

February Outdoor Orientation

Dear February Class of 2013,

Hello from Middlebury Outdoor Programs! We're writing to welcome you to Middlebury and tell you about FOO! 2009, which will take place February 14th-15th.

We know all of you are currently in the midst of exciting independent experiences, and imagine that some of you are looking forward to jumping in to life at Middlebury. Many of you probably feel some trepidation as well. We want to assure you that coming to Middlebury as a first-year in February is a fantastic experience, and we're going to do all we can to ease your transition to life at Midd.

Each year on the first weekend of the spring semester, we send small groups of incoming Febs into the wilderness around Middlebury. With experienced student leaders, FOO! groups snowshoe and backcountry ski through some of the most beautiful areas in the Northeast. While some students are reluctant to spend their first weekend of school in the mountains, FOOers often say that their trip is among their most memorable first-year experiences. FOO! provides Febs with a look into the world outside of campus, a breath of fresh air after the first week of classes, and an opportunity to make further connections with other members of their class. FOO! can be a great way to start off one's Middlebury career.

There is no experience necessary to participate in FOO!. All skill and experience levels are welcome and encouraged. We should mention, though, that Vermont in February is extremely cold; temperatures can range from 30 degrees Fahrenheit to well below zero degrees. These are certainly severe conditions, but with proper gear, and some instruction from our knowledgeable leaders, Vermont's frosty winter days can be fun and comfortable.

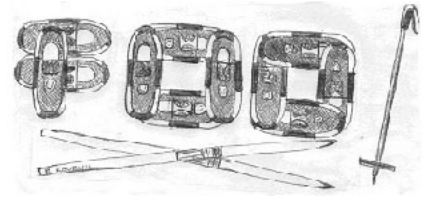
We encourage you to apply (and apply as soon as possible!) to FOO!. Each year FOOers report that the memories made on these trips are irreplaceable. Please, if you have any questions, don't hesitate to email us at FOO@middlebury.edu or call Middlebury Outdoor Programs at (802) 443-3103. We look forward to hearing from you and seeing through a successful FOO!.

See you soon!

Sincerely,

Jonas Schoenefeld
FOO Coordinator, 2009

Program Overview and Disclosure
Please read!



February Outdoor Orientation

The Middlebury College February Outdoor Orientation (FOO!) program offers participants a chance to visit some of the most beautiful backcountry areas in Vermont and the Adirondack Park in the quiet and solitude of winter. While this is among the program's strongest attractions, it introduces certain elements that must be considered in making an informed decision to participate. FOO trips venture to remote areas, in a cold winter environment, with assistance potentially many hours away should an accident or emergency occur. Because of this, our leaders are selected for their maturity and judgment, and trained in wilderness first aid. There is also an emergency response plan in place to address situations should they arise.

Despite our best efforts, there is an inherent element of risk in any backcountry adventure, and never more so than in the winter. Cold weather and related injuries, falls while skiing or snowshoeing, and a multitude of other hazards, some impossible to predict, make participation in FOO! an inherently risky undertaking.

Your leaders will do their best to minimize the risks inherent in FOO!, and you will need to take responsibility for helping them do so. This means, among other things, following their instructions and watching out for the well-being of all your group members. Such measures can reduce, but never eliminate, the risk in your trip. If you're comfortable with that, then FOO! may be the experience for you, and we hope to see you in February!

Some final thoughts:

- While you definitely don't need to be an all-star athlete to enjoy FOO!, we recommend you come to the program in reasonable physical condition. Regular, moderate running, skiing, cycling, or hiking is generally more than adequate. Coming to the program physically prepared will make it much more fun!
- The enclosed medical form warrants some explanation. We are not doctors, and so do not use the medical form to assess who may or may not participate in the program. That is a decision you must make for yourself. If you have any health-related doubts about participating, we strongly urge you to discuss them with your doctor. What we do use the forms for is to provide a quick reference for medical professionals should you need treatment while involved in the program, and to help us identify any minor issues that might need special attention in the field. Food allergies are perhaps the best example.

We look forward to welcoming you to Middlebury soon!

Best,

Derek Doucet
Outdoor Programs Director
Advisor, FOO! Program
(802) 443-3103
ddoucet@middlebury.edu

FOO! 2009 Application Form

Instructions:

Space is limited and FOO! is very popular. **Applications will be accepted until 5:00pm on January 9th.** Applications received after this deadline will not be accepted. In the interest of fairness, trips will then be filled by lottery. You will be informed of the status of your trip no later than January 16th.

A completed application consists of:

1. Completed Registration Form (this page).
2. Completed and signed medical form (back of this page).
3. Signed Release and Indemnity Form (enclosed).
4. A check for \$85 (\$35 if requesting program financial aid), payable to Middlebury College.

