p>	<p>1</p>	<p>NOT available from WCC</p> <p>Can be purchased from Walmart or other sporting goods store</p>

<p>Long Underwear Bottoms (Base Layer) Required</p> 	<p>Mid-weight long underwear bottoms made of synthetic, Capilene, wool, or polypropylene</p> <p>REI, Patagonia, Under Armor, Minus33, Smartwool, etc.</p>	<p>1</p>	<p>NOT available from WCC</p>
<p>Waterproof Rain Pants (Outer Shell Layer) Required</p> 	<p>Sturdy, <i>waterproof</i>, lightweight, packable, with side zippers for taking on/off over boots. Single-ply, waterproof, breathable fabrics (such as Gore-Tex®) are ideal. Full zippers work best.</p> <p>Mountain Hardware, Outdoor Research, Patagonia, Black Diamond, etc.</p>	<p>1</p>	<p>NOT available from WCC</p>
<p>Underwear Required</p>	<p>All underwear must be synthetic, silk or merino wool. <i>No cotton underwear.</i></p> <p>Find at any major athletic store.</p>	<p>3</p>	<p>NOT available from WCC</p>
<p>Hiking Socks Required</p> 	<p>Medium weight wool or synthetic blend hiking socks. <i>No cotton.</i></p> <p>Smartwool, REI, Wigwam, Icebreaker, etc.</p>	<p>3 pairs</p>	<p>NOT available from WCC</p>
<p>Liner Socks Optional</p> 	<p>Lightweight wool or synthetic blend liner socks. <i>No cotton.</i></p> <p>Liner socks help prevent blisters. If you don't break in your boots you really need these socks.</p>	<p>1-2 pairs</p>	<p>NOT available from WCC</p>
HEAD AND HANDS			
<p>Beanie/Hat Required</p> 	<p>A fleece or wool hat.</p> <p><i>No cotton.</i></p>	<p>1</p>	<p>NOT available from WCC</p> <p>Can be purchased from Walmart or discount stores</p>

<p>Ball Cap/Visor/Sun Hat Required</p> 	<p>Keeps the intense sun off your face.</p>	<p>1</p>	<p>Purchase your own WCC or COR branded hats can be purchased at the WCC Bookstore</p>
<p>Lightweight Gloves Required</p> 	<p>Fleece gloves to keep hands warm during cold mornings and evenings. (Will also need for Winter Expedition.)</p>	<p>1 pair</p>	<p>NOT available from WCC</p>
<p>Mosquito Head Net Required</p> 	<p>Mesh netting for a head covering</p>	<p>1</p>	<p>Rent \$5.00 NO NEED TO BUY</p>
<p>Neck-Gaiter/Buff or Balaclava Recommended</p> 	<p>Keeps face, head, and neck warm This is important if you get cold easily. Buffs, like bandanas, also have many purposes.</p>	<p>1</p>	<p>NOT available from WCC</p>

FOOTWEAR

<p>Hiking Boots Required</p> 	<p>Durable <i>backpacking</i> boots with a proven sole (such as Vibram®) and ¼-¾ shank are required. (A shank is a hard (often metal) shaft inserted into the sole to prevent flexing.) High top (at least ankle height) <i>backpacking</i> boots, designed with extra support and durability are required to handle more than just body weight.</p> <p>Asolo: Power Matic series; TPS series; Power Light series; Matrix series; Energy series</p> <p>La Sportiva: Thunder II; Cascade</p> <p>Lowa: Tahoe; Tibet; Banff; Pingora; Mauira</p> <p>Oboz: Wind River</p> <p>Scarpa: Mustang; Barun; Nepal Pro; SL M3; Escape</p> <p>Vasque: St Elias; Wasatch; Bitterroot; Summit; Sundowner; Clarion; Breeze; Taku</p>	<p>1 pair</p>	<p>NOT available from WCC</p> <p>DO NOT PURCHASE AT WALMART or other discount stores!!</p> <p>You need quality boots that fit and will last for four years.</p>
<p>Gaiters Required</p> 	<p>Durable, full-length gaiters. Outdoor Research (Rocky Mountain High or Croc) gaiters work best. NO ZIP-UP GAITERS. Velcro works best. Size up for wearing with your boots</p>	<p>1 pair</p>	<p>NOT available from WCC</p>
<p>Camp Shoes Required</p> 	<p>Crocs or off-brand camp shoes are required. <i>Must cover toes!</i></p>	<p>1 pair</p>	<p>NOT available from WCC</p> <p>Can be purchased from Walmart or discount stores.</p>
<p>BACKPACK</p>			

