



DOC Trips 2009 Instructions

Registration Deadline: June 26, 2009. *If you cannot make this deadline, please call (603) 646-3996.*

These instructions explain how to register for DOC Trips 2009. They are also available online if you lose this packet. Please read everything carefully.

I. HOW TO REGISTER FOR DOC TRIPS

In order to register for DOC Trips 2009 and be assigned to a trip, you must provide us with three things:

- ✓ **Registration Form (online)**
- ✓ **Signatures Form (pink)**
- ✓ **Payment (white)**

We must have all three items by **June 26, 2009**. As long as you register by the deadline, exactly **when** you register makes **no** difference in which trip you get. If you don't get everything to us by the deadline we will not be able to assign you to your preferred trip.

• Registration Form:

You can find the online registration form on the DOC Trips website. Go to the following web page and follow the instructions:

**[http://www.dartmouth.edu/~doc/
firstyeartrips/incomingstudents/registration/](http://www.dartmouth.edu/~doc/firstyeartrips/incomingstudents/registration/)**

If you are unable to submit your registration online, please call our office and we can send you a paper copy (a printout of the webpage).

Signatures Form: Sign this pink form and have your parent or legal guardian sign. The reason this is a separate form from the registration is that we can't get a legal signature with an online form. Mail, fax, or scan and e-mail the signatures form to us. We cannot confirm receipt of your faxes, but we will contact you if something is missing from your registration.

Payment: Trips will cost **\$180.00** this year (more if you will be taking a bus—see below), payable by check, money order, or credit card. Checks should be made out to "DOC Trips." If you are paying by credit card, please mail, fax, or scan and e-mail your credit card number and expiration dates on the white half-sheet. Again, if you are faxing the sheet to us, please be aware that we cannot immediately confirm that we have received your fax, but we will notify you if we got your online registration but are missing another part of your registration. See below for information on financial assistance.

Refunds: Trip cancellations made before August 1st will receive a full refund. Cancellations made between and including August 1 to 15 can receive a full refund, minus a \$50 processing fee. After August 15th we won't be able to refund any of the Trips fee.

II. REGISTRATION INFORMATION:

Please read this before filling out the online form.

1. GENERAL INFORMATION: Please spell your name exactly as you want it so we can find you easily in our computer records!

Transfer Students: You are a transfer student if you are transferring from another college or university and intend to graduate from Dartmouth.

Exchange Students: You are an exchange student if you are taking classes at Dartmouth for a limited period and intend to return to, and graduate from, your original college or university.

2. FINANCIAL ASSISTANCE: The cost for DOC Trips is **\$180.00**. Because we do not want the cost of a trip to discourage anyone from participating, financial assistance is available. If you would like aid, check the appropriate box and **do not enclose payment for your trip** (but do include payment for your bus if appropriate—financial aid is not

available for buses). Should you be awarded assistance, you will be billed for the balance due by the DOC. Eligibility for financial aid is determined by the Financial Aid Office, not by the DOC.

EQUIPMENT ASSISTANCE: We expect most students to provide their own equipment BUT we do have a limited supply of packs, sleeping bags, sleeping pads and other equipment available if need be, **free of cost!** If you do not have the proper equipment (sleeping bag, pad and pack), we suggest that you try to borrow it from a friend or check out your local Army/Navy surplus store. You don't need the latest state-of-the-art high-tech gold-encrusted gear; just make sure it's functional and relatively light. Much excellent wool and polyester can be had for next to nothing at Salvation Army and Goodwill—plus it'll be so hip! If, however, you cannot acquire or borrow some, we will happily provide it for you (priority given to financial aid students). When you receive your trip assignment you will also receive a gear list and an Equipment Assistance Request form. Don't let gear worries keep you from signing up and of course ask if you have any questions about gear!

3. SECTIONS: Because it would be a mess to have over a thousand students arrive on the same day, we stagger our program over ten sections—with about a dozen trips in each section, each with two leaders and six to twelve new students. Each section consists of five days: on the first day you check in and meet your leaders and tripmates; on the second day you head out on your trip; on the fourth day you finish your trip and all the trips on your section converge on the Moosilauke Ravine Lodge to celebrate; and on the fifth day you return to campus.

