DOC Trips 2011 Instructions

Registration Deadline: June 27th, 2011. If you cannot make this deadline, please call (603) 646-3996.

These instructions explain how to register for DOC Trips 2011. They are also available online if you lose this packet. Please read everything carefully.

DOC Trips Mission: Trips exist to give ALL incoming students an exciting and unforgettable welcome to the Dartmouth community. Trips provides them with an introduction to the College’s traditions and spirit, as well as a safe and positive outdoor experience through the Dartmouth Outing Club. Trips creates common ground for first-years, a space to build lasting friendships and social support systems, and facilitates a connection to dedicated upperclassmen who act as role models at Dartmouth and beyond.

I. HOW TO REGISTER FOR DOC TRIPS

In order to register for DOC Trips 2011 and be assigned to a trip, you must provide us with two things:

- Registration Form (online)
- Signatures Form (pink)

We must have both items by June 27, 2011. 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:

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: As the cost of a trip should not discourage anyone from participating, substantial financial assistance is available. The full cost of Trips is $195.00 this year (more if you will be taking a bus—see below). The cost will be billed to your college account in August. See the white Payment for more details! See below for information on financial aid.

Refunds: Trip cancellations made before August 1st will receive a full refund. Cancellations made between August 1 to 15 can receive a full refund, minus a $50 processing fee. After August 15th there are no refunds of any of Trips fees.

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: Because we do not want the cost of a trip to discourage anyone from participating, substantial financial assistance is available (up to half of full cost). The full cost for DOC Trips is $195.00. If you would like aid, check the appropriate box on your online registration and we will let you know if you are receiving assistance. If you are awarded assistance, you will be billed for the remaining balance due through your college account. Financial aid eligibility is determined by the Financial Aid Office.

Equipment Assistance: We do not want to let gear worries keep you from signing for a trip so we have a limited supply of packs, sleeping bags, sleeping pads and other equipment available if need be, free of cost! However, we do expect most students to provide their own equipment and if you do not have the proper equipment (sleeping bag, pad and pack), we suggest you try to borrow it from a friend or go to your local Army/Navy surplus store. You absolutely do NOT need state-of-the-art gear for Trips. Much excellent wool and polyester can be had for almost nothing at thrift stores. But, if you cannot acquire or borrow some, we will happily provide it for you (priority given to financial aid students). When you get your trip assignment you will also get a gear list and an Equipment Assistance Request form.

Special Accommodations: We are committed to doing everything we can to help all students fully participate in Trips. We recognize that some students may need additional accommodations, which
may include (but are not limited to) religious practices, disabilities, dietary restrictions, allergies, and medical needs. Electricity can be available to those with medical devices requiring charging and/or power. In the past we have worked well to accommodate these needs and will do our best again this year. Please let us know if you have any special needs by noting this on your registration form. Don’t hesitate to call us if you have any concerns!

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 around a dozen trips in each section, each with two leaders and about eight new students. Each section is five days: on the first day you check in and meet your leaders and trippees; 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 go to the Moosilauke Ravine Lodge to celebrate; on the fifth day you return to campus.

Because dorm rooms don’t officially open until September 14th, 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 14th to move into their dorms. The last six sections are for 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 move into their rooms when their trip returns to campus, even though some return before the 14th (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 top choice of trip type.

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:

<table>
<thead>
<tr>
<th>Section Dates (Northeast)</th>
<th>Section Dates (Other Regions)</th>
</tr>
</thead>
<tbody>
<tr>
<td>A  Aug. 31 - Sep 4</td>
<td>E  September 4 - 8</td>
</tr>
<tr>
<td>B  September 1 - 5</td>
<td>F  September 6 - 10</td>
</tr>
<tr>
<td>C  September 2 - 6</td>
<td>G  September 7 - 11</td>
</tr>
<tr>
<td>D  September 3 - 7</td>
<td>H  September 8 - 12</td>
</tr>
<tr>
<td></td>
<td>I  September 9 - 13</td>
</tr>
<tr>
<td></td>
<td>J  September 10 - 14</td>
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</tbody>
</table>

