Cavalier Outdoor Adventure Retreat (COAR)

Meet and get to know other first year students on a backcountry trip in Shenandoah National Park. You’ll hike to waterfalls, enjoy scenic mountain views, and stay in a primitive PATC cabin in a secluded backcountry setting. Not an experienced outdoor person? That’s okay! We provide all necessary camping/backpacking equipment. We just ask that you be in moderate to good physical condition to hike with your pack to the cabin and enjoy the day hikes ranging from three to eight miles. The last page contains a list of clothing and personal items to bring, so you can come prepared.

COAR is a relatively new program run by the UVA Outdoor Recreation Program with support from the Student Life Committee and Orientation Office. We began COAR in Summer 2015 as a pilot program with three trips. After a successful run in 2015, we are proud to offer nine trips this summer for incoming students. If you are unable to attend due to limited spots, you can still get involved through many other outdoor programs we offer throughout the school year. Program activity schedules are posted on the website about a month prior to each semester.

Program Purpose:
To provide an environment that fosters the growth of meaningful friendships amongst incoming first year students. The activities and discussions will help students bond and lay a foundation of support for one another.

Trip Dates (see FAQs for guidelines on which trip you can register for based on the orientation session you are in):

COAR 1: Friday-Monday, July 8-11
COAR 2A and 2B: Tuesday-Friday, July 12-15
COAR 3: Friday-Monday, July 15-18
COAR 4A and 4B: Tuesday-Friday, July 19-22
COAR 5A and 5B: Tuesday-Friday, July 26-29
COAR 6: Friday-Monday, July 29- Aug. 1

Trip Cost: $165 (Food, Equipment, and Transportation are all included).

Registration (opens April 1st):
You can register by calling the IM-Rec Sports Business office at 434-924-3791.
There are just 10 Spots (5 male and 5 female) per trip, so register early. Registration ends June 20, 2016 or when trips reach capacity.

Refund Policy:
- Participants may receive a full refund up to 30 days prior to first day of their trip
- 50% refund up to 10 days prior to first day of the trip
- NO REFUND less than 10 days prior to the first day of the trip
FAQs

1. Which COAR Trip can I register for?
The COAR retreats are specifically designed for incoming first years who have JUST attended their Orientation Session so participants begin their COAR trip the evening their academic orientation ends. That being said, any student who has already attended their Orientation Session is welcome on any subsequent COAR trip as long as he/she can arrange the return trip to Charlottesville.

   o COAR 1: Friday-Monday July 8-11 (for those in Orientation Session A, NO EXCEPTIONS)
   o COAR 2A and 2B: Tues.-Fri. July 12-15 (for those in Orientation Session B or previous).
   o COAR 3: Friday-Monday July 15-18 (for those in Orientation Session C or previous).
   o COAR 4A and 4B: Tuesday-Friday July 19-22 (for those in Orientation Session D or previous).
   o COAR 5A and 5B: Tuesday-Friday July 26-29 (for those in Orientation Session G or previous).
   o COAR 6: Friday-Monday July 29- Aug. 1 (for those in Orientation Session H or previous).

2. What is included in the cost of the trip?
Food, Equipment, and Transportation are all provided. Outdoor Recreation will provide group camping gear and can provide some personal equipment as well (as indicated on the equipment list). Keep in mind that for the hike into the cabin you will be hauling ALL of your personal gear and your share of the group gear in a pack. Therefore, we would suggest traveling as light as possible. It’s only 2 nights at the cabin (the first night you’ll be staying in Slaughter Recreation Center).

3. What should I expect?
For most of you, the COAR trip will be a new experience. There will be many ways to challenge yourself during the 3 day trip. For some, the physical exertion of hiking up to 8 miles may be a challenge. For others, it will be living in the close quarters of a primitive cabin with 10 other people.

4. Who is leading the COAR Trips?
The COAR trips are led by student leaders with prior backpacking experience, formal Wilderness First Aid training, and training by the Director for Outdoor Recreation. Most of the activities are day hikes and the primitive cabins are a relatively short hike from skyline drive (.5 to 1.4 miles depending on whether your group will be using Doyles River Cabin or Corbin Cabin). A map of where Doyles River Cabin is located in relation to Charlottesville can be found here. Corbin cabin is near Old Rag.

5. What is the General Trip Itinerary?
Day 1: COAR will begin at 5 PM on the first day (ideally the day your academic orientation ends if you can plan it that way). You’ll meet your instructors at the Outdoor Recreation Center located at 119 Emmet St. N, next to the Cavalier Inn. You can park here for the duration of your trip. Staff will check over equipment, check out any supplemental gear you need (per packing list), and help start the process of getting to know the others in your group. Dinner is provided and you’ll spend this first evening at Slaughter Recreation Center.
Day 2: After breakfast, the group will depart for Shenandoah National Park and where you’ll do a short scenic hike before lunch. In the afternoon you’ll hike to the PATC cabin where you’ll be spending the next two nights, set-up camp, and explore the area play games, read, journal, relax, etc.

Day 3: You’ll enjoy a longer hike with scenic views, creeks, and waterfalls. This hike will be approximately eight miles long and will vary depending on which PATC cabin your group is staying in (Corbin or Doyle’s). You’ll hike at an enjoyable pace to make this the main event of the day, spend time at waterfalls, etc. The hike will be followed by a big dinner back at camp.

Day 4: You can sleep in a bit longer and pack up camp after breakfast. You’ll arrive back in Charlottesville by late morning, clean-up, return gear, take showers (at Slaughter Recreation Center), and enjoy going out to lunch together and sharing trip highlights. You’ll arrive back at the Outdoor Recreation Center by 1:30 PM.

6. What should I do to be physically prepared?
These trips are designed for beginner level participants. You do not have to be an athlete, just in good physical condition to hike with the group. No prior backpacking experience is needed.

Physical conditioning:
• Mild aerobic activity 2 to 3 times a week
• Get outside! Go for a walk, hike, bike ride, swim – get used to being outdoors in all kinds of weather

7. What should I do to be mentally prepared?
• Be prepared to meet new people from a variety of different backgrounds
• Be ready to be a part of the solution, not part of the problem
• Bring a positive attitude and a desire to be actively involved
• Be open-minded about trying new things – i.e. Being a leader and a follower, going several days without bathing, trying new and unusual meals, etc.

8. What forms will need to be completed prior to the trip?
Registered participants will need to submit the Statement of Understanding and Medical History Form to UVA Outdoor Recreation within two weeks of completing registration. Minors will need their parent/guardian signature on the bottom of BOTH forms.

9. Can I register for COAR if I am a transfer student and not a first year?
Yes, transfer students may register for COAR 5A or B or COAR 6, which occur after the transfer student orientations. Since these trips begin several days after transfer orientation ends, you may need to arrange transportation back to Charlottesville to attend one of those.

UVA Department of Intramural – Recreational Sports
450 Whitehead Road; PO Box 400317, Charlottesville, VA  22904-4317
Phone: 434-924-3791 Fax: 434-924-3858 Web: recsports.virginia.edu
PACKING LIST

**General notes:** Personal gear marked with an asterisk (*) can be provided by Outdoor Recreation. These items include the sleeping bag, backpack, headlamp, and of course group/shared gear (i.e. cooking gear). Tents are not needed since you’ll be staying in a cabin.

**Feet**
- Hiking boots – SHOULD BE BROKEN IN! (medium to heavy weight)
- Camp shoes (Closed toe shoes – no sandals)
- 2 pairs of heavy weight socks
- 3 pairs liners

**Legs**
- Nylon Shell pants (wind/rain).
- Nylon hiking shorts / pants (No cutoffs!)
- Bathing suit or other water-suitable attire

**Torso**
- Lightweight synthetic long underwear tops (non-cotton)
- Nylon mesh/syn. t-shirt (No tank tops)
- Lightweight / Medium weight fleece top
- Shell jacket w/ hood (wind/rain)

**Head & Hands**
- Hat – baseball, floppy-brim – to keep the sun off
- Glasses (sun/eye) w/ keeper strap
- Sunscreen (SPF 15 or more)
- Insect Repellant (Non-aerosol)
- 2 Bandanas
- Headlamp (or flashlight) w/ extra bulb and set of batteries *

**Miscellaneous**
- 2 x 1 Qt. H2O Bottles (non-leaking)
- Cup, Bowl, & Spoon
- Personal Hygiene (keep it minimal & small)
- Backpack (internal or external frame) *
- Mummy style sleeping bag (synthetic only) *
- Small bedsheet (for over cabin mattress)
- Daypack
- 3 heavyweight trash bags (33 gal. size)
- Whistle w/ lanyard
- Pillow

**Optional**
- Camera (w/ extra battery)
- Pocket knife / multi-tool
- Pad / pen (for journaling, etc.)
- 1 x 4” ACE bandage
- Towel

**DO NOT BRING!!** Alcohol, non-prescription drugs, cigarettes, firearms, pets, homesickness!

If you have any further questions about the trips, you may contact John McCall, Director for Outdoor Recreation, at 434-924-6115, or by e-mail at jwm3g@virginia.edu