PACKING LIST

WHAT TO BRING

01

GENERAL

• Laundry detergent
• Laundry basket
• Adventure Clothing (see below for details)
• Fan
• Hangers
• Rug
• Clothing suited for Oregon climate
• Flip-flops for showering
• Towels (bath, hand, washcloth)
• Shower caddy (to carry shower supplies from room to bathroom)
• Extra-long twin sheets (most halls have extra-long twin mattresses)
• Painter’s tape/3M adhesives/sticky tack — to hang items (do not use anything that will permanently damage the wall)
• Ethernet cable/surge protector (check appliances for allowed surge protectors)
• Desk lamp (no halogen lamps)
• Basic first aid supplies (band-aids, triple antibiotic ointment, etc.)

Note: Some basic cleaning materials are available for check-out at the front desk.

02

ADVENTURE CLOTHING

For course field experiences and adventure outings, we recommend bringing the following layers of clothing:

Base Layer — this is the layer next to your skin. This should be snug-fitting and made of synthetic fibers (no cotton). This could be a bathing suit, running tights, synthetic underwear or mid-weight fleece.

Mid-Layer — this layer should also consist of synthetic fibers and is a little bit heavier. Fleece, capilene, polyester, or wool all work well. If you’re getting warm, this is a layer you can peel off and stow away.

Outer Layer — this is the “barrier” layer. It should be waterproof, wind-resistant, and loose fitting enough to give you good range of motion. This layer seals out water, and seals in warmth from your body and insulating layers. Items here include rain jacket and pants.

Heads-Up! And Toes Too!
You can lose a lot of body heat via your head, so we suggest a warm hat for cooler days and a hat with a brim to protect your noggin’ from the sun! Closed-toe hiking or trail shoe is recommended for all seasons. Gloves and mittens, too!

Most equipment is provided for ALI™ course field experiences. This includes tents, sleeping bag/pad, water bottle, rain jacket/pants, headlamp, backpack, stove, cook-kit, fuel, etc.

03

APPLIANCES

Heating water for making coffee or tea is allowed, provided the fire detection system is not activated.

UHDS does allow some appliances in the living groups. It is an expectation that all appliances used in the halls are undamaged and have no alterations. Many appliances listed below may be stored or used in the living groups under certain conditions. Misuse of appliances may result in loss of privileges or conduct action.

• Blenders
• Televisions (not wall mounted)
• Electric can opener
• Lamps (no halogens, no more that 60 watts)
• Fan
RECOMMENDATIONS

We recommend that you work with your roommate(s) to coordinate who will bring certain shared items, such as a TV or cleaning materials. Keep in mind that space is limited.

“ALLOWED IF” APPLIANCES

These items are permitted IF they meet all of the regulations listed below.

The following items are also allowed but must be UL Listed, have a double insulated, three-prong cord, and have an Automatic Shut-Off (these items should only be used on leveled surfaces away from combustible materials).

- Clothes iron
- Flat iron
- Power strips
- Coffee makers (must only use an insulated carafe)
- Hot pots (must have an insulated carafe)
- Rice Cookers (may be stored in rooms but only used in kitchens and must have built-in thermal safety fuse)
- Refrigerators (pull 11 amps or less, not kept in confined areas) - we strongly recommend that residents only have one refrigerator per room due to load limitations on our building’s electrical system.
- Microwaves – Only allowed in rooms if the appliance is part of a MicroFridge™ set (a specific brand available for sale online and for rent through UHDS) or other unit from various vendors that meet the following criteria:
  - Uses “one plug” technology, and
  - Is not kept in confined areas (i.e. closets), and
  - Is UL Listed

WHAT TO LEAVE BEHIND

Prohibited items – Do not bring these with you for any reason

Due to health and safety concerns and facility capacity issues, there are a number of appliances that are not allowed in the residence halls and cooperative houses. Below is a partial list of prohibited items. Students should ask UHDS staff about appliances not listed on the page BEFORE bringing them to campus or into a living group.