Because dorm rooms don't officially open until September 15 (they're still being cleaned and prepared after the sophomores' summer term) we use our first four sections for people who live nearby, can return home after their trip, and then come back to campus on September 15 to move into their dorms. The last six sections are for new students who do not live nearby—they can put their belongings into their dorm rooms when they arrive (although they can't stay there yet—they stay with their trip in lodging provided by the DOC). They can then move into their rooms when their trip returns to campus, even though some return before the 15th (don't worry, there are lots of fun pre-orientation activities if your trip ends before Orientation begins). We would prefer to be able to give everyone a trip which truly reflects the diversity of students who go to Dartmouth but this issue with the dorm rooms requires us to be firm about assigning sections by geography. For this reason priority for trip assignments on sections E-J will go to students who do not live in the Northeast U.S.—so if you live in the Northeast U.S. and choose sections E-J you probably won't get your first choice of trip types.

It is wise to check into family vacation plans or other commitments **before** you indicate your choice of section. Here are the dates for the ten sections:

Section	Dates (Northeast)	Section	Dates (Other Regions)
A	September 1 – 5	E	September 5 – 9
B	September 2 – 6	F	September 7 – 11
C	September 3 – 7	G	September 8 – 12
D	September 4 – 8	H	September 9 – 13
		I	September 10 – 14
		J	September 11 – 15

International Students: International students must choose sections G or H in order to fit with International student orientation, which takes place starting September 13th at 5pm. International students who participate in a DOC trip will be able to move in to their residence hall as early as September 7th, regardless of the date of their DOC Trip. Any questions you have about these programs should be directed to Steve Silver in the International Student Programs Office (603-646-2331).

Native American Students: Native American students from outside the Northeast must choose sections E or F in order to fit in with Native American Student Orientation, which takes place September 12-15. Native American Students from the Northeast should go on a Trip on section A-D and then return on the 11th for orientation starting on the 12th.

Transfer Students: All transfer students should choose section H. There will be trips especially for transfer students on section H.

Recruited Athletes: Recruited athletes for fall sports should indicate what sport they will be playing in the fall. We are in touch with all fall season sports and will assign you to a trip that fits with your preseason. Recruited athletes for fall sports **will** be able to move into their dorm rooms when their trip returns.

Check-in and Return: You must check-in at Robinson Hall (the home of the DOC) in Hanover by 4 PM on the first day listed for your section. Trips will return to Hanover by 4 PM on the last day. Neither the DOC nor the College can provide housing for students before their trip starts, so if you arrive the night before your section begins, you will have to make your own hotel accommodations.

Storage: If you are on sections E-J, you will be able to store your belongings in your dorm room. Keys are available the day you arrive from the Office of Residential Life in North Massachusetts Hall until 4 PM. After your trip, you may move into your dorm room. **There will be no storage provided for sections A-D!**

Once confirmation of your section assignment has been mailed it is virtually impossible for us to change it—especially from an early section to a later one!

4. TRIP TYPE: The DOC offers a variety of different trips on each section. You must choose Hiking as one of your choices as spaces are limited on the other trip types. Hopefully we will be able to place everyone on a trip type they request, but some trips (like kayaking) are more popular than others and it may be difficult to give everyone their first choice. You increase your chances of getting your first choice by (a) submitting everything by the deadline, (b) choosing sections assigned to your geographic location (A-D for folks in the Northeast U.S., E-J for all others), and (c) because section A and sections H, I and J are the most preferred—choosing a less preferred section (B-F). **Note that registering early does NOT increase your chances of getting your desired trip.** As long as you register by the deadline, we will do our best to put you on the trip you most prefer. Below are the trip types offered in each section:

Trip Type	Sections Available									
Hiking	A	B	C	D	E	F	G	H	I	J
Climbing	A	B	C	D	E	F	G	H	I	J
Canoeing	A	B	C	D	E	F	G	H	I	J
Whitewater Kayaking	A		C		E	F		H		J
Flatwater Kayaking	A		C		E	F		H		J
Fishing			C		E			H		
Organic Farming		B				F		H		
Horseback Riding	A									J
Trailwork				D					I	
Nature Photography	A		C			F			I	
Nature Writing and Painting	A	B			E			H		J
Bike and Hike	A		C		E	F		H		J