Backpack Required 	Expedition quality internal frame backpack, with a 4300-5200 cubic inch capacity (also known as a 70-85 liter backpack). Deuter, Osprey, Gregory, Kelty Red Cloud, REI, etc.	1	Rent \$40.00 NO NEED TO BUY - you can use college packs for all 4 years - we only charge for freshman trips
Pack Cover Required 	A waterproof pack cover is an essential piece of equipment to keep gear dry while hiking in the rain.	1	Rent \$10.00 NO NEED TO BUY
SLEEPING SYSTEM			
Sleeping Pad Required 	Full-length, closed-cell foam or inflatable pad to insulate from the ground. Therm-a-rest air mattress will be more comfortable than foam pad, but not as durable.	1	Rent Foam Pad \$15.00 NO NEED TO BUY unless you want a more comfortable inflatable pad
Therm-A-Rest Repair Kit <i>Required if ...</i> 	A hot bond/patch repair kit is essential, in case you pop a hole in your Therm-A-Rest pad. <i>Required if bringing an inflatable sleeping pad.</i>	1	NOT available from WCC
Sleeping Bag Required 	Should be a lightweight bag ranging from 0-20 degrees. Should be down or synthetic mummy bag. Suggested bags come from Marmot, Mountain Hardwear, Sierra Designs, REI, etc.	1	Rent \$40.00 NO NEED TO BUY
Stuff Sack Required 	Sleeping bag stuff sack required. Compression stuff sack (pictured, with straps to decrease bulkiness) recommended. Medium size recommended.	1	Rent \$5.00 NO NEED TO BUY unless you want your own compression sack
MISCELLANEOUS ITEMS			

Headlamp Required 	Should be lightweight and durable; LED will last longer than a standard. Purchase one with both a white and red light.	1	NOT available from WCC
Whistle Required 	Makes it easier to signal to others if lost and in case of other emergencies.	1	NOT available from WCC
Bandanas Required 	Need two, one red and another of any bright color you choose. No camouflage or dark brown, gray, black, etc.	2 total: 1 red and 1 color of your choice.	NOT available from WCC
Headlamp batteries (likely AAA) Required	Extra batteries for headlamp. No rechargeable batteries.	2 sets	NOT available from WCC
Sunglasses Required 	Must be 100% UV; no metal frames.	1	NOT available from WCC
Sunglass Retainer Recommended	Chums, croakies, etc.	1	NOT available from WCC
Wrist Watch Required 	Must have an alarm; Indiglo is nice.	1	NOT available from WCC
Notebook & Pen Required 	Small notepad and pen(s) for notes during lessons and reflection time. No 8.5"x11" notepads. 6x4 or 8x6 work well.	1	NOT available from WCC
2oz. Hand Sanitizer Required 	SMALL, 2oz, travel-size bottle. No large, heavy containers.	1	NOT available from WCC
Sun Block Required 	Minimum SPF 30, (2-6oz) bottles. SMALL, travel-size containers are required- no large, heavy tubes!	1	NOT available from WCC
Lip Balm Required 	SPF Required! Minimum SPF 15	1	NOT available from WCC
Body Wipes Recommended 	A travel size pack of personal care wipes are nice to have.	1	NOT available from WCC

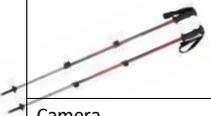
MISCELLANEOUS ITEMS (cont.)

Body Glide Required 	.45 ounces of anti-blister and anti-chafing stick. Helps prevent blisters, <i>but nothing works better than breaking in your boots well before the trip.</i>	1	Buy from WCC \$10.00 Rental NOT available
Toothbrush Required 	Can be cut in half to decrease weight.	1	NOT available from WCC
Toothbrush Case/Cover Required 	Lightweight case to keep toothbrush clean in pack.	1	Buy from WCC \$2.00
Toothpaste Required 	Small travel-size toothpaste, 1-2 ounces	1	NOT available from WCC
Feminine Hygiene Products Required for women	A little bit more than the normal amount needed.		NOT available from WCC
Duffel Bag Required for outdoor week trips	Large duffel bag that zips closed to keep personal belongings organized and contained.	1	NOT available from WCC

PERSONAL KITCHEN ITEMS

Bowl w/ airtight, screw top lid Required 	16 ounce sturdy, hard plastic bowl with screw tight lid. Ziplock or Gladware not acceptable. Nalgene, GSI	1	Buy from WCC \$10 Rental NOT available
Nalgene Bottle Required 	32oz lexan Nalgene water bottle. (Hydration bladders such as Camelbacks are not allowed.)	2	Buy from WCC COR Expeditions logo (colors vary) \$12.00 Rental NOT available
Spoon and fork Required 	Lexan spoon and fork	1 each	Buy set from WCC \$2.00 Rental NOT available
Camp Chair Required 	Crazy Creek or other foldable or inflatable chair for cooking, eating, lessons and group discussions every evening. Must be less than 1.5 pounds or 24 oz.	1	Buy from WCC \$30.00 – reg or \$35.00 – luxury* (*2 inches taller and wider) Rental NOT available

