

UNIVERSITY OF OREGON - PE & REC OUTDOOR PURSUITS PROGRAM



FALL 2012 COURSES

If you want to build upon your outdoor safety and survival skills, hike the high country of the Three Sisters Wilderness, or rock climb in central Oregon, we have just the course for you! In addition to developing skills, our courses emphasize safety, fun and environmental awareness.

WILDERNESS SURVIVAL

PEOL 285 - our gateway course - \$74

This classroom-based course serves as a prerequisite to all backcountry-oriented courses. Topics include dressing for outdoor comfort and safety, nutrition & hydration, map and compass, environmental injuries, weather & lightning, safety and survival, wilderness management, and backcountry ethics.

Times: Eight 2-hour class sessions. Select from 18:00 - 19:50 p.m. Tues. or 14:00 - 15:50 p.m. Wed.

Instructor: Michael Strong

CLIMBING COURSES

PEOL 242 - BOULDERING 1 - \$84

Bouldering 1 introduces students to the world of climbing without the security of a rope. Emphasis is on bouldering safety, skill development and conditioning. Two courses are conducted at the indoor climbing wall.

Times: 12:00 & 14:00 Monday

Instructor: TBA

Prerequisite: none

PEOL 251 - ROCK CLIMBING 1 - \$84

This popular course covers the basics of rock climbing. Topics include equipment, knots, belaying, rappelling, and a range of climbing techniques. This course is conducted at the indoor climbing wall in the Student Recreation Center. Five courses are offered!

Times: T: 14:00; W: 12:00 & 14:00; Th: 12:00 & 14:00

Instructors: TBA

Prerequisite: none. Equipment is provided.

PEOL 252 - ROCK CLIMBING 2 - \$84

The focus of this course is on building on the basic climbing skills learned in Rock Climbing 1, with an emphasis on refining face and crack climbing techniques and improving conditioning. Three courses are conducted at the indoor climbing wall.

Time: T-12:00; F: 10:00 & 12:00

Prerequisite: Rock 1 or equivalent experience

Note: Equipment is provided.

PEOL 331 - ROCK CLIMBING 3 - \$165 - 2 credits

This 2-credit course supplements the skills learned in Rock Climbing I and prepares participants for the transition to independent outdoor climbing. The course includes skill reviews, knots, rope handling, protection placement, anchor construction, and basic rescue systems. The highlight of this course is a three-day outing to Smith Rock State Park, during which there will be plenty of opportunity to build anchors, perform basic rescue techniques, and climb.

Time: 16:00 - 17:50 p.m. Wednesday

Instructor: Dan Crowe

Prerequisite: Rock Climbing 1 or equivalent experience.

Outing Dates: November 2 - 4



PEOL 363 - ICE CLIMBING - \$165

This course covers the basics of ice climbing. Topics include equipment, knots, belaying, basic rescue and a range of climbing techniques. The three-day outing to the Diller Glacier allows plenty of time to practice a progression of ice climbing techniques in a wilderness setting. This course is limited to 10 participants.

Time: 16:00 - 17:50 p.m. Tuesday

Instructor: Dan Crowe

Prerequisites: Wilderness Survival, rock climbing/ mountaineering experience and Instructor's consent.

Outing: September 28 - 30

RESCUE & SAFETY COURSES

PEOL 315 - BASICS OF TECHNICAL RESCUE - \$84

This term-long on-campus course introduces basic technical systems such as knots, rope work, anchor building, rigging for rescue, raising and lowering systems, litters, carries and improvised rescue techniques.

Time: 16:00 - 17:50 p.m. Monday

Instructor: Dan Crowe

Prerequisites: None

BACKCOUNTRY COURSES

PEOL 351-BACKPACKING - \$165 - 2 credits

This course is designed for students with little or no backpacking experience. The course includes classroom sessions and a three-day outing to the Oregon Coast. The focus is on learning the basics of backpacking, with an emphasis on packing a pack, improving hiking efficiency, using a backpacking stove and cooking basic meals, erecting a tarp and/or tent shelter, camping and traveling using Leave No Trace (LNT) ethics, and practicing map and compass skills.

Time: 18:00-20:50 p.m. Tuesday

Instructor: Dan Crowe

Pre/corequisites: Wilderness Survival. Students must pass a fitness test prior to the outing (2-mile run in less than 20 minutes).

Outing Dates: October 10 - 14

PEOL 356 - BACKCOUNTRY NAVIGATION - \$165 - 2 credits

Class sessions focus on reviewing backcountry navigation skills and preparing students for a demanding three-day backcountry outing. We follow an exciting and challenging route in rugged country that requires the use of intermediate and advanced navigation skills. The route is mostly off trail, near Irish Mountain in the southern part of the Three Sisters Wilderness Area.

Time: 18:00 - 19:50 p.m. Wednesday

Instructor: Michael Strong

Prerequisites: Backpacking 1 (or equivalent experience) and instructor consent. Students must pass a fitness test prior to the outing (2-mile run in 18 minutes or less).

Outing: October 19 - 21

PROFESSIONAL COURSES

PEOL 451 - ADVENTURE EDUCATION - \$160

This course examines factors and variables that help students become more effective leaders and team members. Students learn how to lead and debrief adventure activities, and discover how group dynamics, communication, and other factors play an integral role in shaping the personality and character of teams.

Time: 14:00 - 16:50 Tuesday

Instructors: Michael and Jennifer Strong

Outing: Saturday October 06 (mandatory)

For information about OPP courses, or the Outdoor Pursuits Leadership Training Program, please contact a director, or check our our website:

- Michael Strong - 346-1048 (186A Esslinger)
- Dan Crowe - 346-1932 (172 Esslinger)

SURVIVAL GEAR FOR FALL HIKES

The Pacific Northwest is one of the finest areas in the world in which to enjoy fall hiking. It's also an area famous for rapidly changing, unpredictable weather. As fall turns into winter, we are hit by a seemingly endless series of cold, wet storms. As a result, day hikers must carry clothing and equipment necessary for comfort and safety, and be prepared to manage an emergency situation that requires a night or two in the woods (in potentially snowy conditions) with minimal gear. The following list is suggested for day hikers planning an excursion below tree line. The items are in 4 categories, to help you remember what they are.

A. TO FIND YOUR WAY

- Topo map, compass, headlamp or flashlight.

B. FOR PROTECTION FROM THE ELEMENTS

- Shelter - and cord to erect/stabilize shelter
- Knife to cut cord or help with building a fire
- Rain gear - head to toe
- Extra insulation
- Windproof/waterproof matches and fire starter
- Sunglasses & sunscreen

C. FOR SUSTENANCE

- Food (for energy/heat)
- Water or access to clean (treated) water

D. IN CASE OF AN EMERGENCY

- First aid kit - and first aid training
- Signaling and marking devices (e.g. whistle):
Getting the attention of others is critical. Don't rely on your cell phone!

MOST IMPORTANT, ESPECIALLY FOR LONE HIKERS!

Leave information about where you are going and what to do if you do not return on time (i.e., call the sheriff if you haven't returned by a certain hour). Don't forget to notify your friend if your plans change!

DID YOU KNOW?

- First day attendance is REQUIRED in ALL OPP courses. NO EXCEPTIONS!**

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