

**UVA OR**  
**UNIVERSITY OF VIRGINIA • OUTDOOR RECREATION**  
*Field Programs / Rental Center / Poplar Ridge Challenge Course / Bouldering Wall/ COAR*

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## **Cavalier Outdoor Adventure Retreat (COAR)**

**Program Purpose:**

To provide an environment that fosters the growth of meaningful friendships amongst incoming first year students.

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

**Registration:**

**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 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.

**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 at 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, the challenge will be living in the close quarters of a primitive cabin with 10 other people.

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### **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](http://recsports.virginia.edu)

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**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 which Cabin your group will be staying at). A map of where Doyles River Cabin is located in relation to Charlottesville can be found [here](#).

**5. 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 be able 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

**6. 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.

**7. 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.**

**8. 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.

**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

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- Hiking boots (sneakers will work if you don't need additional ankle support). SHOULD BE BROKEN IN
- Water shoes/sandals (Chacos, Tevas, Keens, or similar with secure foot straps) Old sneakers work OK (*NO flip flops*)
- 3 pairs of Synthetic socks
- Sock liners (help prevent blisters)

### Legs

- Nylon Shell pants (wind/rain)
- Nylon hiking shorts or athletic shorts
- Swim trunks/ Shorts & swim suit (for swimming in creek). Sports Bras are OK (**No bikinis**)

### 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. water bottles (non-leaking)
- Cup, Bowl, spoon, and fork
- 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!

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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](mailto:jwm3g@virginia.edu)