- Extension cords without built-in fuse protection
- Crockpots or slow cookers, electric woks, hot plates, electric grills, toasters/toaster ovens, fryers, microwaves or other cooking appliances (no cooking is allowed in student rooms)
- Use of cigarettes, cigars, electronic cigarettes, humidifiers, smokeless apparatuses, or like items (this is an Oregon Administrative Rule; also, please note that OSU is a smoke-free campus)
- Alcohol and drugs
- Candles
- Air conditioners or space heaters
- Barbecues
- Electric blankets
- Halogen lamps/lava lamps
- Fog, smoke, and haze machines
- Hookahs and hookah smoking accessories
- All "open-element" and “resistance” appliances, including, but not limited to:
  - Soldering irons
  - Grills & Toasters

NO BARBECUES
Whether you’re new to outdoor adventures, or are developing skills in any number of outdoor pursuits, this learning community will stimulate and challenge you! Adventure leadership education provides awe-inspiring, transformative experiences to Oregon State University students each and every year. In this community, students develop lifelong leadership qualities in combination with environmental ethics and outdoor skills.

The Adventure Living-Learning Community offers residents the opportunity to establish friendships and explore the landscapes of Oregon. Residents attend a variety of courses and programs including adventure trips, skill workshops, and social gatherings.

As a resident of the Adventure Living-Learning Community (ALLC), you will learn new skills in a collaborative environment under the mentorship of ALI™ faculty and student staff. You can expect to:

• Become a partner in a compelling experiential learning environment
• Increase your capacity to solve problems through distinctive experiences
• Use the outdoor environment to develop self-identity
• Develop intellectual, physical and interpersonal competence through classroom and group experiences.
• Learn and practice valuable skills that aid in effective group projects and assignments.
• Use robust reflective processes throughout your learning experience

Members of the Adventure Living-Learning Community (ALLC) are instrumental in contributing to the environment for themselves and their peers. In such, community members are expected to fulfill the following:

• During the academic year, students are required to make progress towards earning their Level I Certificate in Adventure Leadership by completing the following foundational courses:
  • Introduction to Adventure Programs (KIN 230)
  • Challenge Course Experience (PAC 301)
  • Camp Craft (PAC 303)
  • Backpacking (PAC 304)
  • Wilderness First Aid (PAC 325)
• Participate in two or more ALLC or Adventure Club outings/events per term. Fall and Spring Term activities may include day-hikes, backpacking, whitewater rafting, rock climbing, and cycling. Winter Term activities may include cross-country skiing, snowshoeing, winter camping, and mountaineering.
**WELCOME WEEK**

**SATURDAY**

9am – 4pm Move-in
Adventure Living Learning Community residents are granted an “early move-in”.

**Family Events**
2pm – 4pm ALI Tour
Tour the Adventure Leadership Institute ™ and learn more about it’s programs and services!
The ALI is located in Dixon Recreation Center near the east entry.

**Student Events**
5pm – 9:30pm Welcome BBQ & Community Builder (mandatory)
Meet at the Finley Main Lounge.
Adventure Living Learning Community Builder – a fun and active session to meet people living in the ALLC! Please wear comfortable clothing and closed-toe shoes.

**SUNDAY**

1pm – 5:30pm Challenge Course Event (mandatory)
Meet at the slack-line site (between Finley and Halsell Hall) for a group photo before walking to the OSU Challenge Course together.

Kick-start your OSU adventure with low-course and high-course elements that are fun and challenging!

**MONDAY**

Welcome Group Sessions
Resources and tips to get the most out of your academic experience at OSU! (Location TBA)

**TUESDAY**

New Student Walk & Convocation
Join your fellow students for one of the largest traditions of Welcome Week. You will stand with your college and walk from the MU Quad to Gill Coliseum and be welcomed by faculty and staff of OSU.
Meet at the MU Quad.

**ALL WEEK**

Enroll in BA 140 – Financial Literacy for College Life (2 credits, E-campus)
Learn the fundamentals of personal finance! It is crucial that you are prepared to be prudent managers of your financial resources. This will empower you to achieve long- and short-term financial goals and security. In addition, this course will examine how your background experiences, values, goals, and decisions can impact your financial future.
ADVENTURE CLUB

join us

The Adventure Club is a student-led organization in association with the Adventure Leadership Institute™, developed to bring students the opportunity to experience adventure in the outdoors and connect with other students!

No Experience Necessary!

Our certified trip leaders and coordinators have gone through rigorous training, and have extensive documented field experience through the Adventure Leadership Institute™. They are there to support you in any way they can!