Hiking Trips are available for any level of ability or experience. They range from nature walks based out of a DOC cabin to difficult hikes over some of the most challenging peaks in the White Mountains. All trip levels except "leisurely" involve two and a half days of carrying a pack containing your clothes and sleeping bag as well as food. Please read the ability levels carefully before making your choice. *Offered on all sections.*

Climbing Trips involve both rugged hiking and introductory climbing. On the first day, this trip will go on a strenuous 6-mile hike. After camping out in shelters or under tarps, the trip will spend one day learning to rock climb. This trip is ideal for experienced hikers who wish to be introduced to the world of rock climbing. *Offered on all sections.*

Canoeing Trips are flat-water trips led by experienced members of the Dartmouth Outing Club. Canoes, life jackets, and paddles will be provided. Students will be expected to bring their own packs or duffel bags. Waterproof equipment is desirable. Some competency in paddling is requested. Canoers will be required to take a swim test upon their arrival in Hanover. *Offered on all sections.*

Whitewater Kayaking Trips begin with instruction in the basics of how to kayak, including strokes and basic boat movement. From there prepare for a taste of white-water as you practice on real (small) rapids. No kayaking experience is necessary or expected, but you must be a strong swimmer. We provide all kayaking equipment, but you should bring warm clothes and long underwear that you don't mind getting wet (NO cotton!). Kayakers will be required to pass a swim test upon their arrival in Hanover. *Offered only on sections A, C, E, F, H, and J.*

Flatwater Kayaking Trips are offered for those who would enjoy paddling sea kayaks along the tranquil Connecticut River. You will get to see the scenic Upper Valley and learn basic sea kayaking skills. We provide all kayaking equipment, but please bring warm, non-cotton clothing. This is a great option for those that want to get acquainted

with the countryside nearby Hanover! Kayakers will be required to pass a swim test upon their arrival in Hanover. *Offered only on sections A, C, E, F, H, and J.*

Fishing Trips take place in the Dartmouth College Grant, a 27,000 acre wilderness area in northern New Hampshire. Fishing trip leaders are specially trained to attract fish with their good looks and charm but occasionally the fish remain uncooperative. Luckily, the Grant does provide ample opportunity for hiking and nature study in addition to fly-fishing. We urge you to consider this activity in your choice of trip options. It is best if you can provide your own fly-fishing gear and you may be required to purchase a short-term New Hampshire fishing license for \$28 upon your arrival in Hanover. Fishers will be required to pass a swim test upon their arrival in Hanover. *Offered only on sections C, E and H.*

Organic Farming Trips involve a leisurely canoe trip in the Ledyard Canoe Club's famous 18-person voyager canoe, followed by a two-day stay at Dartmouth's very own Organic Farm. At the farm you will learn the basics of organic farming while helping out during the peak of harvest season. The farm's location on the bank of the Connecticut River makes it an ideal location for enjoying the river. Organic farmers are guaranteed to have a good time and eat like royalty. They are also required to take a swim test upon their arrival in Hanover. *Offered only on sections B, F and H.*

Horseback Riding Trips take advantage of Dartmouth's beautiful riding facilities at the 180-acre Morton Farm. Intended for riders with some experience, riding trips feature long trail rides and a chance to enjoy all aspects of English riding. Horseback riders will camp on a remote portion of the farm property, and rise early to tend and tack the horses. Sturdy boots with heels are a must for this trip, but all other riding equipment (including horses) will be provided. *Offered only on sections A and J.*

Trailwork Trips are based near Hanover on a portion of the Appalachian Trail that Dartmouth's Cabin & Trail club maintains. In addition to hiking, time is spent repairing trails or building a log-structure cabin. Not only is this a great adventure in a beautiful place, but it is also an opportunity to give back to the DOC and the innumerable New Englanders who use the trails, shelters, and cabins. We teach you everything you need to know about trailwork, and these trips provide an excellent introduction to some of the work that is done by the Cabin & Trail division of the Outing Club. And keep in mind that after a hard day's work, you will definitely feel burly. *Offered only on sections D and I.*