OPTIONAL PERSONAL ITEMS

Biodegradable Soap	Biodegradable liquid soap. (Dr. Bronner's recommended) SMALL (2oz) travel size only. Keep in ziplock bag to prevent messy leaks.	1	NOT available from WCC
Pocket Knife / Multi-Tool Optional 	One <u>SMALL</u> (palm size) pocket knife or multi-tool with knife Leatherman, Swiss Army, Buck, and Gerber knives work well.	1	NOT available from WCC
Insect Repellent 	Recommended during mosquito season in the mountains (usually not bad in August); small 2oz bottle or wipes, no aerosol.	1	NOT available from WCC
Trekking Poles 	Trekking poles make hiking easier on your body; they help with balance, stream crossings, steep terrain, and add support to weak knees or ankles. Must buy brand name (Black Diamond or Leki).	1 pair	Rent from WCC \$10
Camera	Small, lightweight camera; <u>no camera phones</u>	1	NOT available from WCC
Prescription sunglasses	For those with a prescription. Good backup for contacts.	1	NOT available from WCC
Ditty bag for toiletries 	Lightweight mesh bag for toiletries, hand salve, contact solution, etc.	1	NOT available from WCC
Playing cards	Deck of regular playing cards	1	NOT available from WCC
Paper/Pen/Postage Recommended!	Students can send letters at each re-ration. Keep lightweight.		NOT available from WCC
Fishing Rod	Backpacker's pole; pole should break down into 3-5 pieces	1	Rent from WCC \$30
Fishing Tackle	Flies or spinners. No bait. Consult local Lander fishing shops for recommendations.		NOT available from WCC
Fishing License \$104.50 annual (non-resident); \$14 daily (non-resident)	If you plan to fish, you must buy a license from Wyoming Game & Fish. Some groups may not have a lot of time for fishing. This depends on particular groups, routes, etc.	1	NOT available from WCC
Coffee (instant crystals only)	WCC provides hot cocoa and tea, but not coffee. If you want/need coffee, you must bring your own instant (dissolving) crystals that don't leave coffee grounds behind. Bears can smell grounds from a mile away.	1	NOT available from WCC



**FRESHMEN EXPEDITION
GEAR RESERVATION FORM**

- Submit the online Gear Reservation Form at wyomingcatholic.edu/gear-reservation. The form must be submitted **by July 1st** to guarantee availability / sizing.
- This form is NOT a full list of required items; it only lists the items available from WCC.
- You will be charged full retail price for any lost or damaged rental items. (You will not be charged for normal wear or manufacturer defect).
- Payment (cash, check, or credit card) required at time of gear issue – NO I.O.U.s! (Please do not pay in advance, as many students find that their total is slightly different once they arrive and get all of their things together.)

ITEMS FOR <u>RENT</u> ONLY		
ITEM DESCRIPTION	REQUIRED	RENTAL PRICE
Internal Frame Backpack	1	\$40.00
Rain Pack Cover	1	\$10.00
Sleeping Pad	1	\$15.00
Sleeping Bag	1	\$40.00
Stuff Sack	1	\$5.00
Mosquito Head Net	1	\$5.00
Trekking Poles	optional	\$10.00
Fishing Rod	optional	\$30.00

ITEMS FOR PURCHASE ONLY

ITEM DESCRIPTION	REQUIRED	PURCHASE PRICE
Body Glide	1	\$10.00
Toothbrush Case	1	\$2.00
Nalgene Bowl	1	\$10.00
Nalgene Water Bottle	2	\$12.00
Spoon	1	\$1.00
Fork	1	\$1.00
Camp Chair - REG <u>or</u> LUX	1	\$30.00 / \$35.00

Preparation Checklist

Step 1: Paperwork

Complete all required student paperwork sent from WCC. When you fill out the forms, make sure you have the following:

- Two emergency contacts (name, address, phone)
- Physician's contact information (phone)
- Health insurance information
- Prescription and over-the-counter medications (name, dosage, times administered, etc.)
- Immunizations (year) or Waiver (available from the Registrar's Office)

Step 2: Terms and Conditions

Read through and understand the following:

- Proper Freshmen Expedition Behavior
- Evacuation Fees
- Accident insurance recommendation – Adventure Advocates
- WCC Registration Packet
- Gear Information – read Gear List and tips thoroughly as soon as possible!

Step 3: Equipment – Start shopping

- **Start shopping for gear now!**
- You are responsible and will be held accountable for having all of the proper equipment as listed on the packing list.
- **July 1:** Gear Reservation Form due (for gear you would like to rent or purchase from WCC).

Step 4: Exercise

The Freshmen Expedition is physically demanding. You do not need to be a superstar athlete, but you do need to be in good cardiovascular condition. This will require regular, hard exercise in advance of the trip. The more physically fit you are, the more you will be able to focus on enjoying other aspects of the trip.

- Read and adhere to the advised workout plan
- Don't slack off!

Step 5: Freshman Orientation

Look for additional information from WCC regarding your arrival in Lander and Freshman Orientation before the expedition.

Best wishes with all of your preparations. We look forward to seeing you this summer! Please contact olp@wyoingcatholic.edu OR keby@wyoingcatholic.edu with questions.