FOO! contact information:

Ph (802) 443-3103
 Fax (802) 443-3012
 email: foo@middlebury.edu
 website:
 web.middlebury.edu/offices/ccal/orientation_trips/FOO!.htm

Name: _____

Mailing Address:

Home phone#: _____

Street#: _____

Email address: _____

Apt.# _____

City / Town: _____

Zip Code: _____

Please rank your trip preferences 1 & 2:

Skiing _____

Snowshoeing _____

Please answer the questions below on a separate sheet of paper.

1. Tell us about any outdoor experiences you may have had. We're interested in any outdoor adventures, but especially winter activities. Note that you don't need any experience to participate in FOO!

2. Tell us about your exercise habits and day to day activity level. We want to do our best to select the most appropriate FOO! trip for you.

Equipment

FOO! will provide all group gear, such as stoves, pots, tents, etc. Please refer to the personal packing list on the back of this form for a complete list of **required** personal equipment. We have a limited supply of equipment which may be borrowed on a first-come, first-served basis. Please indicate any equipment you'd like to borrow from the list below. When you receive your confirmation in January, you'll be notified of what equipment we're able to provide for you. You will be responsible for bringing the rest.

Winter sleeping bag (rated to -15F or lower) _____	Backpack (5000 cubic inches or larger) _____	Backcountry Skis* _____
Sleeping Pad _____	Snowshoes* _____	Ski Poles _____
		Ski boots _____

*We can't guarantee your 1st choice trip, so check both "skis" and "snowshoes" if you don't have them.

To help us fit you with properly sized equipment, please tell us your:

Height _____ Weight _____ Boot Size _____

All FOO!ers receive a free FOO! T-Shirt. What size would you like?

Sm _____ Md _____ Lg _____ XL _____

Financial Aid

If you receive Middlebury College grant aid of \$1000 or more, you are eligible for FOO! financial aid. If you believe you are eligible and would like to request aid, please check the box below:

Yes, I'd like to request FOO! financial aid!

If you request financial aid, the program cost is only \$35. Please submit this amount with your application. We'll confirm your eligibility, and contact you if we have an questions.

Application Deadline: 1/9/09.

Complete and return to CCAL, McCullough Hall, Middlebury College, Middlebury, VT. 05753, ATT: FOO!

Required Equipment List

A crucial rule in dressing for winter outdoor activities is NO COTTON! That means no sweatpants, sweatshirts, cotton socks, cotton underwear, etc. Cotton absorbs moisture (snow and sweat) very quickly and is virtually impossible to dry outside in the winter. This is potentially dangerous because it leaves you wet and cold with no way to warm up. Synthetic fabrics such as polypropylene or capilene absorb little water, dry quickly, and retain insulation value when wet. Wool is also acceptable, but remember: NO COTTON! If you have any equipment questions, please contact us via the contact info on the registration form.

GENERAL:

- _____ Backpack (big enough to fit all of this stuff in: 4500-5500 cubic inches, preferably internal frame).
- _____ Sleeping bag (rated to -15 degrees Fahrenheit or lower).
- _____ Sleeping pad (full length, 3/4"+ thick closed cell foam or Thermarest style inflatable preferred).
- _____ Bowl, spoon, and insulated mug. Plastic/Tupperware bowls with lids, and plastic coffee mugs are great.
- _____ 2 water bottles. Nalgene-style 1 liter bottles are best.

FOOTWEAR:

- _____ Boots. Sorels, plastic double boots, or other insulated, waterproof winter boots for snowshoeing trips.
- _____ 75mm three-pin binding compatible ski boots for skiing trips.
- _____ Camp shoes or down booties.
- _____ 3 pair wool socks (big, thick).
- _____ 1 pair gaiters (to keep snow out of that gap between your boot and the bottoms of your pants).

LOWER BODY:

- _____ 1 pair heavy or expedition weight polypropylene or equivalent long underwear bottoms.
- _____ 1 pair wool or fleece pants.
- _____ 1 pair of nylon or Goretex ski pants.

UPPER BODY:

- _____ 1 heavy or expedition weight polypropylene or equivalent long underwear top.
- _____ 1 wool or synthetic (polypropylene) shirt.
- _____ 1 heavy wool or synthetic sweater (heavy, 100% wool sweaters or fleece pullover/jackets perfect).
- _____ 1 nylon or Goretex outer shell (windproof, semi-waterproof layer).
- _____ 1 winter-weight parka (high quality down or synthetic fill only).

EXTREMITIES:

- _____ 2 wool or synthetic hats (one medium weight for hiking/skiing and one heavy weight camp hat).
- _____ 1 scarf or neck warmer.
- _____ 2 pairs of mittens (wool or synthetic, with nylon outer shell).
- _____ 1 pair of polypropylene or equivalent glove liners.
- _____ 1 Balaclava. Optional, but very nice to have. May be substituted for one of the hats listed above.

MISCELLANEOUS:

- _____ Sunglasses or ski goggles.
- _____ Personal medications (inhalers, antihistamines, or other prescription meds)
- _____ Personal toiletries (tooth brush and paste, sunscreen, contact lens stuff, etc.).
- _____ Journal and pencil (pens freeze; optional).
- _____ Camera (optional).