International Student Orientation: International students must choose sections E, F, or G in order to fit with International Student Orientation, which takes place starting September 11th at 5pm. This means they should arrive in Hanover the day before their Trip (i.e. Sep 3rd, 5th, or 6th). International students who participate in a DOC trip will be able to move in to their residence hall the day before their trip. Any questions you have about transportation/housing should be directed to Steve Silver in the International Student Programs Office (603-646-2335).

Native American Student Orientation: 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 11-13th. They can move into dorms prior to their trip. Native American students from the Northeast should go on a Trip on section A-D and then return on the 11th for orientation.

Transfer Students: All transfer students should choose section H unless they absolutely cannot do this section. Transfer students will be assigned to trips with both incoming freshmen and transfers.

Recruited Athletes: Recruited athletes for fall sports should indicate what sport they’ll 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 from 1-3 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 (except for international students and some athletes).

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 earlier to later one!

4. TRIP TYPE: The DOC offers a variety of different trips on each section. You must list Hiking as one of your possible choices as spaces are limited on other trip types. Some trips (like kayaking) are more popular than others and it may be difficult to give everyone their first choice. However the DOC offers beginner trips throughout the year so if you don’t get the DOC Trip of your choice there are many other opportunities later in the year. 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) by 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’ll try to put you on the trip you most prefer. Below are the trip types for each section:

<table>
<thead>
<tr>
<th>Trip Type</th>
<th>Sections Available</th>
</tr>
</thead>
<tbody>
<tr>
<td>Hiking</td>
<td>A B C D E F G H I J</td>
</tr>
<tr>
<td>Climbing</td>
<td>A B C D E F G H I J</td>
</tr>
<tr>
<td>Canoeing</td>
<td>A B C D E F G H I J</td>
</tr>
<tr>
<td>Whitewater Kayaking</td>
<td>A C E F H J</td>
</tr>
<tr>
<td>Flatwater Kayaking</td>
<td>A C E F H J</td>
</tr>
<tr>
<td>Fishing</td>
<td>C E H</td>
</tr>
<tr>
<td>Organic Farming</td>
<td>A E G</td>
</tr>
<tr>
<td>Horseback Riding</td>
<td>C F</td>
</tr>
<tr>
<td>Trailwork</td>
<td>C I</td>
</tr>
<tr>
<td>Nature Photography</td>
<td>A C F I</td>
</tr>
<tr>
<td>Nature Writing and Painting</td>
<td>D H J</td>
</tr>
<tr>
<td>Bike and Hike</td>
<td>B D I</td>
</tr>
<tr>
<td>Hike and Yoga</td>
<td>D J</td>
</tr>
<tr>
<td>Farm Living</td>
<td>F H J</td>
</tr>
<tr>
<td>Community Service</td>
<td>A E</td>
</tr>
<tr>
<td>Nature Exploration</td>
<td>A D I</td>
</tr>
<tr>
<td>Cabin Camping</td>
<td>A B C D E F G H I J</td>
</tr>
<tr>
<td>Outdoor Education</td>
<td>B</td>
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</tbody>
</table>

**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 “leisurly” 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 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. 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. *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. It is best if you can provide your own fly-fishing gear (but some is available) and you will 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 in Hanover. *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 as well as playing soccer or Frisbee in the fields. Organic farmers are guaranteed to have a good time and eat like royalty. Organic Farmers will be required to pass a swim test in Hanover. *Sections A, E and G.*

**Horseback Riding Trips** take advantage of Dartmouth’s beautiful riding facilities at the 180-acre Morton Farm. Intended for riders with experience, riding trips feature long trail rides and a chance to enjoy 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. *Sections C and F.*

**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 with all sorts of tools. 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. *Sections C 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! Sections A, C, F, 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. 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. Sections D, H, and J.