Nature Photography Trips provide a great opportunity for those of you with your own camera and an interest in photography to explore and photograph New Hampshire's White Mountains. You will stay in a DOC cabin and you will take easy to moderate day hikes into the mountains guided by student-leaders with experience in photography. If you don't have much hiking experience and you enjoy photography, this is the trip for you! *Offered only on sections A, C, F, and I.*

Nature Writing and Painting Trips are led by students with backgrounds in writing and/or painting. You'll stay in one of the DOC's cabins, and explore the area through day hikes and pleasure walks. Then you'll be invited to use your surroundings as inspiration for creative creation. You can write, paint, share, and discuss as much or as little as you want. *Offered only on sections A, B, E, H, and J.*

Bike and Hike Trips involve a few miles' bike through our neighboring Town of Norwich to your first campsite. From there, your group can choose from a variety of hiking and/or biking options, exploring outwards from your base camp! Bike and Hike is rated a 'moderate' Trip, as there is a bit of uphill pedaling involved. *Offered only on sections A, C, E, F, H, and J.*

5. DIFFICULTY (applicable only to Hiking trips):

Cabin Camping - Is the sidewalk the most remote trail you've traveled? Then this is the trip for you! You will be hiking on the DOC trail system and staying in our cabins. Each trip is based at a cabin in the White Mountain National Forest or in the College Grant, a 27,000 acre nature area in northern New Hampshire. Day hikes will be optional, and you can participate in the wilderness experience regardless of your physical ability. If you have not had much experience in the out-of doors or just want to take it easy, this trip is for you.

Hiking 1: Easy - Are you still willing to accept an outdoor challenge but do not care to invoke your struggle upon an impossible mountain slope? This may be the trip for you. You will be hiking on the DOC trail system and staying in shelters or cabins. You can expect to hike five miles or more per day, but since you are in a less mountainous region of New Hampshire, the trail will not be too rugged. There are still some fine views and you might expect to earn a few blisters in getting to them! Elevation gain: 0 to 1500 feet.

Hiking 2: Moderate - This category of trips will not involve as much climbing as the options ahead. The peaks are not as high, but still afford fine views of the White Mountains. You should be prepared to hike five to ten miles a day over moderately difficult terrain. These are great trips for those who are willing to accept a challenge, but don't care to unduly punish their bodies. You will stay in shelters or under tarps. Elevation gain: 500 to 2500 feet.

Hiking 3: Hard - Trips of this type will involve 2,000 to 5,000 foot elevation gains. Much of the hiking will be above treeline involving distances of up to ten miles. These trips are designed to provide similar views to those of the extreme trips with a little less of the physical and mental challenge.

Hiking 4: Extreme - For experienced hikers only. This type of trip involves some of the most rugged hiking conditions in the East. Most of the peaks you will climb will be above treeline and must be reached by steep ascents. Distances average ten miles a day. You will spend the night in shelters or under tarps supplied by the DOC. Be prepared to sweat a few quarts and be familiar with the application of moleskin for blisters! These are tough trips but those who have hiked them in previous years insist that the spectacular scenery makes them well worth the effort.

6. Sections A-D BUS OPTION: Students in the first four sections will **not** be able to move into their rooms after their trips. It is for them that we coordinate bus transportation. These students from the Northeast will travel to Hanover for their trip with just their trip gear and then return home after their trip. On move-in day, September 15, these students on Sections A-D will be able to return to campus through transportation they arrange themselves with their room furnishings.

We charter buses from various areas of the Northeast to bring students to Hanover for their trips during Sections A-D and return them home afterwards. Because of the need to reserve spaces on later sections for those who live farther away, it is essential that all applicants from the Northeast elect the bus option and come on an A, B, C, or D section trip if possible.

Therefore, if you live in the Northeast, we ask you to elect the bus option unless:

- (a) you are absolutely unavailable for sections A-D; or
- (b) none of the stops are within 75 miles of you; or
- (c) you live close enough to have relatively easy transportation to and from Hanover for you and your trip gear.