As a member of the Adventure Club, you have access to all the trips and events held through the club at a reduced rate. These trips include activities like rock climbing, snowshoeing, backpacking, and whitewater rafting.

The Adventure Club holds all member club meetings, workshops, and events on Wednesday evenings throughout the term. Learn about upcoming trips, take part in a workshop, or just hang out with other adventure students during one of our fun social events!

Adventure Club meetings are conveniently located in the main lounge at Finley Hall. Check the Adventure Club facebook for upcoming meetings and events!

Term and Year Membership*: $15/$35
*Must be a current OSU student

sold?

Purchasing term membership gives you access to all events and outings for the given school term. Purchasing year-long membership grants you access until the beginning of fall term the next school year.

Trips we’ve done:

• Mountaineering
• Multi-pitch climbing
• Canoeing
• Kayaking
• Backpacking
• Bouldering
• Rock Climbing
• Whitewater Rafting
• Canyoneering
• XC Skiing
• Beach Camping
• OSU Challenge Course
What is Hall Council?

Hall Council is the governing organization of Finley Hall that gives residents an opportunity to work together to host programs, explore ideas, and create a positive learning environment within Finley.

It’s a way for you to:
- Use a sizeable budget to choose what programs to implement such as pizza parties, or whatever your imagination brings
- Gain leadership experience for your resume to snag that next job, internship, or apply for pro-school
- Gain experience that will benefit your involvement in other student organizations
- Get a legitimate collegiate level letter of recommendation
- Meet and develop relationships with your fellow Finley residents
- Get involved, make a difference, and have fun

positions

- President
- Vice President
- Secretar
- Treasurer
- Activities Coordinator
- Floor Representative
Residents of the Adventure Living Learning Community are required to make progress towards earning their Level I Certificate in Adventure Leadership by completing the following foundational courses:

**CHECKLIST**

1. Please meet with your Academic Advisor to chart a course through your first year.
2. Register through OSU Student Online Services

Note: See the OSU Course Catalog for details. Field experience dates can be found in the 'comments' column.

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**REGISTER**

- KIN 230
  **INTRODUCTION TO ADVENTURE PROGRAMMING**
  (3 credits)

- PAC 301
  **CHALLENGE COURSE EXPERIENCE**
  (1 credit)

- PAC 303
  **CAMP CRAFT**
  (1 credit)

- PAC 304
  **BACKPACKING**
  (1 credit)

- PAC 325
  **WILDERNESS FIRST AID**
  (1 credit)
WILDERNESS FIRST RESPONDER (WFR)

Wilderness First Responder is an in-depth (80hrs) emergency medical course focused on ailments in the wilderness setting. Students will learn techniques ranging from basic life support, to soft tissue injury management, to proper splinting and immobilization, to long term patient care with minimal resources.

**Certification:** Wilderness First Responder (WFR); Stonehearth Open Learning Opportunities (SOLO)

**Offered:** Winter & Summer Break (non-PAC through Adventure Leadership Institute™) or Winter Term (PAC 329).

RAFT GUIDE SCHOOL

Learn the skills to guide others on Oregon's many rivers, creeks, and streams through the Adventure Leadership Institute™. The Raft Guide School is for individuals interested in learning skills required to efficiently paddle a raft on rivers with class I-III rapids. This course includes advanced river reading, safety considerations, and paddling techniques. In addition, skills required to captain or guide a paddle raft in class I-III rapids will be covered.

**Certifications:** ACA White Water Rescue and ACA Paddle Raft Guide

**Offered:** June 15-23, 2019 (non-PAC through Adventure Leadership Institute™)

CLIMBING WALL INSTRUCTOR (CWI)

The PCIA Climbing Wall Instructor Course provides potential instructors with an in-depth and standardized understanding of the skills essential to teaching climbing in an indoor setting. The course reinforces the importance of teaching technically accurate information, and debunks many common climbing myths. It emphasizes the presentation of sound fundamental skills to climbing gym participants with different learning styles. The course also covers risk assessment and risk management skills, as well as basic problem-solving skills, such as belay transitions and coaching.

