Freshman Outdoor Orientation Trip: Discover

**Date & Time:** *Friday, August 11 – Sunday August 13, 2023*

The Freshmen Outdoor Orientation Trip (FOOT) is a unique wilderness experience that will take place before school begins. FOOT offers an amazing opportunity for incoming students to meet a small group of new classmates and establish relationships with older student leaders. **Discover** is three days full of climbing, kayaking, hiking, and playing on the challenge course. This option is great for incoming first-year students who want to adventure in multiple sports.

**Cost:** $250

**Cost Includes:** ORC trip leaders, all equipment, lodging, meals, all permits, fees, and transportation from WSU in 12-passenger van.

**Activity Level:** Beginner - Advanced. No prior experience in activities necessary.

**Remoteness Scale** Level 1, this is a front country trip.

**Physical Challenge Scale:** Level 2, this trip is moderate.

**Registration:** Up to 10 participants Registration required by July 16.

**Itinerary:**

**Day 1**
9 a.m. Welcome and Introductions! FOOT Discover begins. Meet at Climbing Wall in lower level of Student Union
10:00 a.m. Head to the Challenge Course for team building on the Low Ropes Course
12:00 p.m. Lunch
1:00 p.m. Continue Low Ropes Course
3:00 p.m. Rock Climbing and Rappelling at the Challenge Course
6:00 p.m. Dinner
7:00 p.m. Check into dorms and get settled
8:30 p.m. Outdoor Adventure Movie in the Climbing Gym
10:00 p.m. Lights out
Day 2
8:00 a.m. Breakfast, pack up gear, and head to Blue Lake at Eastwood Metropark for an Introduction to Kayaking course! Learn the basics of kayaking on a calm cool lake
12:00 p.m. Lunch
1:00 p.m. Head to Great Miami River for river kayaking using newly learned skills
7:00 p.m. Dinner & S’mores around the campfire
10:00 p.m. Lights out

Day 3
8:00 a.m. Breakfast, and head to John Bryan State Park for three-mile hike
12:00 p.m. Lunch
1:00 p.m. Outdoor rock climbing in John Bryan State Park
6:00 p.m. FOOT ends