We have chartered buses to pick students up at the following locations:

<u>Bus Location</u>	<u>Fare</u>	<u>Bus Location</u>	<u>Fare</u>
1 New York NY	\$96	6 Hartford CT	\$72
2 Albany NY	\$45	7 Providence RI	\$64
3 Darien CT	\$89	8 Springfield MA	\$39
4 Bridgeport CT	\$89	9 Newton MA	\$45
5 New Haven CT	\$89	10 Boston MA	\$45

Note: These buses do **not** pick up at the airport. They are for students who live in the Northeast, not students who will be flying to Boston or Manchester airports. (Transportation from the airport must be arranged on your own.)

Please keep in mind that priority on the later sections will go to those who live farther away. If you are from the Northeast, your chances of getting placed on the trip of your choice are greater if you elect to go on sections A-D. All students requesting section A-D trips will be expected to return home or find other accommodations following their trips until student residence halls open on September 15. All students electing the bus option will be placed on a trip in section A-D and assigned to a bus. Please include the money for the bus ticket with your payment regardless of whether you are applying for financial aid. This cost is not refundable. You will receive bus information (date, time, and place of departure and return) in late July included with your section assignment. You may only bring what you will need for the trip. **There will be no storage in Hanover for personal belongings of students in sections A-D.**

7. GENERAL PHYSICAL CONDITION and HIKING AND CAMPING EXPERIENCE: All registrants must fill out this section of the registration form. Please be as specific as possible. We don't want you on a trip that is boring for you and we don't want you to be lagging way behind as your psycho-hiking tripees power up the third peak of the day. In general, the more information you provide, the better! This will assist us in assigning you to the best trip. Those whose first choice is not a hiking trip will be placed on a hiking trip only if we are unable to accommodate them on their first choice

8. SWIM TEST: All participants in water trips or other trips that could go swimming are required to complete two lengths of the pool in a swim test prior to leaving on their trip. Trips that do not go near swimmable water

(around half of them) are not required to take the swim test. Please be sure to **indicate your comfort level** with water on your registration so that we can assign you to the right kind of trip for you.

9. MEDICAL INFORMATION: We need to know if you have any physical conditions that might affect a wilderness experience. There is space to elaborate on those conditions on the registration form. Please note that the online form is not secure so we cannot guarantee the confidentiality of medical information. If you have concerns about submitting medical information online, please call our office.

III. OTHER DETAILS

CONFIRMATION: We realize that everything from purchasing plane tickets to planning family vacations can depend on early notification of your trip assignment. For this reason we will work as quickly as we can to process all registrations by July 10. Before that date it will do you (and us) little good to call concerning trip assignments. We will be posting trip assignments online at:

<http://www.dartmouth.edu/~doc/firstyeartrips/incomingstudents/assignments/>

REGISTRATION DEADLINE: June 26, 2009. Late registrations will be accepted, however, you may not get your preferred trip type or section. If you register online after June 26, please send us an email to let us know (the web server doesn't automatically let us know when new registrations have arrived—we have to go look). The Signature Form and payment should be faxed to (603) 646-1444, or mailed to: **DOC Trips, P.O. Box 9, Hanover, NH 03755.**

If you have questions, *please* check our website **first**:

<http://www.dartmouth.edu/~doc/firstyeartrips/>

It is recently redesigned to help answer all of your questions! If you still have concerns, please contact the DOC Trips office to reach the Trips Director, Scott Limbird '09, and Assistant Director, Molly Bode '09.

...And get excited!

Scott Limbird '09
2009 Trips Director

P.S. Did we mention yet that the first four sections won't be allowed to get into their dorm rooms? **If you are assigned to one of the first four sections, you will not be allowed to open your dorm room, put anything in it, even go within eyeshot of it!** Don't bring your computer! Don't bring your lamp! Don't bring anything but what you'll carry on your trip!

D.O.C First-year Trips

P.O. Box 9

Hanover, NH 03755

- Phone: (603) 646-3996
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