**Certification:** PCIA Climbing Wall Instructor

**Offered:** First weekend of each term (non-PAC through Adventure Leadership Institute™)

LOW/HIGH CHALLENGE COURSE TRAINING

These combined trainings (20hrs each) convey the essential facilitation and technical skills required to lead groups through the OSU/ALI Challenge Course Program. In the low-course training weekend, you will learn how to plan and lead group games, problem-solving initiatives, and low-course elements that promote group development concepts. During the high-course training weekend, you will learn the technical and operational aspects necessary to lead groups through the high elements that occur with many of the challenge course programs. Each training session and will occur over two separate weekends during spring term 2019. Employment opportunities may also be available with the ALI™ Challenge Course after completion of trainings.

**Certification:** Certificate of Completion

**Offered:** Spring Term 2019 (non-PAC through Adventure Leadership Institute™)
KIN 230: INTRO TO ADVENTURE PROGRAMS

Along with Camp Craft and Wilderness First Aid, Introduction to Adventure Leadership will provide a foundation for all leadership opportunities in the ALI™ education program. The course is an overview of the history, evolution, and implementation of adventure learning in education. In addition to gaining insight regarding the impact of adventure education, this class will equip students with the tools they need to be successful in further course offerings.

Field Experience: Course includes a multi-day rock climbing trip to Smith Rock State Park
3 Credits: Offered Fall, Winter and Spring terms
See OSU Course Catalog for details

WHAT DO PAST STUDENTS THINK?

“I really enjoy working in a classroom where the participants get to know each other better and can be more open with ideas. Intro [to Adventure Programming] created this environment pretty quickly. I also enjoy learning material while mastering other basic skills or stepping a little outside of my comfort zone. It made me think more about what is happening. When I complete a super challenging physical task, that transfers to my self-confidence in other areas. Also, much of what we were learning was happening in real time throughout the class. Super cool!” – Past Student

“I loved this class. I learned so much about myself and others. The bonds we created were amazing. I have and will continue to recommend this class to others. I want to thank you for being such a great professor.” – Meghan Horn
PAC 301: CHALLENGE COURSE EXPERIENCE

This is an introductory course that engages students in all aspects of challenge course activities. Students will participate in games and problem-solving initiatives in addition to both low and high elements of the challenge course. Students gain valuable perspective and practical skills related to leadership, communication, group dynamics, and teamwork.

Field Experience: Course takes place on the OSU Challenge Course (at the end of Jefferson Way)

1 Credit: Offered Fall, Winter and Spring terms

See OSU Course Catalog for details.
This course provides basic hiking and backpacking instruction. Emphasis is placed on camp site selection, tent setup, operating and repairing single-burner stoves, loading a backpack, water filtration, navigation, proper technique with foot placement, and energy conservation. It also focuses on proper “leave no trace” principles in every aspect of the trip.

**Field Experience:** Course includes a required, two-day outing

**1 Credit:** Offered Fall and Spring Term

(Note: Winter term equivalent – PAC330 Snow Camping and Travel)

See the OSU Course Catalog for details.
PAC 325: WILDERNESS FIRST AID (WFA)

Wilderness First Aid is an introduction to managing medical emergencies in a backcountry setting. Students will learn techniques ranging from basic life support, to soft tissue injury management, to proper splinting and immobilization, to long-term patient care with minimal resources. Certification is awarded from Stonehearth Open Learning Opportunities (SOLO).

Field Experience: Course includes a 1-day outing to the OSU’s McDonald Research Forest

1 Credit: Offered Fall, Winter, and Spring terms

Wilderness First Aid (WFA) is also available as a weekend course (Saturday – Sunday; 8am – 5pm).
See the OSU Course Catalog for specific dates.
PAC 303: CAMP CRAFT

Camp Craft provides basic front-country camping skills such as packing, trip planning, how to dress for different climates/weather, storm-proofing, knife and axe techniques and safety, stove and kitchen operations, and fire building. This course will serve to standardize knowledge for all those participating in the Adventure Leadership track. The idea is that you must first learn how to take care of yourself and work well as a group in a front-country setting before gaining more advanced back-country skills. This is an introductory course and provides students with the opportunity to meet others who are pursuing more outdoor skills and knowledge.

Field Experience: Course includes a field experience that leaves on a Friday night of week 5 and returns on Sunday afternoon.
1 Credit: Offered Fall, Winter, and Spring terms
See OSU course catalog for specific dates