SPECIFIC GEAR FOR YOUR TRIP:

- _____ Backcountry skis (Full metal edged touring skis with 75mm 3-pin bindings are preferred. NNNBC also acceptable).
- _____ Ski poles.
- _____ Ski boots (appropriate to the skis / bindings you'll be using).

or

- _____ Snowshoes

Final thoughts:

While the clothing and equipment listed is required for FOO!, and much of it is also useful for winter life at Middlebury, breaking the bank in order to get isn't necessary. There are inexpensive and creative ways to find FOO! gear. Borrow from your friends or try a local Army/Navy or a second hand store. Try mail-order companies like Campmor (www.campmor.com) and Sierra Trading Post (www.sierratradingpost.com). All offer significant savings over the big name brands. Don't hesitate to contact us if you have questions!

FOO! 2009 Participant Medical Form

This information is for use in the event of an emergency during orientation trips, When it will be given to medical professionals to assist them in caring for you. To facilitate this, your leaders will carry a copy of this form in the field.

We highly recommend you consult your physician in filling out this form.

Name _____ Date of Birth ____/____/____ Gender: M / F Home Address _____

Home Phone _____ Midd ext _____ MC Box# _____ Primary Physician _____ Physician's Phone _____

Emergency contact: _____ Relationship to you _____ Contact's Phone _____

MEDICAL HISTORY

Name any illness or condition for which you are under treatment:

DRUG, ENVIRONMENTAL, OR FOOD ALLERGIES OR SENSITIVITIES

If you know that you have a severe allergy (i.e. bees, insects, nuts) please tell us what happens when you are exposed to the allergen, and whether or not you carry epinephrine.

CURRENT MEDICATIONS (List all you are currently taken, both prescription and over the counter)

IMMUNIZATION HISTORY

Date of last tetanus immunization: ____/____/____ Are you vaccinated against Hepatitis-B? YES NO UNSURE

HAVE YOU EVER HAD OR DO YOU HAVE NOW ANY OF THE FOLLOWING:

	Yes	No		Yes	No
Recent significant weight gain or loss	___	___	High blood pressure	___	___
Diabetes	___	___	Ulcers	___	___
Seizures	___	___	Hepatitis or jaundice	___	___
Asthma	___	___	Drug or alcohol problem	___	___
Chronic or bloody cough	___	___	Rupture or hernia	___	___
Tuberculosis	___	___	Neck or back trouble	___	___
Chest Pain	___	___	Impaired sight, hearing or speech	___	___
Heart disease	___	___	Physical handicap	___	___
Fainting spells	___	___	Women- are you pregnant?	___	___

Explain any "Yes" answers if not already explained:

Describe any significant past medical history not already mentioned:

The preceding answers are true to the best of my knowledge and ability. I agree that this information may be released to healthcare providers as necessary in the event of illness or injury during the orientation trips (FOO!).

Student Signature _____

Date ____/____/____

Parent or Guardian's Signature (if FOO!er is under 18) _____

Date ____/____/____

Release and Indemnity Agreement

Middlebury College February First-Year Outdoor Orientation (FOO!) Trips 2009

Partial description of possible program activities: Vehicle travel to / from trip destinations; backcountry skiing; snowshoeing, winter camping.

Location: Mountainous backcountry locations in Vermont and/or New York State.

Assumption of Risk

I, _____, acknowledge that I am a voluntary and willing participant in the above-named program, and fully understand that there may be risks inherent in or associated with my participation in this program. I have read, and understand, the February Outdoor Orientation Program Overview and Disclosure included in this information packet. I hereby assume any and all risk of personal injury, death, and damage to personal property. Furthermore, I hereby RELEASE FROM LIABILITY and agree to INDEMNIFY AND HOLD HARMLESS Middlebury College, its trustees, agents, and employees, for any damage, injury, or death which may result from or be associated with my participation in this course, including travel associated therewith, whether caused by NEGLIGENCE of the aforementioned parties or otherwise.

By signing below, I understand that this is a RELEASE OF LIABILITY which will legally PREVENT me or any other person from filing suit or making any other legal claim for injuries, damage, or death sustained by me. I, nevertheless, enter into this agreement freely and voluntarily and agree that it is binding on me, my heirs, assignees, and legal representatives.

Severability: I also expressly agree that the foregoing waiver and assumption of risks agreement is intended to be as broad and inclusive as is permitted by the law of the State of Vermont, and that if any portion thereof is held invalid, it is agreed that the balance shall, notwithstanding, continue in full legal force and effect.

Acknowledgement of Understanding: I have read this release of liability and assumption of risk and indemnity agreement, fully understand its terms, and understand that I am giving up substantial rights, including my right to sue. I acknowledge that I am signing the agreement freely and voluntarily, and intend the agreement by my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Student Signature

Date

If Student is under the age of 18:

Parent or Guardian Signature

Date: