



## Frequently Asked Questions

**What are the First Year Outdoor Adventures?** FYOA at UC Santa Barbara is designed to bring first year students together, create friendships and to give new Gauchos a taste of the spectacular opportunities that the region has to offer. We offer two separate weeks of three different FYOA programs for first year and transfer students: Multi-Sport Adventure, Backpacking Adventure, Colorado Canoe Adventure. Each of these trips last approximately one week and are held prior to residence hall move in, the Week of Welcome, and the start of classes.

**Why participate in a First Year Outdoor Adventure?** These trips combine some of the most popular outdoor activities in the local area and are a great way to get to know your surroundings and community. Most importantly, you will meet new friends that will last during your UCSB career and into the future. Our main goals for each participant are to:

- ✓ Smooth the transition into college
- ✓ Forge lasting relationships with others who share similar interests
- ✓ Become a part of the UCSB community
- ✓ Develop a sense of environmental responsibility
- ✓ Enjoy an incredible adventure

### What are the FYOA options?

#### Multi-Sport Adventure

Week One: Sept 7 – Sept 13, 2019

Week Two: Sept 14 – Sept 20, 2019

- Camp on Santa Cruz Island in the Channel Island National Park
- Kayak through Santa Cruz Island sea caves and along the Santa Barbara coastline
  - Climb in the Adventure Climbing Center
- Climb at premium sites in the Santa Barbara Mountains
  - Build friendships at the Adventure Ropes Course
  - Hike local canyons and trails

#### Backpack Adventure

Week One: Sept 7 – Sept 13, 2019

Week Two: Sept 14 – Sept 20, 2019

- Spend six days in the Sierra backcountry
- Explore flora, fauna and intrinsic beauty of the wilderness
  - Bond with your peers
- Develop survival skills for the outdoors and college

#### Colorado Canoe Adventure

Week One: Sept 7 – Sept 13, 2019

Week Two: Sept 14 – Sept 20, 2019

- Canoe the Colorado River in Black Canyon below the Hoover Dam
  - Soak in natural hot springs and the sauna cave
- Explore the unique geology and ecology of the region
- Discover canyons, trails, and natural springs on day hikes
  - Spend nights camping along the river

## What is included?

For all programs where applicable:

- Camping and all group equipment
- Three meals per day (while camping) and all necessary group cooking equipment
- Professionally trained trip leaders, rope facilitators, and kayak/rock/canoe guides
- All kayaking, canoeing and climbing equipment
- Transportation to and from UCSB/ campgrounds for all activities
- Group guidance and team building activities
- All permits, reservations, and entrance fees
- Leaders with Wilderness First aid, and CPR training

## How much does it cost?

Backpack Adventure: \$595

Colorado Canoe Adventure: \$695

Multi-Sport Adventures: \$795

**How do I sign-up/register?** Mail or bring in the following available to [download](#) at Recreation.ucsb.edu:

- A completed registration form
- Course Payment (see registration form for details on forms of payment)
- A properly signed “Waiver of Liability, Assumption of Risk and Indemnity Agreement”
- A completed “Confidential Pre-Course Health Record”
- Signed “Participant Program Agreement”

**What if I have never been camping before?** All you need is a good attitude. NO EXPERIENCE NECESSARY! On the trip, your leaders will teach you the basic skills you will need to be comfortable while camping, hiking, kayaking, canoeing, canyoneering and/or rock climbing. For those who are unsure about conditioning for the trail, hesitant about heights or concerned with an open water kayak experience, a First Year Outdoor Adventure is a wonderful opportunity to challenge yourself while under professional guidance. The only prerequisite is a desire to participate.

**What kind of shape do I need to be in?** The FYOA programs are designed for beginner to intermediate skill levels. We encourage everyone to engage in some type of regular physical activity in preparation for the trip in order to maximize comfort. However, each activity is “challenge by choice.” Therefore each participant has the opportunity to choose the level at which they participate during their trip.

**Do I need any special equipment?** Adventure Programs provides all the group camping equipment. You will need to carefully review the “personal equipment list” for each trip. If you have any questions about gear, don’t hesitate to contact us.

**Is it safe?** As with many things in life, adventures can be dangerous. To minimize this risk, all staff members undergo specialized training that emphasizes risk management, first aid and the importance of continuous education and development. All Adventure Programs staff are at least Standard First Aid and CPR for the Professional Rescuer certified (American Red Cross). Our outdoor leaders are certified at the Wilderness First Aid or Wilderness First Responder levels (Wilderness Medical Associates | wildmed.com). **Our greatest concern is risk management and safety.**

**What about Drugs or Alcohol?** **No Drugs or Alcohol!** University regulations and program policies do not allow alcohol or recreational drugs on this trip. Anyone violating this **NO TOLERANCE** policy will be immediately invited to leave the trip and responsible for their own transportation home. Thank you for your cooperation. Any prescription medications must be noted on the health form at time of registration.

**How do you choose who gets a spot?** All registration packets completed with enthusiasm will be placed on the trip of their choice on a first come, first served basis. A total of 10 will be accepted on all trips with the exception of 20 for the Multi-Sport Classic Adventure. A certain amount of spaces are reserved for a lottery/waitlist for those not attending orientation until later in the summer. If you are not immediately selected for your trip, you will be placed on a waitlist and contacted as soon as a space becomes available or you may be offered space in another trip. If you are ultimately not selected for a First Year Outdoor Adventure, a full refund of your payment (without service charge) will be issued via a University of California check.

**How do I coordinate my move in and arrival to FYOA?** This depends on your situation, family plans, the trip you attend and Residence Hall assignment. All programs will be finished no later than **Friday** on move in weekend. We will return to the UCSB Recreation Center where students and families can re-connect. Students should plan accordingly to begin moving in then (i.e. have friends/family meet you with your things).

**What if my move in date is on Sunday?** Please make arrangements for lodging on your own until your move in day.

**What if I am scheduled to arrive earlier than the start date?** Unfortunately because of the very busy schedules of our leaders we are unable to guarantee pick up outside of program dates. Please feel free to contact us with any questions or concerns on this topic. We encourage participants in this position to make accommodation arrangements near their program's starting location.

**How do I communicate with friends and family while we're away?** Contact will not always be easy or even immediately possible due to the very busy schedule and outdoor nature of our program. An Adventure Programs leader will ensure that an emergency cell phone will always be present. In cases of family emergency we can be contacted at the UCSB Department of Recreation, Adventure Programs (805) 893-3737 or [Adventure@recreation.ucsb.edu](mailto:Adventure@recreation.ucsb.edu).

**What about spending money on the trip?** A small amount of spending money will easily get you through the week. There will likely be opportunities to purchase food, drinks or other special treats during longer periods of travel time.

**I have specific food/health requirements, what will this mean?** Please note any food/health requirements when filling out the Adventure Programs confidential health form. Our staff will take into consideration all food/health requirements for each participant during meal preparation.

**Who/What is Adventure Programs?** UCSB Adventure Programs is a non-profit program and the official university outdoor program in the UCSB Department of Recreation. Adventure Programs exists to enrich campus and community life by providing educational and recreational experiences through wilderness trips, outdoor recreation classes, ropes course programs, and climbing wall programs. UCSB Adventure Programs is committed to offering programs that:

- Provide opportunities for self-discovery and leadership
- Cultivate cooperative behavior
- Promote wilderness ethics and stewardship, utilizing Leave No Trace principles
- Teach essential outdoor skills
- Encourage challenge within an acceptable level of emotional and physical risk
- Support our student staff in attaining professional experience and growth

**What is the Refund Policy?** Once an offering is **full**, you will be offered a refund minus a **\$20 service charge only** if someone **pays** for your spot. If the offering is **NOT** full:

- 30 or more days before the course date- Full refund minus \$20 processing fee.
- Between 29 and 8 days before the course date- 50% refund minus \$20 processing fee.
- Less than 8 days before the course date- no refunds available.

UCSB Adventure Programs is a non-profit organization. Thank you for your understanding and cooperation.

**How do I get more information?** Our offices are located in the UCSB Recreation Center. Please feel free to contact us at your convenience:

UCSB Adventure Programs  
UCSB Recreation Center  
Santa Barbara, CA 93106-3025

**(805) 893-3737**  
[Adventure@recreation.ucsb.edu](mailto:Adventure@recreation.ucsb.edu)  
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