Bike and Hike Trips involve a few miles’ bike through nearby 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 some uphill pedaling. Sections B, D, I.

Hike and Yoga Trips will at heart function like less difficult hiking trips. You get to stay in the spectacular student built cabin and along with daily hikes, trippees should be prepared for fun yoga sessions on beautiful sections of trail. Sections D and J.

Farm Livin’ Trips will go to Luna Bleu Farm, a working animal/vegetable farm, where trippees and leaders will participate in chores, help out with ongoing projects, and learn about daily life on a farm. Trippees should be excited to work hard and to learn about a different lifestyle. Sections F, H, and J.

Community Service Trips will spend the first day in the woods on a hike like any other trip. On the second day, this trip will visit the local Glencliff Home for the Elderly, be introduced to the home by staff, and provide companionship to residents for part of the day. Sections A and E.

Natural History Trips will explore New England’s landscape by taking exploratory walks in the woods. There will be guest leaders with backgrounds in the ecology of the area and will share their knowledge of history of the area, and native flora and fauna. We’ve gotten rave reviews for this trip! Sections B, D, and I.

Outdoor Education Trips with hike and learn about outdoor education and then spend an entire day with local children teaching outdoor skills such as orienteering and participating in a Ropes Course. No experience necessary but there will be some easy hiking and a Ropes Course, which involves wearing a harness and participating in challenges above the ground! Trippees will be required to complete a swim test in Hanover. Section B

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 beautiful 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: Least Difficult - 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 great 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: Harder - 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: Most Difficult - 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. 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 14th, these students on Sections A-D will return to campus through transportation they arrange themselves.

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 section A-D 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 and return them after Trips:

<table>
<thead>
<tr>
<th>Bus Location</th>
<th>Fare</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 New York NY</td>
<td>$100</td>
</tr>
<tr>
<td>2 Albany NY</td>
<td>$48</td>
</tr>
<tr>
<td>3 Darien CT</td>
<td>$93</td>
</tr>
<tr>
<td>4 Bridgeport CT</td>
<td>$93</td>
</tr>
<tr>
<td>5 New Haven CT</td>
<td>$93</td>
</tr>
</tbody>
</table>

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.)

Later sections will go to those who live farther away, so 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. 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 14. All students electing the bus option will be placed on a trip in section A-D and assigned to a bus.

Payment for your bus ticket will also be charged to your college account and you can elect this option online. Note: If this cost will prevent you from participating in trips please call us and we can work something out. 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 trippees 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 must complete two lengths of the pool in a swim test prior to leaving on their trip. Please be sure to indicate your comfort level with water on your registration so we can assign you to the right kind of trip for you. The swim test is also a graduation requirement, so if you feel up for it when you arrive, you can get this out of the way.

9. MEDICAL INFORMATION: This will absolutely NOT affect your ability to go on a Trip, but it is important we are aware of any physical conditions, dietary restrictions, or allergies that you have so that we can accommodate you. Additionally if you have a medical devices requiring electricity we can accommodate you. You can elaborate on those conditions on the registration form. If you are concerned about giving medical information online, please call us.

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 12. Before that date it will do you (and us) little good to call concerning trip assignments. These will be posted at:

www.dartmouth.edu/~doc/firstyeartrips/incomingstudents/assignments/

REGISTRATION DEADLINE: June 27th, 2011. Late registrations will be accepted, however, you may not get your preferred trip type or section. If you register online after June 27th, 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:

www.dartmouth.edu/~doc/firstyeartrips/

It has been redesigned to help answer all of your questions! We are also on Facebook! Friend ‘DOC Trips.’ If you still have concerns, please contact the DOC Trips office to reach the Trips Director, Emily Unger ’11, and Assistant Director, Andrew Purpura’11. And get excited!

Emily Unger ’11
2011 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!